

## You can make a difference

Volunteering is something that everyone can do. Whatever your interests, wherever you live, whether you have a lot of time or a little; if you want to change the world, your street or just your CV; if you want to make friends, feel useful, put something back or gain a new skill; whether you're young or old, male or female, employed or unemployed, disabled or able bodied; no matter what your background – **anyone can volunteer.**



### Equality

snvb works with groups and individuals regardless of race, gender, religion, age, ability/disability, sexuality or HIV status. Both volunteer centres are fully accessible.

### Supported by:

Northamptonshire County Council  
South Northamptonshire Council  
Brackley Town Council  
NHS Northamptonshire  
Capacitybuilders



Volunteer Centre  
Moat Lane  
Towcester  
NN12 6AD  
Tel. 01327 358264  
Fax. 01327 358428

Also at:  
Volunteer Centre  
Market House Courtyard  
Brackley  
NN13 7AB  
Tel. 01280 841250  
Fax. 01280 704284

info@snvb.org.uk

[www.snvb.org.uk](http://www.snvb.org.uk)

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## volunteering

### Thinking of volunteering?

How to get involved



Supporting voluntary  
activity across South  
Northamptonshire

# Make a difference to the issues you care about in your community – just by giving a little of your time

## How snvb can help you volunteer

Volunteering is unpaid work for an organisation, individual or someone who is not a member of your family. We hold information on which local agencies are looking for volunteers and we match potential volunteers to these opportunities.

## What should you consider?

To help you find the right volunteering placement it helps to think about what work you would like to do and why you wish to do it. Additionally, how far you are willing to travel, when you are available and how much time you can spare.

## Volunteering is open to you

We can assist you to work out what volunteering interests you and find you suitable organisations and opportunities. We can offer on-going advice and support if you need it. We want you to volunteer and we want you to enjoy it.

## How can I find out what I can do?

- Look at our website [www.snvb.org.uk](http://www.snvb.org.uk), or the National Volunteering Database [www.do-it.org.uk](http://www.do-it.org.uk)
- We have the latest opportunities displayed in our windows and on our posters in libraries and village halls.
- Call into one of our volunteer centres in Towcester or Brackley.
- Contact us on 01327 358264 or email [info@snvb.org.uk](mailto:info@snvb.org.uk)

## What if I need more help?

For more information you can make an appointment for a confidential interview. This is really an informal chat, which gives us the opportunity to find out a little bit more about you, your interests and skills.

We can then let you know about local opportunities and, if you wish, make arrangements for you to visit. Alternatively, we can provide some information leaflets.

Naturally you are free to go away and think about what is on offer and you are under no obligation to volunteer.

## Volunteering when on benefits

Most benefits are not affected when anybody carries out voluntary work, as only reasonable expenses are paid.

If you take up voluntary work whilst in receipt of benefits, it is recommended you inform your adviser. Organisations using volunteers have no duty to inform the benefit office.

For more information about how we can help  
call **01327 358264** visit [www.snvb.org.uk](http://www.snvb.org.uk)