

What do we offer?

We work with volunteer-involving organisations across Central Bedfordshire 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.

driving mentoring
counselling events

How to contact us

Our offices are open to the public between Monday and Friday from 9.30am until 3.00pm and at other times by appointment. You can contact us by telephone, email or post, or visit our website.

We can also arrange to meet you at a venue closer to where you live or work if you cannot get to Leighton Buzzard or to one of our Volunteer Information Points to see us (*call us or see our website for details*).

Telephone: 01525 850559
Email: volunteer@action-centralbeds.org.uk
Website: www.action-centralbeds.org.uk
www.do-it.org
(search for Volunteer Centre Central Bedfordshire)
Facebook: facebook.com/VCCentralBeds
Address: Voluntary and Community Action
Bossard House, West Street,
Leighton Buzzard,
Bedfordshire, LU7 1DA



Volunteer Centre

Central Bedfordshire

Thinking about volunteering?

Helping you to volunteer

Voluntary and Community Action

Volunteer Centre Central Bedfordshire is a service of
Voluntary and Community Action South Bedfordshire
Registered Charity No. 1108879
Company limited by guarantee | Registered in England No. 5386570
Accredited and licensed Volunteer Centre
Member of the National Council for Voluntary Organisations
Member of the National Association for Voluntary and Community Action

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 Central Bedfordshire ... 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 can you 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?

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 500 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.

life skills campaigning sport befriending driving conservation
heritage research mentoring committees counselling events