

Volunteering factsheet

Volunteering means giving up your time to help others, usually through a charitable or voluntary organisation. You are not usually paid although you may be refunded money for any expenses, that is money you have spent on travel costs or paying for food or drink.

Why volunteer?

- To meet new people
- To pursue an interest or passion
- To give something back to your community
- To develop skills and get training
- To gain experience that you can put on your cv or job application forms

Hafal tip – Think about the commitment you are making; don't promise to do more than you are able.

How can I find volunteering opportunities?

- Check in your local library and in the local paper.
- Contact the County Voluntary Council or Association of Voluntary Organisations for your local authority area. They will be able to give you information on places that need volunteers and give you advice.
- Ask your favourite charity; you might volunteer for your local Hafal project.

Voluntary work can be done without affecting benefits such as income support and incapacity benefit, **as long as you are only being paid for your expenses**. If you are claiming jobseekers allowance you must still be looking for and available to work and need to let the Jobcentre Plus office or Jobcentre know what you are doing.



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED