



WHY DO PEOPLE VOLUNTEER?

- ☛ To meet new people
- ☛ To get experience in a particular role
- ☛ To develop an interest or hobby
- ☛ To get a reference
- ☛ For fun or something that will be a challenge

Everyone has different reasons for volunteering and they don't have to be completely selfless ones.

Being honest about what you want to achieve can help you choose something relevant to that goal.

Volunteering can and should be a positive experience for the volunteer. It can offer new challenges, build self-confidence and give a real sense of achievement.

- ☛ By volunteering you can show potential employers that you are motivated and reliable.
- ☛ Volunteering can often provide an up-to-date reference.
- ☛ Volunteering offers a chance to brush up on old skills and perhaps learn new ones.
- ☛ Volunteering offers the opportunity to make new friends both with those you are helping and with other volunteers.
- ☛ Volunteering gives you the chance to understand the difficulties that others face.
- ☛ Volunteering gives you the chance to contribute to your community.

Volunteering can be really good fun!

WHO CAN VOLUNTEER?

Anyone and everyone including **YOU!**

We welcome everybody. There is no minimum or maximum age limit. We recognise the contribution that everyone can make to our community and believe that all people have the right to fair and equal treatment. Volunteers like you are an established and vital part of our community, freely contributing their skills, experience, talents and most essentially their time for the benefit of others.

All Volunteer Centres are committed to ensuring that no volunteer, staff member, organisation or individual to whom they provide services, will be discriminated against in any way.

WHAT CAN VOLUNTEERS DO ?

Volunteer help is always welcomed by local organisations and individuals in need. We can help you get in touch with many types of community groups or voluntary organisations such as those that deal with disability, campaign groups, black and minority ethnic groups, environmental organisations, lesbian, gay and bisexual organisations, counselling and advice organisations and local and national charities. The range and variety of volunteering opportunities is enormous.

You do not have to possess any specific skills, although these are of course very welcome.

You only need to give your time!

WHAT CAN I OFFER ?

Everyone has something to offer.

This can be anything from professional and practical skills to personal qualities such as patience, reliability and being a good listener.

You may not want to use all your skills in your volunteering - for example if you work in an office you probably have well developed admin skills but you may not want to volunteer in this kind of role!

If your personal life requires you to spend a lot of time giving to other people you may want to do something practical or artistic.

You may also want to use volunteering to learn new skills.

WHATS IN IT FOR ME ?

A sense of achievement, self-worth and job satisfaction; all come high on the list of factors attracting people to voluntary work.

Many people who are unemployed, retired, bringing up children, disabled, or for many other reasons, need to feel a sense of purpose within their lives.

Voluntary work can bring back that feeling of achievement that is only found by helping others, by doing a job that you really enjoy.

Sometimes people can feel excluded from their local community. Through volunteering, by becoming a part of an organisation, big or small, a new circle of friends can be established.

WHAT IS A VOLUNTEER CENTRE ?

A Volunteer Centre is as an agency for recruiting and placing volunteers. It also provides training and support for volunteers should they want it.

There are some 400 Volunteer Centres across the country. Volunteer Centres are places where people can go for information and advice about volunteering opportunities in their area and perhaps be referred to a specific organisation or group.

Whilst some Volunteer Centres are located in towns and cities, many are to be found in rural areas They may be run by paid staff or by volunteers, and some are open every day whilst others open for just a few hours a week.

A Volunteer Centre keeps information on many local groups that involve volunteers in their work and on the opportunities they offer. A Volunteer Centre is a registered charity and the service is free of charge. We are here to help you find the volunteering opportunity that is right for you.

We can offer you one-to-one time with an experienced member of staff to discuss what you would like to do or we can provide information by e-mail, post or over the telephone.

You can visit us as many times as you wish to find out what volunteering is available. You are not making any commitment, and we will not put you under any pressure to do so. We can also offer you support while you are volunteering and listen to any concerns you have.

