



**Volunteer Centre**

Pershore

# Volunteering Matters

Discover new skills

no

your CV stand out

Make your CV stand out

Make yourself a new challenge

Meet new people and make new friends

Get a recognised accreditation

Build your confidence

Make a difference to your community

Access valuable training




## What is Volunteering?

Volunteering is choosing to make a commitment of time and energy without financial gain to the community, the environment, or individuals outside your circle of family and friends.

## What are the Benefits?

- Give something back to your community
- Make your CV stand out
- Support applications to further education

## What is a Volunteer Centre?



Your local volunteer centre may offer you 1-2-1 style interviews to find out what volunteering you want to get involved in plus it acts as a brokerage service that can sign post you to other organisations. You will always find a friendly face and someone to talk and offer support if you are unsure about what to do.

## What types of things can I volunteer in?

There are numerous projects or organisations that you can volunteer with, many people do things that fit in with their studies or areas of interest, these can range from the following:

- Environmental schemes
- Youth led projects
- Coaching and support in sport
- Literacy and numeracy with children and adults
- Helping older people
- Befriending and mentoring services
- Driving/transport schemes
- Gardening project
- Becoming a committee member or trustee
- Animal care/welfare

## How much time do I have to give?

You can give as much or a little time as you want to, whether it's 1 hour a day or 2 hours a months. Short term or long term it's up to you to how much time you want to give and how you fit it round your lifestyle.

## What else can I expect?

You shouldn't be out of pocket so any expenses will be refunded to you, this could include travel and in some cases lunch. Clear instructions and support on what you should be doing and any relevant training that maybe required to do the work. Some organisations won't always take people under 16 or over 65 years of age due to insurance reasons, however you local volunteer centre will be able to advise you on this.

## How can I find out more?

Pershore: **Pershore Volunteer Centre, Charlotte Offices, New Road Pershore, Worcestershire WR10 1BY**  
[www.pershorevolunteers.org](http://www.pershorevolunteers.org)  
or **01386 554299**

You can also look on the do-it website for volunteering opportunities in your area: [www.do-it.org](http://www.do-it.org)

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