



# 4.0 Volunteers

## Thinking About Volunteering

### Overview

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If you are interested in becoming a volunteer but are not sure what you would like to do, the range of opportunities can be overwhelming. There are a number of questions you can ask yourself which will help you select the right sort of voluntary opportunity to suit you:



Image: Group of volunteers planning to plant a tree

### Questions to Ask Yourself

#### Why do you want to volunteer?

Is it because you have time to spare, would like to make new friends, would like to learn new skills and gain experience, or have skills and experiences that you would like to put to good use? Would you like to be called up to support in an emergency?

#### Are you motivated to volunteer for a particular cause?

If so, do you know exactly what you want to do or are you prepared to offer your services where they are most needed?

#### How much time can you spare?

Can you make a regular commitment of a few hours a week, or are you looking to do something more short term?

Do you prefer interacting with groups of people, on a one-to-one basis, or would you be happy to volunteer alone? Would you prefer to volunteer indoors or outdoors?

If you want to volunteer with people, what sort of people - elderly, children, young people or people with disabilities?

**NB:** Some roles volunteering with children or adults at risk may require you to have a Disclosure and Barring Service (DBS) check, also known as a criminal record check.

Do you have any specific skills that you would want to use in a voluntary capacity?

Are you prepared to undergo training if your volunteering requires it?



#### Important Information

If you are on welfare benefits, do you know how volunteering may affect your entitlement? See information sheet

**4.12 Volunteering and Welfare Benefits**

Volunteering involves a degree of personal commitment and responsibility, but it also brings with it a sense of achievement and fulfilment. Whatever your reasons for volunteering, the most important advice you can be given is to enjoy what you are doing.



### Information

Once you have the answers to these questions, contact your local volunteer centre

[Find your nearest Volunteer Centre](#)

A volunteer centre offers a one-stop resource for information, advice and guidance on all aspects of volunteering for both volunteers and recruiting organisations. Volunteer Centre staff aim to link the skills, experiences, time and enthusiasm of local people looking to volunteer with organisations seeking to develop their services.

Once you have made a selection, you may want to ask the organisation a number of questions before making a decision:

- Will I be reimbursed for out of pocket expenses?
- Will I have insurance cover while volunteering?
- Will I have access to relevant training?
- Will I know exactly what is, and what is not, expected?
- Will there be a named person who I can talk to about my volunteering?
- Will I be trained in the use of any special equipment, and will protective clothing be provided?
- Will I need to give notice if I wish to finish my placement?
- Will a Disclosure and Barring Service check be required?

## Volunteer centres in Wales

Here is a list of all volunteer centres in Wales:

### Blaenau Gwent

**Sinead Evans**

Gwent Association of Voluntary Organisations (GAVO), Blaenau Gwent

Trenwydd, Newtown, Ebbw Vale, NP23 5FH

**Tel:** 07483 128086

[sinead.evans@gavowales.org.uk](mailto:sinead.evans@gavowales.org.uk)

### Bridgend

**Sharon Headon**

Bridgend Association of Voluntary Organisations (BAVO)

112-113 Commercial Street, Maesteg, Bridgend, CF34 9DL

**Tel:** 01656 810400

[volunteering@bavo.org.uk](mailto:volunteering@bavo.org.uk)

[bavo@bavo.org.uk](mailto:bavo@bavo.org.uk)

### Caerphilly

**Angela Tilcock/Caren White**

Gwent Association of Voluntary Organisations (GAVO)

Ty Derwen, Church Road, Newport, NP19 7EJ

**Tel:** 01633 241550

**Mob:** 07483128060 (Angela)

[angela.tilcock@gavo.org.uk](mailto:angela.tilcock@gavo.org.uk)

[caren.white@gavo.org.uk](mailto:caren.white@gavo.org.uk)

### Carmarthenshire

**Jane Hemmings**

Carmarthenshire Association of Voluntary Services (CAVS)

18 Queen, St Carmarthen, SA31 1JT

**Tel:** 01267 245555

[volunteering@cavs.org.uk](mailto:volunteering@cavs.org.uk)

### Cardiff

**Ebed Akotia**

Cardiff Volunteer Centre - Cardiff

Third Sector Council (C3SC)

Baltic House, Mount Stuart Square, Cardiff, CF10 5FH

**Tel:** 029 20485722

[volunteer@c3sc.org.uk](mailto:volunteer@c3sc.org.uk)

### Ceredigion

**Ruth Evans**

Ceredigion Association of Voluntary Organisations (CAVO)

Bryndulais, 67 Bridge Street, Lampeter, Ceredigion SA48 7AB

**Tel:** 01570 423232

[gen@cavo.org.uk](mailto:gen@cavo.org.uk)

[ruth.evans@cavo.org.uk](mailto:ruth.evans@cavo.org.uk)

### Conwy

**Ceri Jones/Donna Jones**

Community and Voluntary Support Conwy (CVSC)

7 Rhiw Road, Colwyn Bay, Conwy LL29 7TG

**Tel:** 01492 534091

[volunteering@cvsc.org.uk](mailto:volunteering@cvsc.org.uk)

## Volunteer centres in Wales

Here is a list of all volunteer centres in Wales:

### Denbighshire

#### Denbighshire Voluntary Services Council (DVSC)

Naylor Leyland Centre, Well Street,  
Ruthin, Denbighshire, LL15 1AF

Tel: 01824 702441  
[volunteer@dvsc.co.uk](mailto:volunteer@dvsc.co.uk)

### Flintshire

#### Jan Owen

#### Flintshire Local Voluntary Council (FLVC)

Corlan, Unit 3, Mold Business Park,  
Wrexham Road, Mold,  
Flintshire, CH7 1XP

Tel: 01352 744016  
Mob: 07388 379233 (Claire)  
Mob: 07388 379234 (Debbie)  
Mob: 07388 993240 (Jan)  
[volunteers@flvc.org.uk](mailto:volunteers@flvc.org.uk)

### Gwynedd

#### Carwyn Humphreys

#### Gwynedd Volunteer Centre (Mantell Gwynedd)

23-25 Y Bont Bridd, Caernarfon,  
Gwynedd, LL55 1AB

Tel: 01286 672626  
[volunteer@mantellgwynedd.com](mailto:volunteer@mantellgwynedd.com)  
[gwirfoddoli@mantellgwynedd.com](mailto:gwirfoddoli@mantellgwynedd.com)

### Isle of Anglesey

#### Medrwn Môn

Town Hall, Bulkeley Square,  
Llangefni, Anglesey, LL77 7LR

Tel: 01248 724944  
[post@medrwnmon.org](mailto:post@medrwnmon.org)

### Merthyr Tydfil

#### Frances Barry

#### Voluntary Action Merthyr Tydfil (VAMT)

89 – 90 High Street, Pontmorlais,  
Merthyr Tydfil, CF47 8UH

Tel: 01685 353902  
[frances.barry@vamt.net](mailto:frances.barry@vamt.net)

### Monmouthshire

#### Clare Watkins

#### Gwent Association of Voluntary Organisations (GAVO)

Ty Derwen, Church Road, Newport,  
NP19 7EJ

Tel: 01633 241550  
Mob: 07483128050  
[clare.watkins@gavo.org.uk](mailto:clare.watkins@gavo.org.uk)

### Neath Port Talbot

#### Gemma Richards

#### Neath Port Talbot Council for Voluntary Service (NPTCVS)

Tŷ Margaret Thorne, 17-19 Alfred  
Street, Neath, Neath Port Talbot,  
SA11 1EF

Tel: 01639 631246  
[gemmaR@nptcvs.org.uk](mailto:gemmaR@nptcvs.org.uk)  
[info@nptcvs.org.uk](mailto:info@nptcvs.org.uk)

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### Newport

**Amele Tukandra**

Gwent Association of Voluntary Organisations (GAVO)

Ty Derwen, Church Road, Newport, NP19 7EJ

**Tel:** 01633 241550

**Mob:** 07483128065

[amele.tukandra@gavo.org.uk](mailto:amele.tukandra@gavo.org.uk)

### Pembrokeshire

**Louise Wilkinson**

Pembrokeshire Association of Voluntary Organisations (PAVS)

36-38 High Street, Haverfordwest, Pembrokeshire SA61 2DA

**Tel:** 01437 769422

[volunteering@pavs.org.uk](mailto:volunteering@pavs.org.uk)

### Powys

**Michele Muireasgha/Michiél Blees**

Powys Association of Voluntary Organisations (PAVO)

Powys Association of Voluntary Organisations, Unit 30 Ddole Road, Llandrindod Wells, Powys, LD1 6DF

**Tel:** 01597 822191

[volunteering@pavo.org.uk](mailto:volunteering@pavo.org.uk)

### Rhondda Cynon Taff

**Thomas Crockett**

Interlink Volunteer Centre

Glenview House, Court House Street, Pontypridd, CF37 5BE

**Tel:** 01443 846200

[volunteering@interlinkrct.org.uk](mailto:volunteering@interlinkrct.org.uk)

[tcrockett@interlinkrct.org.uk](mailto:tcrockett@interlinkrct.org.uk)

### Swansea

**Amanda Carr/Julia Manser**

Swansea Council for Voluntary Service (SCVS)

Voluntary Action Centre, 7 Walter Road, Swansea SA1 5NF

**Tel:** 01792 544000

**Mob:** 07791 668966 (Amanda)

**Mob:** 07913 864519 (Julia)

[scvs@scvs.org.uk](mailto:scvs@scvs.org.uk)

[amanda\\_carr@scvs.org.uk](mailto:amanda_carr@scvs.org.uk)

[julia\\_manser@scvs.org.uk](mailto:julia_manser@scvs.org.uk)

### Torfaen

**Callum Jones**

Torfaen Voluntary Alliance (TVA)

Portland Buildings, Commercial Street, Pontypool, Torfaen, NP4 6JS

**Tel:** 01495 742420

[callum@tvawales.org.uk](mailto:callum@tvawales.org.uk)

[info@tvawales.org.uk](mailto:info@tvawales.org.uk)

### Vale of Glamorgan

**Janine Richardson**

Glamorgan Voluntary Services

Barry Community Enterprise Centre Skomer Road, Barry, Vale of Glamorgan, CF62 9DA

**Tel:** 01446 741706

[volunteering@gvs.wales](mailto:volunteering@gvs.wales)

[janine@gvs.wales](mailto:janine@gvs.wales)



## Volunteer centres in Wales

Here is a list of all volunteer centres in Wales:

### Wrexham

Val Connolly/Vicky Wright

Association of Voluntary  
Organisations Wrexham (AVOW)

21 Egerton Street, Wrexham, LL11  
1ND

Tel: 01978 312556

[vb@avow.org](mailto:vb@avow.org)



Cefnogi Trydydd  
Sector **Cymru**

Third Sector  
Support **Wales**

Third Sector Support Wales is a network of support organisations for the whole of the third sector in Wales.

It consists of the 19 local and regional support bodies across Wales, the County Voluntary Councils (CVCs) and the national support body, Wales Council for Voluntary Action (WCVA).

For further information contact  
<https://thirdsectorsupport.wales/contact/>

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### Disclaimer

The information provided in this sheet is intended for guidance only. It is not a substitute for professional advice and we cannot accept any responsibility for loss occasioned as a result of any person acting or refraining from acting upon it.