



Supporting you into Volunteering

Benefits of Volunteering

- ◆ Meeting new people and making new friends
- ◆ Making a difference to your local community
- ◆ Gaining valuable work experience
- ◆ Learning new skills
- ◆ Building your confidence and self esteem

What we will do to help you

- ◆ Find you the perfect volunteer role that compliments your interests, experience and skills.
- ◆ We can attend interviews with you
- ◆ We will support you on your first day of volunteering
- ◆ We offer volunteering taster sessions

**Denise and Lorraine are your
Welcome to Volunteering Coordinators**

**Denise Graves
Guildford & Surrey Heath**



**D.graves@vasws.org.uk
07825 417204**

**Lorraine Yates
Waverley**



**L.yates@vasws.org.uk
07775 556772**

"I've had a really good week volunteering it has really boosted my confidence."

"I have anxiety and depression, I find satisfaction by contributing my skills through volunteering."

"Everyone was really helpful and friendly, I had a very rewarding day and left feeling uplifted ."



www.voluntaryactionsws.org.uk



@VASWS



www.facebook.com/volaction

 **Voluntary Action**
South West Surrey

39 Castle Street, Guildford, GU1 3UQ

Email: info@vasws.org.uk

Telephone: 01483 504 626

Charity number 1116293

Company number 05841344