



Voluntary Action Coventry



ARE YOU

Free bus
ticket

- 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!

ENROL NOW

6 May to 12 June 2025

FREE in-person 6-week course, Tuesdays & Thursdays,
10.30am - 12.30pm



| ☎ 024 7622 0381 | www.vacoventry.org.uk/improving-lives |



IMPROVING LIVES

VOLUNTEERING COURSE

Voluntary Action Coventry has over 60 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](tel:02476220381) or

Email getinvolved@vacoventry.org.uk

FIND US ON SOCIAL MEDIA

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



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18 March to 10 April
2025

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FREE In-person course, 8 sessions in 4 weeks
Tuesdays & Thursdays, 10.30am - 12.30pm

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Coventry City Council's -Employment, Skills and Adult Education Projects



Our projects are part funded by the UK Government through the UK Shared Prosperity Fund and the West Midlands Combined Authority's and HM Government's Commonwealth Games Legacy Fund

IMPROVING LIVES

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