



First Steps to volunteering



What is Volunteering?

The Welsh Government Volunteering Policy (2015) defines volunteering as activity which:

- is undertaken freely, by choice
- is undertaken to be of public/ community benefit
- is not undertaken for financial gain



Why volunteer?

- Volunteering is a two-way street. It has benefits to you as a volunteer as well as the individual or group you have chosen to support.
- Through volunteering you will gain new skills and training relevant to your volunteering role. These skills will be transferable into other roles you may wish to pursue or into your everyday life.

How to get started?

- 1 Think about why you would like to volunteer, what are your motivations?**
 - Benefits to your well-being.
 - Gives you a sense of purpose.
 - Gain experience which can improve your employability.
 - Improve your mental health.
 - Opportunity to make new friends.
 - Increase your confidence.
- 2 What skills and experiences do you have? What interests and hobbies do you enjoy?**
 - Think about previous roles both paid and unpaid.
- 3 Think about who or what you would like to support:**
 - Children and young people.
 - Adults and older people.
 - Animals.
 - Environment.





4 Is there a particular cause or charity that you wish to support?

- Personal reasons to support a charity or cause.
- Past lived experience.

5 Think about where you would like to volunteer:

- In an office environment.
- Providing face-to-face support.
- Volunteering as part of a group.
- One-to-one support.
- Outdoor/practical volunteering.
- Remote (from home e.g. online/telephone).

6 Think about the role or activity you are interested in:

- Befriending.
- Mentoring.
- Advocacy.
- Fundraising.
- Conservation.
- Health and social care.
- Retail.
- Sport.
- Art, Culture & History.
- Administration.
- Computers/IT.

7 Think about the time you are able to commit to volunteering e.g.

- Weekly set days and times.
- Evenings.
- Weekends.
- One off.
- Flexible.





With all this in mind you can begin your search for a volunteering opportunity that is right for you. You may like to volunteer for your local health board, local council or a community group or charity. You can find details on their website or their social media pages on how to get involved.

Your local Volunteer Centre can provide you with information about volunteering and help signpost you to volunteer opportunities in your area.

Swansea CVS

 **01792 544000**

 **volunteering@scvs.org.uk**

or

Neath Port Talbot CVS

 **01639 631246**

 **volunteer@nptcvs.org.uk**



You can also search online. The Volunteering Wales website contains hundreds of volunteer opportunities all across Wales which you can search to find the right opportunity for you.

 **<https://volunteering-wales.net/vk/volunteers/index.htm>**



West Glamorgan Volunteering Support is a multi-agency project creating shared resources to develop the knowledge, management and coordination of volunteers and volunteer involving organisations across the Swansea and Neath Port Talbot areas. It has been funded through the Welsh Government Volunteering Recovery Fund.

The project partners are:

Neath Port Talbot Council, Neath Port Talbot Council for Voluntary Service, Swansea Bay University Health Board, Swansea Council, Swansea Council for Voluntary Service and West Glamorgan Regional Partnership.

For more information visit:

www.westglamorgan.org.uk/wgvs