

“I have now succeeded in getting a full time job, which I do not think I would have been considered for before. Volunteering has certainly paid off for me.”

Heather, Administration Volunteer

Over 350 volunteering opportunities available

Contact our Support Worker at:

Volunteer Centre Dundee
Number Ten
10 Constitution Road
Dundee
DD1 1LL

01382 305705

info@volunteerdundee.org.uk

Text work and your name and address to 07781 472841 to receive further information



Volunteering can work for you



People volunteer for many different reasons.

Volunteering can give you the skills, experience and confidence you need to get into work, training or education.



We can help you to take the first step.



Why Volunteer?

- To learn new skills
- To improve existing skills
- To make new friends
- To build confidence
- To add to your CV
- Try something new
- To gain work experience

73% of employers would employ a candidate with volunteering experience over one without

Timebank Survey of top 200 UK Businesses

What experience do I need?

None, it's more important that you are enthusiastic, reliable and willing to learn.

Can I get training?

Many organisations offer training opportunities for volunteers. Induction training, support and ongoing guidance will be offered.

How much time do I need?

That is up to you. Most opportunities will take only a few hours a week of your time, some take place during office hours but there are evening and weekend opportunities too.

Will it affect benefit payments?

No, it won't. You can volunteer whilst claiming benefits, but you still have to be actively seeking work. Your employment adviser will be able to guide you.

What about expenses?

Travel costs should be reimbursed. Some funding may be available for childcare.

What if you don't like it

That's fine, just let us know that it's not quite right and we will help you find something else.