



IMPROVING LIVES

VOLUNTEERING COURSE

ARE YOU...

- Looking to increase your self-esteem and build your confidence?
- Ready to gain experience that could help you transition into employment?
- Wanting to learn new skills, improve or update your existing skills?
- Needing a reference to support your job applications?

IF SO, **IMPROVING LIVES** IS FOR YOU!

THE IMPROVING LIVES PROGRAMME RUNS
2 DAYS A WEEK OVER 8 WEEKS:

GET IN TOUCH TODAY TO FIND OUT MORE
ABOUT UPCOMING COURSE DATES

FIND US ON SOCIAL MEDIA

VACoventry  vacoventry 

Voluntary Action Coventry,
27- 29 Trinity Street, Coventry, CV1 1FJ

WHAT TO EXPECT...

Voluntary Action Coventry has over 20 years experience of supporting organisations which involve volunteers, and individuals wanting to volunteer for a variety of reasons. We know that volunteering is a great way to improve people's lives, from increasing confidence and self-esteem, improving mental and physical health and wellbeing, tackling isolation and loneliness, to supporting people into employment by gaining new skills, experience and references.

- Take part in group sessions in an inclusive environment to explore the benefits of volunteering for your health, well-being and future employment options
- Access one to one support to help you find a volunteering role that meets your interests and needs, and that can improve your job prospects. We'll also give you ongoing support to help you settle into your placement
- If you aren't sure which role is right for you, we can help you to try out a range of activities
- We offer help to fill in application forms, develop a volunteer profile and prepare for voluntary and job interviews



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REFRESHMENTS AND LUNCH ARE PROVIDED AND TRAVEL COSTS ARE REIMBURSED

Call us **024 7622 0381** or email **volunteering@vac Coventry.org.uk**

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IMPROVING LIVES IS A VOLUNTARY ACTION COVENTRY INITIATIVE FUNDED THROUGH THE HENRY SMITH CHARITY