



# 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!

**ENROL NOW!** It's free to take part

**Next 6 week course starts Tues 24th Sept 2024**

Tuesdays and Thursdays 10.30am - 12.30pm

WHY DON'T YOU JOIN US?

☎ 024 7622 0381

e: [volunteering@vacoventry.org.uk](mailto:volunteering@vacoventry.org.uk)

[www.vacoventry.org.uk](http://www.vacoventry.org.uk)



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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 and 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 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.*

Call us **024 7622 0381** or

Email **[volunteering@vac Coventry.org.uk](mailto:volunteering@vac Coventry.org.uk)**

FIND US ON SOCIAL MEDIA

VACoventry  vacoventry 

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