

What do we offer?

We work with volunteer-involving organisations across Luton to promote and develop volunteering. Our services include:

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

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

We are committed to promoting equality and diversity and to challenging barriers to volunteering.

Our services are confidential, accredited and available to all members of the community.

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



How to contact us

You can contact us by telephone, email or visit our website.

We can arrange to meet you at a venue close to where you live or work or at one of our Volunteer Information Points in Luton (*call us or see our website for details*).

Tel: 07584 687657 or 01525 850559 (*messages*)

Email: volunteering@voluntaryworks.org

Web: voluntaryworks.org
www.do-it.org
(search for Voluntaryworks Luton)

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Thinking about volunteering?



Voluntaryworks is a consortium of local organisations working to promote and support the voluntary and community sector in Bedfordshire. Volunteering Services in Luton are accredited and delivered by Voluntary and Community Action on behalf of Voluntaryworks.

Voluntaryworks Luton

Helping you to volunteer

What is volunteering?

Put simply, volunteering is 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!



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

Volunteering can also be a great way to gain experience, get fit, enhance your CV or even just usefully spend a few hours.

There are many reasons why you might want to volunteer - here are just a few!

- gain experience
- help a cause you care about
- help other people
- give something back to the community
- use and share your skills or knowledge
- access training and qualifications
- learn or try new things
- develop new interests
- meet new people or make new friends
- increase your self confidence
- get involved in your local community

Ever thought about volunteering?

Volunteering is versatile and flexible, and there is a huge range of opportunities available across a wide range of charities, voluntary organisations, community groups and public sector organisations.

There is something for everyone ... wherever you live in Luton ... whatever your age, skills, interests or experience. You'll be amazed at what you can do!

In thinking about what kind of volunteering is right for you, consider ...

- why you would like to volunteer?
- what you want to get from your volunteering?
- whether you want to volunteer for a particular group, cause or organisation?
- whether you want to volunteer with something related to your hobbies and interests?
- how much time you can give to volunteering?
- whether you are able to volunteer regularly or for a specific period(s)?
- what days/evenings/times would you be available to volunteer?
- whether you are happy to undergo checks or training for particular roles?
- how far are you prepared to travel or do you want a home-based opportunity?

Want to volunteer?

You can search, enquire and apply for local volunteering opportunities on-line at www.do-it.org or meet with one of our Volunteering Advisers for a free, confidential and informal chat. Our Advisers can help you:

- explore your interests and motivations for volunteering
- search and select information from over 300 local volunteering opportunities
- get in contact with local volunteer-involving organisations and groups

Our Volunteering Advisers will help you to match your skills, interests, experience and availability with the opportunities that best suit you.

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.

