



IT'S NEVER TOO LATE TO START VOLUNTEERING

WHAT IS VOLUNTEERING?

Volunteering is when someone spends time doing something to benefit others. It can include shopping for someone, being a mentor, assisting someone with a job search, giving reading lessons, helping at a food bank, befriending – and much more. Some volunteer roles may even be paid. For example, a trustee or governor on a board.

I'VE NEVER VOLUNTEERED BEFORE. CAN ANYONE DO IT?

Yes. Anyone can volunteer; you can do as much or as little as you like, to fit around your life. It may be a regular activity, a one-off, or anything in between. Volunteering is for people of all ages, abilities, experiences and backgrounds.

DO I NEED ANY SPECIFIC SKILLS?

Anyone can get involved; you don't need any skills or qualifications to begin volunteering. Your past experiences may be extremely useful when volunteering.

WHY VOLUNTEER?

- Make a difference to the lives of others
- Explore possible new career paths
- Improve your employability
- Learn new skills
- Improve your wellbeing and have a sense of purpose
- Meet new people and make more social connections.

HOW CAN I GET INVOLVED?

In Manchester there are many ways you can find an opportunity that suits you. Here are some of the ways we recommend.



Volunteer Centre Manchester

manchestercommunitycentral.org/volunteer-centre-manchester

The Volunteer Centre has a site where you can find details of local volunteering opportunities, advice on volunteering, help with finding the right volunteer role, and more.



MCRVIP

mcrvip.com

MCRVIP is a volunteering site managed by Manchester City Council. This is where you can find opportunities to volunteer with Council teams such as Libraries, MCRactive and Manchester Art Galleries.



Manchester Adult Education

manadulted.org.uk/volunteer-with-maes

Opportunities with Manchester Adult Education vary. By volunteering with them you can help others to learn and develop their own skills.



CATHY'S STORY:

MY JOURNEY TO EMPLOYMENT

Cathy, who is 50+, started volunteering in 2021 after losing her job. She volunteered as a marshal at a COVID-19 vaccination centre. At the time she said: "As a volunteer, I feel I am making a small contribution to our city's history and the fight against COVID-19. I feel useful and admit it gives me a really good excuse to get out of the house for a few hours several times a week." Cathy says she believes volunteering might have helped her to obtain her current employment as an Executive PA for World Netball. She was asked about her volunteering experience in her job interview and was told that she was offered an interview partly because of her volunteering experience.