

Thinking About Volunteering

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Section 1: Welcome to the world of volunteering

Volunteering can be an amazing experience. Use your skills and gain new ones as you help improve your local community through volunteering. There are so many opportunities for you to choose from, creating positive experiences for you and others. There is something for everyone and you can make a difference.

This information will help you to think your contribution over and take your next steps.



Section 2: Things to consider

Consider... what you can gain from volunteering

We all have something to offer and something to gain from volunteering. Volunteers often report feeling a sense of achievement, improvements in their wellbeing and confidence, making new connections and having the opportunity to learn new skills or practice existing ones.

Consider what you would like to gain from volunteering, which will help you to select something that best suits your motivations.

Consider... the impact you can have by volunteering

Use your time well and ensure you engage with a volunteering role that makes a difference. Consider what your interests are and use this to find a role that suits you.

Make your time matter by thinking through just how much you can give before you get started. Volunteering is something you can try and if something doesn't work for you, you can try another opportunity.

Change your time into something powerful in the community.

We believe everyone has something to give through volunteering, and getting the right support to give your time is important.

If you need support with this, your local volunteering centre can help you to find the right role, discuss with you which opportunities will provide the support that suits you. Support could be training, someone who meets with you regularly or a role that provides adjustments you require.

You can find out how to get in touch with your local Volunteer Centre below.

Did you know?

- You can volunteer on your own, or in a group of other volunteers
- You can volunteer from home, out in the community, in an office, or outdoors
- Some volunteering roles offer fully supported training and others will only require a quick briefing on the day
- You may be invited to undergo a DBS check for some volunteering roles, which requires some paperwork. This will be arranged by your volunteering opportunity, and you will need to show some identification. Please note that a DBS is free for volunteers.

We passionately believe that volunteering should be a positive experience and that you should feel safe and supported whilst you are volunteering.

It's okay to ask...

While you're looking for a volunteering role that suits you, here are some things to remember to ask about,

- What the role involves, and whether there is a role description
- Whether your volunteer expenses will be reimbursed, such as your travel costs to the place of volunteering
- Whether your support needs or preferences can be met
- Whether you will have access to training or developmental opportunities
- Who your main contact will be whilst you are volunteering
- How much time will be expected from you as a volunteer, which includes how often you are expected to volunteer and what flexibility there is in these expectations.

Section 3: Next Steps

We host hundreds of volunteering opportunities from all over Wales on the [Volunteering Wales website](#) – we encourage you to take a look.

You can search for opportunities that are close to home or those that are further away.

If you need some support, your local Volunteer Centre can help you to find the right volunteering opportunity for you.