



Voluntary Action Coventry



IMPROVING LIVES

VOLUNTEERING COURSE

ARE YOU...

- Interested in exploring **volunteering opportunities**?
- Ready to **gain experience** that could be valuable in the future?
- Looking to **increase your self-esteem** and build your confidence?
- Wanting to **learn new skills**, improve or update your existing skills?

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

6 week course starts Tuesday 9th January 2024

Tuesday and Thursday 10.30am to 12.30pm

Call us **024 7622 0381** or

Email **volunteering@vac Coventry.org.uk**

www.vac Coventry.org.uk

IMPROVING LIVES

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Voluntary Action Coventry has over 20 years experience of supporting organisations that 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 well being, tackling isolation and loneliness, to supporting people into employment by gaining new skills and experience.

What you will gain from the course:

- Know more about the different volunteer & community groups and services available in Coventry.
- Identify the benefits of volunteering for well being and how you can use volunteering experience to transition into employment.
- Participate in group visits/volunteering activities to different organisations that that involve volunteers.
- Set goals and plan your volunteering and/or employment journey.
- Gain support to develop a CV and to practise application forms and interviews.

“Taking part in the course has given me the opportunity to look at voluntary roles that I would not have considered.

By participating in Improving Lives I have improved on my existing skills, for example realising my strengths and weaknesses, working together as a team, using fun learning tools, and listening to and sharing opinions.

I would highly recommend this Improving Lives course for anyone” Previous Improving Lives participant.

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Voluntary Action Coventry
First Floor, Harp Place, 2 Sandy Lane
Coventry CV1 4DX