

# Helping you find volunteering opportunities

Connecting charities, volunteers and businesses



“Volunteering meant I was able to access a career I had hoped to pursue. It provided me with insight and perspective on issues other people faced and it helped me develop interpersonal skills.”

(Rebecca Barkaway, Brighton Women’s Centre)

“Volunteering makes me feel that I am ‘putting in’ to my community. I work with lovely people and find the whole experience very rewarding.”

(Tressa Davey, Healthwatch Brighton and Hove)

## WHY VOLUNTEER?

Everyone can volunteer and there’s a volunteering opportunity to suit all interests.

Volunteering opens many doors. It can help you to gain new skills and experience, and find new career paths. It’s about having fun, meeting new friends and trying out new things. By volunteering you give back to your community and support the running of local services.

We advised over  
430 future volunteers  
on volunteering  
and finding a  
volunteering  
opportunity last year



## HOW WE CAN HELP

Our team offers confidential support and information over the telephone and through email. We can:

- + help you find the right volunteering opportunity
- + answer questions you have about volunteering
- + help you search the online list of latest volunteering opportunities
- + talk about volunteering related issues

Regardless of your age, gender or race, or whether you’re disabled or able-bodied, employed or unemployed, we can help you search for a volunteering opportunity.



## GET IN TOUCH

Get in touch with our team

01273 234826  
[volunteercentre@bhcommunityworks.org.uk](mailto:volunteercentre@bhcommunityworks.org.uk)

If you're on Facebook or Twitter follow us to hear about all the latest volunteering opportunities

[@bh\\_cw](https://www.facebook.com/bhcommunityworks)

We post volunteering opportunities on the Do-it website

[do-it.org/organisations/volunteer-centre-brighton-and-hove](https://do-it.org/organisations/volunteer-centre-brighton-and-hove)

## ABOUT COMMUNITY WORKS

Voluntary and community action makes our society and local areas better. We want to make sure it does. And that it has the greatest positive impact on everyone. To achieve this we help people and organisations to use their time, expertise and energy effectively.

Helping people who want to volunteer their time and find local opportunities that make the most of their abilities and ambitions, is one of the ways in which we do this. Our volunteer centre helps people find meaningful ways to contribute their time, skills and energy to voluntary and community organisations and other initiatives across the city.

To discover more go to [bhcommunityworks.org.uk](https://bhcommunityworks.org.uk)

If you need this information in a different format just get in touch to discuss your needs.

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Design: seascapeco.uk  
Photography: redpencil.co.uk

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CHARITIES • VOLUNTEERS • BUSINESSES