

What is Volunteering ?

Put simply, it's about choosing to give some of your time (unpaid) to benefit the environment or people in the community... yet it's a whole lot more than that!

Volunteering has changed with the times, it's more versatile and rewarding, and there's a wider range of interesting opportunities available.

In return for your time, commitment and enthusiasm, volunteering offers great opportunities to meet other people, learn new skills and have fun.

There many reasons why people volunteer, here are just a few!

- gain experience
- make new friends
- use and share existing skills
- access training and qualifications
- develop new interests
- increase self confidence

To find out for yourself what volunteering has to offer, contact us for an informal chat or visit our website.

how to Contact us

Our offices are open to the public between Monday and Friday from 9.30am until 3.00pm and at other times by appointment. You can contact us by telephone, email, or post, or visit our website. We can also arrange to meet you at a venue closer to where you live or work if you cannot get to Leighton Buzzard.

Telephone: 01525 850559

Fax: 01525 376281

Email: volunteer@action-centralbeds.org.uk

Website: www.action-centralbeds.org.uk

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Volunteer Centre South Bedfordshire is a service of
Voluntary and Community Action South Bedfordshire

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Member of the National Association of Councils for Voluntary Service
Member of Volunteering England and licensed Volunteer Centre



Volunteer Centre
Central Bedfordshire

thinking about volunteering?



visit your local Volunteer Centre

Voluntary and Community Action

What is a Volunteer Centre?

Volunteer Centres work with volunteer-involving organisations to promote and develop volunteering.

Our knowledge of local voluntary organisations, the public sector and community groups also makes us the first point of contact for anyone interested in finding out about local volunteering opportunities.

Volunteer Centre services include:

- access to volunteering opportunities
- marketing volunteering
- developing volunteering opportunities
- promoting good practice
- campaigning

We are committed to promoting equal opportunities and challenging barriers to volunteering.

Our services are confidential, accredited by Volunteering England and available to **all** members of the community.

Ever thought about volunteering?

You'll be **amazed** at what you can do!

There is something for everyone... whatever your age, skills, interests or experience.

Our Volunteer Centre advisers can offer you a free, confidential and informal appointment where they can help you:

- **explore your interests** and motivations for volunteering
- **make an informed choice** about the different opportunities we have available
- **search and select** information on over 300 local volunteering opportunities
- **get in contact** with local volunteer-involving organisations and groups

There is no pressure to make an immediate choice; you are free to take information away with you and make a decision in your own time.

Need volunteers?

If you are a local volunteer-involving organisation or community group, we can help you too.

Register with us and we'll promote your opportunities and signpost volunteers to your organisation.

In addition to our one-to-one sessions with people interested in volunteering we can actively promote your opportunities through:

- the Internet
- volunteering events
- information days
- local media
- our volunteering directory

We do our best to match a volunteer's interests, skills and availability with appropriate opportunities.

The Volunteer Centre can also offer advice, information and support on all aspects of:

- volunteer recruitment and management
- setting up and running a volunteer programme
- developing new opportunities
- developing good practice

life skills campaigning sport befriending driving heritage
mentoring research conservation committee counselling events