



What is Voluntary Work?

Voluntary work could offer the opening you need if you are having difficulty finding work. It is a great way of getting into a working environment whilst helping others. You could:

- develop new skills
- gain experience
- get training in new areas of work
- explore career interests
- increase your contacts, which could provide job leads
- build your confidence
- have fun

There are many choices in the sort of voluntary work available so its worth thinking about what you want to do and how much time you have available.

If you are getting benefits, you must check with your local Jobcentre Plus to see if this may affect any benefit payment or credits.

Volunteering contacts

There are lots of volunteering opportunities available that might be relevant to your future career plans.

To find out about your local volunteer bureau, phone the National Association of Volunteer Bureaus on **0121 633 4555**.

In Ealing you can contact the Ealing Volunteer centre on **0800 652 3183** or visit www.ealingcvs.org.uk or email them at volunteering@ealingcvs.org.

You can also contact Community Service Volunteers (CSV) the largest volunteering and training organisation in the UK on **01223 728460** or visit www.csv.org.uk

If you want to be a volunteer overseas you can contact the VSO (voluntary service overseas) contact **0208 780 7200** or visit www.vso.org.uk

An excellent website for volunteering is www.do-it.org.uk where you can find what's available in your area.