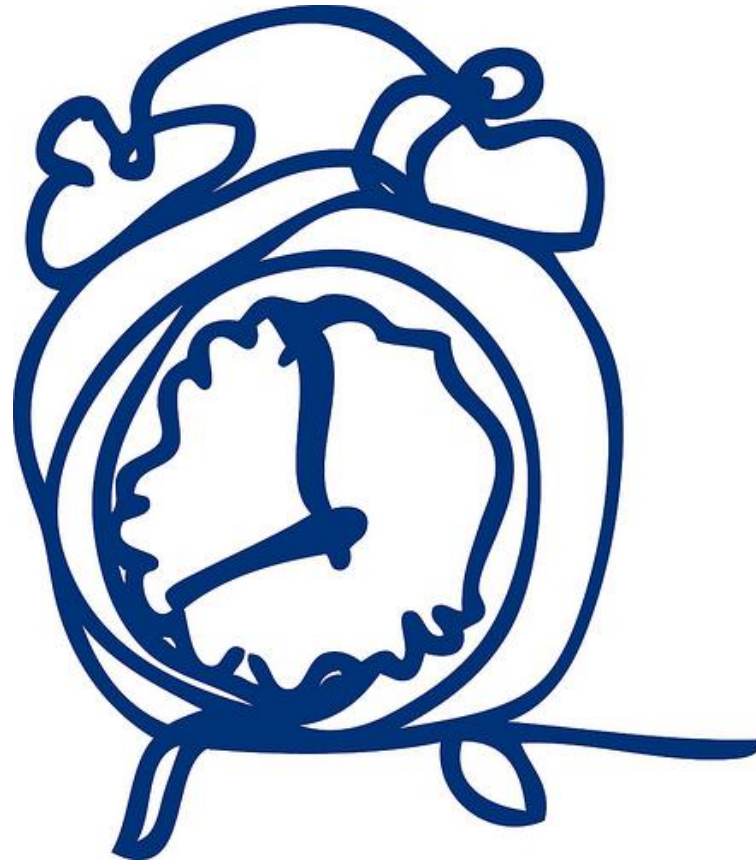






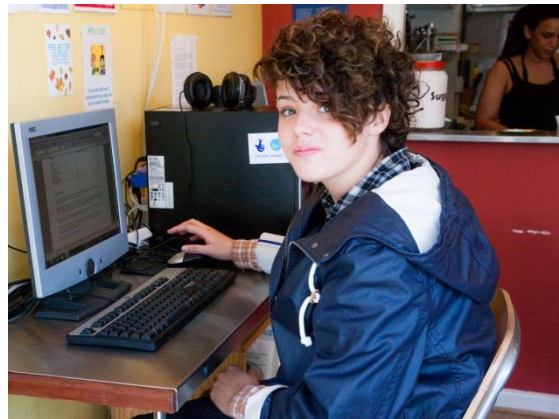
Lots of young people volunteer



**Volunteers are not paid. They give their time for free to help others,
They learn new skills and have an enjoyable experience**



Cooking in community cafés



Office based and computer work



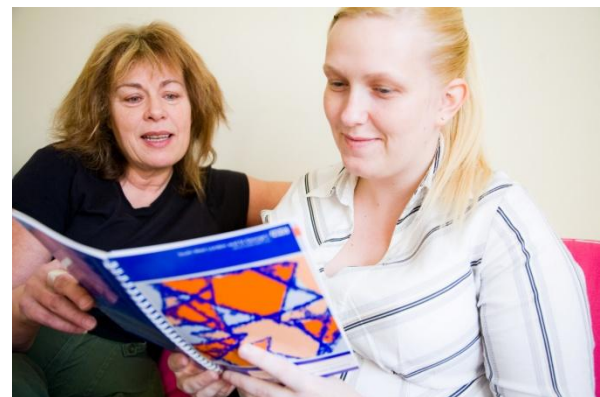
Fundraising



Helping people get out and about

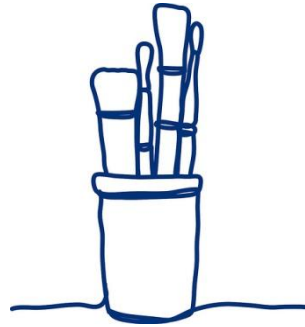


Getting involved in youth clubs
& community centres



Supporting people to learn skills

These are some of the ways young people volunteer



Growing and gardening

Art groups

Sports



Libraries

Media

Charity shops

There are lots of other places to volunteer too



You will learn new skills. You can use these skills in your life and they may help you get a job



**You will be given training.
This is nothing like school and it is usually fun.**



Sometimes volunteers are given certificates



If you get the bus then you will be given the bus fare back when you volunteer. You will need to keep the ticket to do this.



There is often someone who will check things are going okay. This is usually a volunteer co-ordinator, manager, supervisor or mentor



There is often somewhere to sit if you need some quiet time or a break



**It is okay if you don't feel up to it one day.
You can phone to let people know and arrange a different time to come in.**



Most people who volunteer really enjoy themselves. There is usually someone there who can answer any questions and help you.

This presentation has been developed by Manchester Mind with Volunteer Centre Manchester and has been funded by The Big Lottery and Manchester City Council.

There are places where you can get advice on volunteering and finding volunteering opportunities. These are usually called Volunteer Centres or Volunteer Bureaux.

Manchester has a Volunteer Centre that can provide advice and information if you are interested in volunteering. Their details follow this.

Volunteer Centre Manchester can offer...

- A volunteering **advice session**
- Details of local volunteering opportunities
- Help with **finding the right volunteer role**
- Ongoing support, **help with your CV or finding a job**
- A wide range of **training opportunities**
- The chance to get involved with major local events

Who are we?

Volunteer Centre Manchester was established to help Manchester residents find good quality volunteering opportunities



Supported by:



MANCHESTER
CITY COUNCIL

If you are a Manchester resident and want to get involved in volunteering, contact **Volunteer Centre Manchester:**

E: info@volunteercentremanchester.co.uk

W: www.volunteercentremanchester.co.uk

Facebook: www.facebook.com/VCMOfficial

Twitter: [@VolunteeringMcr](https://twitter.com/VolunteeringMcr)

T: 0161 830 4770

Volunteering kept me busy, made me feel part of something and helped me be more confident. I loved the feeling of helping someone, that I'd made a difference to their life.

Charlie, Cheetham Hill

