



Preparing to volunteer

What is volunteering?

Volunteering is supporting an organisation or group unpaid, with the aim to benefit your community or others. “Volunteering can be formal and organised by organisations, or informal within communities. It should always be a free choice made by the person giving up their time.” Everyone has the right to volunteer. Volunteers can be any age and from any background. Volunteers are not employees and are not protected by employment laws.

Understanding why you want to volunteer

There are lots of benefits to volunteering, whether that may be supporting a cause that you are passionate about, making new friends, gaining new skills or looking to put the skills that you already have to use. It is important to understand why you want to volunteer in the first place, this will allow you to get the most out of your volunteering.

Where should I volunteer?

Volunteering is totally unique to you! You may have an organisation that is close to your heart that you would like to give back to, but it's also okay if you don't have any in mind. For example, you may like gardening and choose to support an organisation that offers this activity. There are lots of different opportunities across Swindon that you can get involved with.

Will I have time to volunteer?

Volunteering should fit around your schedule. You can choose how many hours a week you want to dedicate to volunteering. Whether you are an early riser and have a few hours to spare before work, have a free day during the week or want to get involved with something on the weekend, volunteering shouldn't mean compromising your usual daily schedule, but be an addition to it.

What will I get out of volunteering?

Depending on what volunteering you are taking part of, this can vary, but here are a few reasons why others volunteer;

- Gaining experience to get into work or change career,
- Supporting a cause that's meaningful to them,
- Meeting other people,
- Contributing to the local community,
- Changing something for the better,
- Using pre-existing skills or experiences to help others,
- Doing something completely different or new,
- Learning new skills,
- Continuing professional development.

If you have any questions or would like to discuss further, please contact

volunteering@vas-swindon.org