

Why volunteer?

People volunteer for a variety of reasons;

Add experience to your CV

Improve your career prospects

Make a difference to something you care about

Help your community

Add variety to your day

Have fun

Do I need any experience?

Voluntary groups welcome people from all backgrounds, and are often willing to train you.



How much time will I need to give?

That is entirely up to you. You choose what your commitment will be.

Will my out-of-pocket expenses be paid?

Volunteer Centre Sandwell recommends that organisations which use volunteers pay out-of-pocket expenses, for example, travelling expenses such as mileage or fares, and that volunteers are properly insured. You should check these matters with the organisation concerned before starting any voluntary work.

Will it affect my benefits?

Doing some unpaid voluntary work whilst in receipt of Job Seekers or Employment Seekers Allowance will not affect your right to benefit, provided that you receive only out-of-pocket expenses and remain available for, and are actively seeking work.

Even though your benefits will not be affected you must tell;

- **Your Jobcentre plus (Department of Work and Pensions)**
- **Your local Council if you are receiving Housing Benefit or Council Tax Benefit**

Jobcentreplus has produced a helpful leaflet on volunteering: Volunteering whilst Getting Benefits (Leaflet DWP 1023)

How can the Volunteer Centre Sandwell help you?

We have vacancies for a range of activities;

- Advice work ■ Administration ■
- Befriending ■ Business and management ■
- Campaigning and lobbying ■ Caring ■
- Catering ■ Community work ■
- Computers and technology ■ Counselling ■
- Driving ■ Fundraising ■ Languages ■
- Marketing ■ PR and media ■
- Practical work ■ DIY ■ Retail and charity shops ■
- Teaching and training ■ Trusteeship

Our computer database matching system can match your interest with groups in need of help.