



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?

Free
bus ticket

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

New 6 week course starts 16 April 2024 - why don't you join us!

Tues & Thurs 10.30am - 12.30pm

Free to join - call now to enrol - 024 7622 0381



Funded by
UK Government

POWERED BY
**LEVELLING
UP**



West Midlands
Combined Authority



Coventry City Council

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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 wellbeing, 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 and community groups and services available in Coventry.
- Identify the benefits of volunteering for wellbeing and how you can use volunteering experience to transition into employment.
- Participate in group visits/volunteering activities to different organisations that involve volunteers.
- Set goals and plan your volunteering and/or employment journey.
- Gain support to develop a CV and to practice 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.

Call us 024 7622 0381 or

Email volunteering@vacoventry.org.uk

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