

## Why volunteer?

## Contact us

Volunteering is a great way to:

- Meet people
- Gain work experience
- Make a difference
- Do something you're passionate about
- Fill some spare time
- Help people
- Get involved in your local community
- Try something new
- Enjoy yourself

Some organisations may offer the chance to gain qualifications through your volunteering.

If you are looking for something to do then there are lots of organisations that would appreciate your time!



[info@voluntarycentreservices.org.uk](mailto:info@voluntarycentreservices.org.uk)  
[www.voluntarycentreservices.org.uk](http://www.voluntarycentreservices.org.uk)

**North Kesteven** 01529 308450  
The Old Mart  
Church Lane  
Sleaford  
NG34 7DF

[northkesteven@voluntarycentreservices.org.uk](mailto:northkesteven@voluntarycentreservices.org.uk)

**Lincoln** 01522 551683  
c/o City Hall  
Beaumont Fee  
Lincoln  
LN1 1DF

[lincoln@voluntarycentreservices.org.uk](mailto:lincoln@voluntarycentreservices.org.uk)

**West Lindsey** 01427 613470  
c/o Guildhall  
Marshall's Yard  
Gainsborough  
DN21 2NA

[westlindsey@voluntarycentreservices.org.uk](mailto:westlindsey@voluntarycentreservices.org.uk)

 Voluntary Centre Services

 @VCSLincs

 Lincolnshire  
COUNTY COUNCIL

 West Lindsey  
DISTRICT COUNCIL

## Supported volunteering



*Helping everyone to  
make a difference*

If you require this information in a different format please get in touch.

## What is supported volunteering?

It's a way of supporting people who want to get into volunteering. We understand that trying something new can be difficult and sometimes people need a bit of extra help.

We match people with a trained mentor, who can provide guidance and support to help find the right voluntary role.

Mentors work with you to help you achieve your goals. They help you look at your skills and interests, and support you to find an opportunity that suits your needs.

Whether you want a little help to start volunteering, have a disability, have experience of mental ill health or just need a confidence boost, getting a helping hand through supported volunteering could help you to get started on your journey.

*rewarding*

## How would a mentor help me?

Your local Voluntary Centre Services (VCS) Project Contact will work to match you with a suitable mentor.

Once you've been introduced, your mentor will provide one to one support to help you get into volunteering. This could mean coming with you to a volunteer appointment or interview, supporting you to fill in application forms, or helping you identify what sort of volunteer tasks you'd like to do.

Mentors offer support for an agreed period of time, getting you started and helping you to build your confidence. Your mentor can't help with everything but they can link you to other organisations that can help with any issues you may have.

If you want to find out more about having a mentor, please get in touch.

*inspiring*

## I'd like to become a mentor

Mentors enable people to identify their strengths and build confidence, and find a volunteer opportunity that's right for them. Mentors help with the transition into volunteering.

Ideally mentors need experience, knowledge or understanding of working with people with learning difficulties, mental ill health or low confidence - but training and support is provided. You will need to have a calm, positive, enabling approach; be patient, non-judgmental and be aware of diverse barriers that people may face.

This is a great opportunity to enable others to flourish whilst using your skills to benefit the local community.

To find out more about becoming a mentor please contact your nearest VCS office.

*experience*