

## What is a Volunteer?

A volunteer is an individual who willingly gives their time, energy and skills without pay, to benefit people in their community.

## Who can Volunteer?

Everyone! Volunteering is open to all.

## What can I get out of volunteering?

There are lots of personal benefits to volunteering, including:

- Learning and using new skills
- Making friends and meeting people
- Enjoyment and personal satisfaction
- Building up your confidence
- Enhancing your CV
- Work experience and training
- Being valued and appreciated
- Having fun!

## What do Volunteer Centres do?

We keep information about the different types of voluntary work available.

We can have a chat with potential volunteers about the types of volunteering they are interested in and put them in touch with appropriate organisations.

***Our aim is to  
find the  
voluntary role  
that is right  
for YOU!***

## What types of roles are available?

There are lots of different interest areas and types of activity, such as:

- Advice and guidance
- Advocacy
- Befriending
- Catering
- Charity Shops
- Children and young people
- Clerical and computer activities
- Conservation tasks
- Driving
- Education and literacy
- Fundraising
- Gardening
- General and helping
- Helping someone start a business
- Heritage
- Hospitals and hospices
- Mentoring
- Older People
- Overseas/Residential volunteering
- People with disabilities or health conditions
- Practical work and DIY
- Prisoners and ex-offenders
- Play schemes and holiday projects
- Sport
- Supporting victims of crime
- Trustees and Board Members
- Visiting
- Youth work

If you don't want to volunteer on your own, you can always gather a group of friends or colleagues and take on a team volunteering project in your local community.

We have a range of opportunities for you to volunteer and our lists are updated regularly. There is something for everyone; whether you are young or old, employed or unemployed; disabled or able-bodied ~ no matter what your ethnicity, faith, sexual orientation or culture.

## How do I find out about voluntary opportunities in my local area?

There are various ways to contact us at the Volunteer Centre:



01384 267414



volunteer@dudleycvs.org.uk



7 Albion Street, Brierley Hill, DY5 3EE

## Opening Times

Monday to Friday ~ 9.00 am to 5.15 pm

## Ring or call into the Office

You will be offered an appointment to come and have an informal and confidential chat with the Volunteer Centre Development Officer, on a one-to-one basis, in a private room at Dudley CVS. We interview on different days, so please ring to book an appointment and we will be happy to tell you when the next available appointment will be.

## By phone

If you prefer we can contact you by phone for an informal chat to see what sort of voluntary opportunities you are interested in. We can then post you out information on volunteering opportunities by post or email.

## Via Email

You may prefer to contact us by email and tell us what sort of role you had in mind. We are happy to email you information on the sort of volunteering opportunities that interest you, so you can look through these at your leisure.

## Via the Internet

You can find information on volunteering in your chosen area from the national volunteering website [www.do-it.org](http://www.do-it.org). You can register on-line and information will be emailed or posted to you.

## What people say about volunteering

We asked a range of volunteers "How would you describe your volunteering experience?" and the following are some of their responses.

"Volunteering has shown me that I can help people who come to me for information or advice. Also I now realise that there are many more things I am capable of doing and achieving, than I had thought possible. This has made life much more rewarding."

**Elaine**

"It's brilliant and I'm gaining experience, plus self-satisfaction and a feeling of worth, helping people with an addiction."

**David**

"Volunteering has allowed me to become a person in my own right and has completely restored my confidence in myself."

**Janet**

"The difference I get from volunteer work is I get experience working with different communities, learn communication skills and have become part of a team"

**Bosco**

"Volunteering has helped me to become more confident and has allowed me to gain valuable experience that in the long term, will hopefully help me to gain a job as a youth worker or a connexions personal advisor. It has also enabled me to put something back into my local community."

**Katie**

"It is helping me to redefine my life and cope with bereavement"

**Kim**

"Very positive. I have gained confidence, learnt valuable skills and completed a Level 2 NVQ."

**Angela**

***So why not try it yourself?***

## Our Service

At the Volunteer Centre we are constantly striving to improve our service to prospective volunteers and to the organisations that involve volunteers.

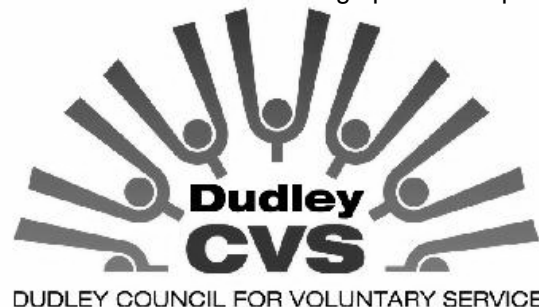
We ask volunteers for their feedback on our service and their thoughts and feelings about their voluntary roles.

If you have any compliments, concerns or comments, please send them to:

Eileen Fielding  
Development Officer  
The Volunteer Centre  
Dudley Council for Voluntary Service  
7 Albion Street  
Brierley Hill  
DY5 3EE

Tel: 01384 267414  
Email: [volunteer@dudleycvs.org.uk](mailto:volunteer@dudleycvs.org.uk)  
[www.volunteeringcounts.org.uk](http://www.volunteeringcounts.org.uk)

This leaflet is available in large print on request.



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Whilst the Volunteer Centre takes every opportunity to ensure the accuracy of the information given, we are reliant



# ***Give your time & make a Difference***

**Want to find out more,  
make a difference  
and get active in  
your local community?**

 01384 267414

 [volunteer@dudleycvs.org.uk](mailto:volunteer@dudleycvs.org.uk)