

*Get involved!*

Volunteering can be an extremely rewarding experience and giving up your time to help can make a real difference to peoples lives and to community organisations

Volunteer roles are diverse and offer the chance for you to gain new vocational and life skills, take part in training and gain confidence.

Volunteer roles can include:

- Caring
- Office and Reception
- Counselling and giving advice
- Gardening and conservation work
- Mentoring
- Committee work
- Childcare
- Fundraising
- Working with ex offenders
- Supporting people with addictions
- Youth work

**Contact Your nearest Volunteer Centre for more information**

**Basildon, Billericay & Wickford  
Volunteer Centre  
Tel: 01268-294797**

**Volunteer Centre Braintree District (BDVSA)  
Tel: 01376 550507**

**Volunteer Centre Castle Point  
Tel: 01268 638416**

**Volunteer Centre Chelmsford  
Tel: 01245 283606**

**Volunteer Centre Colchester  
Tel: 01206 768930**

**Volunteer Centre Epping Forest  
Tel: 01992 564256**

**Volunteer Centre Harlow  
Tel: 01279 308310**

**Maldon & District CVS Volunteer Centre  
Tel: 01621 851891**

**Rayleigh, Rochford & District Volunteer Centre  
Tel: 01268 775255**

**Volunteer Centre Southend (SAVS)  
Tel: 01702 356060**

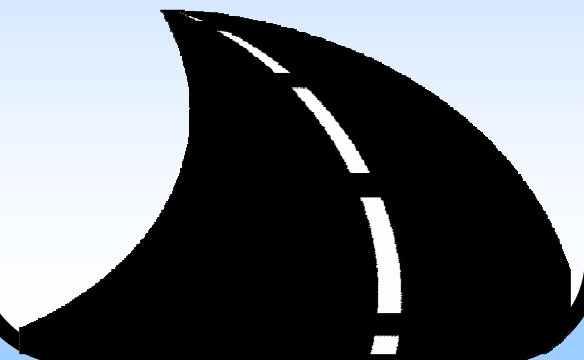
**Volunteer Centre Tendring  
Tel: 01255 427888**

**Volunteer Centre Thurrock  
Tel: 01375 389883**

**Volunteer Centre Uttlesford  
Tel: 01799 513626**

*Volunteering  
a road to a new career*

**Information for school leavers,  
students and returners**



# Why volunteer?

Whether you are still studying and planning for the future, have been away from work for a while or fancy a career change volunteering is a great way to develop skills and gain experience!

*“After I graduated from University, employers wanted to see that I had practical experience and volunteering was a great way to get some, I received training and was able to get valuable experience”*

James 21

By volunteering you show potential employers that you are motivated and keen and that you have the experience and skills they need.

*“Volunteering looks good on your CV and to employers when you apply for jobs, it’s a good opportunity to learn new skills and gain understanding and getting to know others “*

Eve, 24

Volunteering can help you to:

- become familiar with a work environment
- gain vocational skills and undertake training
- gain confidence
- develop your interests
- get hands-on experience
- try new things
- meet new people

*“I started volunteering when I was too sick to work with chronic depression. Joining the team really boosted my confidence and I feel was the real cornerstone for my recovery, I am now in paid work”*

Maureen, 45

Volunteering is also the ideal opportunity to try new experiences, explore your potential and find out where your real interests, passions and ambitions lie.

*“I had always been interested in Youth work but wasn’t sure whether it was for me. Volunteering gave me a chance to get involved with a local youth club, I have really enjoyed it and am now ready to make a career change.”*

Sandra, 41

## Find out more

There are hundreds of volunteering roles and opportunities where you can make a difference to the organisation you are volunteering with and gain vocational skills.

Your local Volunteer Centre can help you to find a volunteering role that is right for you and give you more information about what to expect.

Contact details for your local volunteer Centre can be found on the back of this leaflet.

Alternatively visit the national volunteering database at

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

to browse through volunteering opportunities based on location, availability and interest!