



Maldon and District Council for Voluntary Service

Volunteer Centre

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# Have you ever thought about **Volunteering?**



**Information on  
Volunteering for the  
Recently Retired.**

## Why Volunteer?

If you have recently retired then volunteering is a great way to stay active, make new friends, learn new skills and keep a structure to your day which may be missing in retirement.

Retired volunteers bring with them many skills to their voluntary work, many will have experienced years of paid employment and family life and gained a variety of "life skills" along the way. These skills are valuable to voluntary organisations who often need experienced volunteers to help with day to day tasks.

**“Volunteering in the 21st century is more diverse than ever before and offers opportunities for older and retired people to have fun whilst feeling valued and being engaged with their communities. Everyone has something to offer and can benefit positively from being actively involved with volunteering” - Martyn Lewis CBE**

## What can I do?

Volunteering is an opportunity for you to continue to use the skills and knowledge acquired in the workplace and to share them with others. Alternatively it is a great opportunity to learn new skills and do something completely different

There are hundreds of volunteering roles and opportunities where you can make a difference to the organisation you are volunteering with and peoples lives, the Volunteer Centre - Maldon and District can help you find the role that's right for you.

## Trustee and Committee Volunteering

Charities and community groups are led by a group of volunteers known as a Committee or Trustee Board.

The individuals that sit on these boards help the organisation to shape their services and ensure that it complies with the rules, regulations and legal obligations. They are involved with raising funds for the organisation, managing the accounts, recruiting and supervising staff and monitoring the organisations activities.

Retired individuals bring the skills they have gained through their working life to these boards and play a vital role in the organisations running, Without the input of these volunteers charities simply would not be able to exist.

**Being a trustee for Comic Relief has really helped me to understand some of the vital issues that face people both in this country and around the world. I really feel that it has helped to shape my thinking and my actions towards a more positive role in the world community.” - Lenny Henry CBE**

## How do I find out more?

Contact the Volunteer Centre - Maldon and District (details overleaf) for more information about volunteering vacancies available in your local area. Staff at the centre can advise you and answer any questions you may have.

Alternatively you can browse through vacancies online at the national volunteering database [www.do-it.org.uk](http://www.do-it.org.uk)