



Have you ever thought about

# VOLUNTEERING?

There are lots of benefits to volunteering, these are just a few.

- Learn new skills
- Help people
- Get a reference
- Enhance your CV
- Volunteering often leads to paid employment
- Try a new area of work
- Meet new people
- Make new friends
- Opportunities for new experiences
- Give something back
- Take on new challenges
- Be part of your community
- Gain a qualification
- Build confidence
- Increase your self esteem

**Be inspired! Help make a difference today!**

For more information on volunteering opportunities and help setting up your own group visit [www.do-it.org.uk](http://www.do-it.org.uk) or [www.torcom.org.uk](http://www.torcom.org.uk) or phone 01803 212638.