

## **About Us:**

Taunton Deane Volunteer Bureau is here to help 'you' the volunteer. The Bureau is an advice and information centre for volunteering opportunities in Taunton Deane. We support and promote the 'quality, quantity and accessibility' of volunteering at a local level.

We offer potential and existing volunteers free information and advice in matching your motivations to volunteer with appropriate volunteering opportunities through a confidential one to one interview with a volunteer adviser or via the telephone, our website, email, post or just by calling in for a chat.

Volunteers can do almost anything. Whatever your age, interests, skills or ability let us help you find the opportunity that suits you.

## **Opportunities:**

If you are thinking of becoming a volunteer the Bureau can provide information on a wide variety of opportunities from a diverse range of volunteer involving organisations including:

- Befriending/Caring
- Committee/Trustee Work
- Community Work
- Help-lines/Advice Work
- Charity Shops
- Driving
- Conservation/Practical Work
- Administration/Office Work
- Fundraising/Marketing
- Working with the Elderly
- Mentoring
- Working with Young People

If a suitable volunteering opportunity does not exist we will do our best to help find one that meets your interests.

## **Why Volunteer?**

Volunteering can help you:

- Build self-confidence
- Learn new skills
- Improve your local community
- Share your knowledge
- Gain work experience
- Make new friends
- Have Fun
- Help others
- Change career

Training and personal development is often available from the organisation you volunteer with but we can also give you advice and information on other training opportunities available to volunteers.

We also offer on-going volunteering advice through follow-ups and while you are volunteering.

## **Supported Volunteers Project**

Volunteering promotes 'active citizenship' and should be 'open to all'. We believe that everyone who chooses to should have the right to volunteer.

Many people face barriers into volunteering or lack self-confidence, due to past or present issues in their lives and taking the first step to a more active role in their community can be difficult.

We can support people who need a little extra help into volunteering. We can help find appropriate opportunities.

Arrange and accompany people to interviews and work along side them during their first volunteering session.

For more details please contact Rachel our Supported Volunteer Worker on 01823 284470.

Contact Details:

Taunton Deane Volunteer Bureau

Tel: 01823 284470

Email: [volunteerbureau@tauntoncvs.org.uk](mailto:volunteerbureau@tauntoncvs.org.uk)

Website: [www.tauntoncvs.org.uk](http://www.tauntoncvs.org.uk)

Opening hours:

10pm-4pm Mon-Fri

Answerphone for out of hours enquiries

You can also view volunteering opportunities by visiting [www.do-it.org.uk](http://www.do-it.org.uk) and typing in your postcode.