

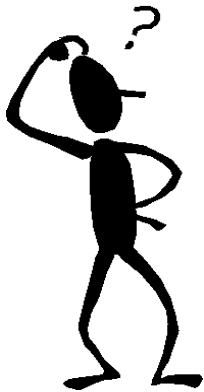
# THINKING ABOUT VOLUNTEERING?

## Want to find out more?

### Come to a

# VOLUNTEERING INFORMATION SESSION

The Information Sessions are informal in small groups and there is no pressure put on you to make any commitment. It's just an opportunity for you to get some information, advice and guidance.



- Who volunteers? How do you go about it?
- How much time will I have to give?
- Will any expenses be paid?
- I've not done this before, is there any training?
- What about equipment & insurance?
- What can I do? Who really needs help?
- Will it help to find a paid job? Can it count towards getting into college or university?
- What kind of support can I expect? How will I be managed? Can I shadow an experienced volunteer?
- I'm on benefits. Is it O.K. to be a volunteer?

Get the answers to these typical questions and to many more too. Also details of all the volunteering opportunities available in Southampton. You should allow a couple of hours for your visit. See over for details of the dates and times.

These sessions take place at the Voluntary Action Centre, Kingsland Square, St. Mary Street, Southampton SO14 1NW.

If the sessions are not at a convenient time for you, you can:

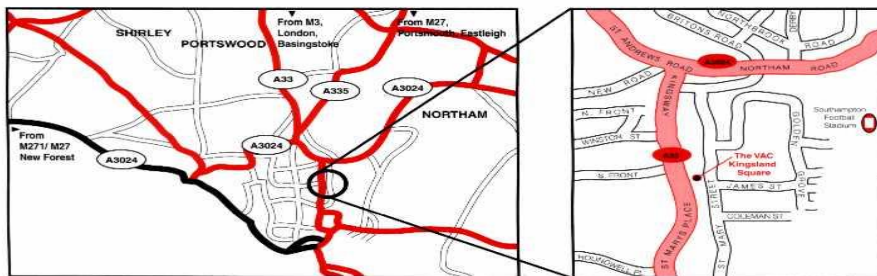
- ★ Attend the "drop-in" session on the 1<sup>st</sup> Thursday evening of each month available from 5.00pm to 7.00pm.
- ★ Check out the national volunteering opportunities data base [www.do-it.org.uk](http://www.do-it.org.uk) and apply on-line.
- ★ If you have any questions please contact The Volunteering Development Team at Southampton Voluntary Services Direct Tel: (023) 8021 6002 or [volunteer@southamptonvs.org.uk](mailto:volunteer@southamptonvs.org.uk),

We're open Mon – Friday 9.30 a.m. – 4.00 p.m.

## BECOMING A VOLUNTEER WILL REWARD YOU TOO.

There are lots of reasons that spur people to volunteer. These are just some of the benefits:-

- A sociable, enjoyable activity with new people
- Gain in confidence and self-awareness
- Help in getting a job or change of career
- Build on experience, maybe for college/university
- Access training – some accredited
- A chance to pass on experience and share skills
- An opportunity to make a contribution
- A way to show your capabilities
- Can be a way to feel part of the community
- Can give a new sense of purpose or direction
- An opportunity to achieve something special
- A chance to make a difference
- A way to achieve - gain a new sense of purpose
- Get a new direction and set fresh goals
- Realise an ambition



## The next VOLUNTEERING INFORMATION SESSIONS are:-

**No need to book** but please note these are not “drop-in” sessions, we advise that you arrive 5 minutes before the start to sign in. If you are late and the session is busy you may be turned away.

DATE	START TIME	FINISH TIME
Wednesday 26 <sup>th</sup> October 2011	10:00am	12:00pm
Monday 7 <sup>th</sup> November 2011	10:00am	12:00pm
Monday 14 <sup>th</sup> November 2011	10:00am	12:00pm
Thursday 24 <sup>th</sup> November 2011	11:00am	1:00pm
Friday 9 <sup>th</sup> December 2011	10:00am	12:00pm
Wednesday 14 <sup>th</sup> December 2011	12.00pm	2.00pm

We can also access details countywide, nationally or internationally. Just ask and we'll be pleased to help. This flyer is available in other formats, Please ask staff if you require a different format and we will endeavour to meet your request.

