

## *Volunteering; what does it mean for me?*

First of all it means you get to **meet new people** and have fun. Volunteering gives you the chance to get involved in your local community, **use your skills** and **develop new ones**. You can help manage organisations, work on a one to one basis with individuals or get physical on environmental projects. You can give **as much or as little time as you have** available; become involved on a long term basis or help out at a single event.

Although you won't get paid, you will normally receive any **out of pocket expenses**, be given any **training** or equipment you need, and work in a safe and supportive environment.

**"We are constantly looking for organisations to register with us so that we can support the valuable work they do within the community, and provide a wider choice for volunteers"**

## *So, what shall I do next?*

Get in touch with the Volunteer Centre. You can do this by calling in (we offer one to one interviews and all information is confidential) by telephone or via e-mail, or visit our Outreach worker in your area

**(contact numbers are included on back page)**

## *What happens then?*

After an informal interview we will then advise you about the opportunities available, matching your needs and skills and then signposting and linking you with appropriate organisations.

We are then able to contact the groups on your behalf or facilitate the matching service by providing numbers and contacts

## *The choice is yours*

Organisations will then provide specific details regarding the vacancy and arrange an informal interview if required.

## *"There are thousands of opportunities within Dorset"*

Organisations can provide you with, skills training, qualifications and pay out of pocket expenses.

## *These include*

- *Conservation/Environment*
- *Befriending/Buddying*
- *Sport/Recreation*
- *Marketing/PR/media*
- *Administration*
- *Fundraising*
- *Museums*
- *Art/Culture*
- *Youth Work*
- *Trusteeship*
- *Gardening*
- *Driving*
- *I. T*
- *Prisoners/Ex offenders*
- *Elderly*
- *Education And Literacy*
- *Counselling*
- *Group Volunteering*
- *Overseas*
- *Health/Hospitals/Hospices*
- *Families*
- *Animals*
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## **Interested in volunteering?**

**Let Volunteer Centre Dorset help**

**you get involved**

**in your community.**

- **Emailing us at**

**[info@volunteeringdorset.org.uk](mailto:info@volunteeringdorset.org.uk)**

- **Telephone us on 01305 269214**

- **9am till 4pm, Mon to Friday**

- **Volunteer Centre Dorset**

**The Coach House, Acland Road**

**Dorchester**

**Dorset DT1 1EF**

**LOG ONTO OUR WEBSITE**

**[www.volunteeringdorset.org.uk](http://www.volunteeringdorset.org.uk)**

**Contact our outreach workers who operate drop in session throughout Dorset .**

**Karen Jones (West Dorset)**

**07918639012**

**Dianne Cooper (North Dorset)**

**07918639011**

**Ken Brearley (East Dorset/Purbeck)**

**07552122710**

**We can also be contacted via**

**[www.do-it.org.uk](http://www.do-it.org.uk)**

**which lists all our vacancies**

**How much time do I need to give?**

**Will it affect my benefits ?**



**Could I volunteer ?**

**What Skills do I need?**



**What could I do ?**

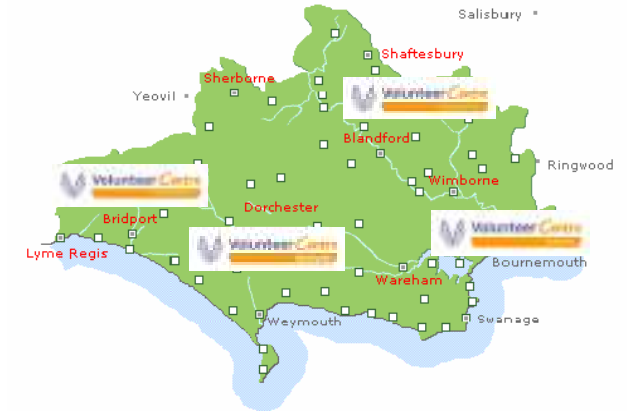


**LET US ANSWER YOUR QUESTIONS**

**IT COULD CHANGE YOUR LIFE**



**Volunteer Centre**  
**Dorset**



**Volunteering**  
**Throughout**  
**Dorset**

**[www.volunteeringdorset.org.uk](http://www.volunteeringdorset.org.uk)**

**Find out how easy it is to volunteer your time.**