



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!

24 June to 31 July 2025

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



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





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

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