

About the project

The Supported Volunteering Project is here to provide a helping hand to people who wish to become volunteers, but may feel they need a bit of extra support.

You might find that first step is often the most difficult. We aim to make it as easy for you as possible.

We will:

- Meet with you and listen to your interests and any concerns you may have
- Talk you through some of the things you could do as a volunteer.
- Contact groups to get more information.
- Accompany you to look around any organisations that might interest you.
- Match you with a "buddy" to accompany you on your first day and for as long as you need.

Contact us

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Supported Volunteering Project

Removing Barriers to Volunteering



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 **The National Lottery**
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Volunteering

Whatever your interests, time commitment or ability there is something you can do to help

- Share your skills or learn new ones
- Meet new people and friends
- Develop vocational skills
- Gain confidence in a work environment
- Develop a routine
- Build confidence and self esteem
- Become involved with your community
- Have fun



"The longer I volunteer, the better it gets!"



The friends I have made whilst volunteering have become a very important part of my life.

F.A.Q

Frequently Asked Questions

What could I get involved with?

There is something for everyone in volunteering. The Supported Volunteering project can help you to find a role to match your interests. Popular roles include:

- Joining a local gardening group
- Helping out at an after school club
- Doing some admin for a local charity
- Serving a meal at a lunch club
- Supporting other people.

Contact the Supported Volunteering coordinator for a chat about becoming involved.

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How much time do I have to give?

The amount of time you put aside for volunteering is entirely up to you. You can choose to volunteer for a couple of days a week or get involved in one off events such as marshalling at local events. The Supported Volunteering coordinator can help you to find a role that fits with your lifestyle.

Will I get paid expenses?

The majority of organisations pay expenses to their volunteers such as reimbursing money spent on petrol or travel in order to volunteer.

Would this affect my benefits?

Volunteering, and any expenses paid to you, should not affect your benefits. Please check with your Benefits Agency and keep them informed.



"Volunteering is great, it's fun, makes a difference to others and puts a smile on your face."