



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!

18 November - 11 December 2025

FREE in-person 4-week course, Tuesdays & Thursdays,
10.30am - 12.30pm

SCAN ME



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



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



Funded by
UK Government



West Midlands
Combined Authority



This project is part funded by the UK Government through the UK Shared Prosperity Fund



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.

"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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