



VOLUNTEERING INFORMATION

Volunteering is one of the most rewarding things you can do. Think about why you might want to volunteer.

- **Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people.** Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community.** Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.
- **Have fun!** Most volunteers have a great time, regardless of why they do it.

Search for local opportunities near you on the **National Volunteering Website:**

www.volunteerscotland.net/find-an-opportunity/opportunity-search/

or

To find out more about volunteering in the Highlands, visit **NHS Highlands Volunteer Page** (<http://www.nhshighland.scot.nhs.uk/Careers/Pages/Volunteer.aspx>) or one of the voluntary organisations near you to discover a whole range of different opportunities, from pet sitting to befriending.

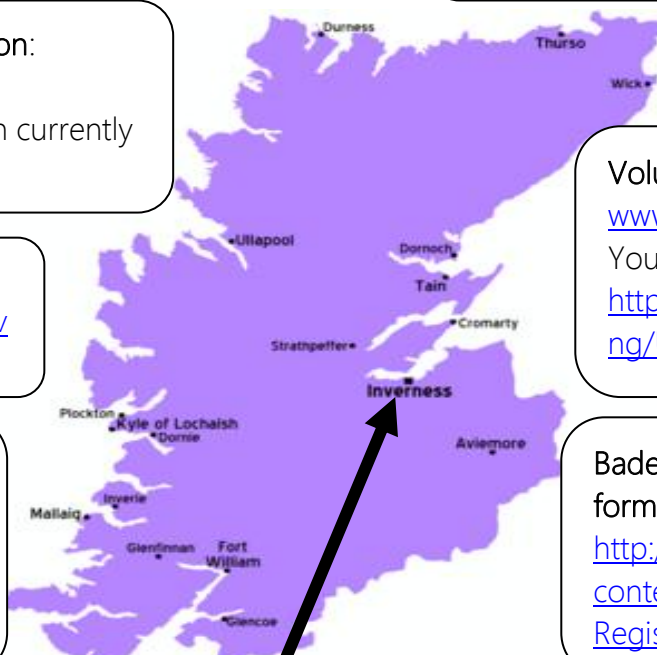
CVS North: www.cvsnorth.co.uk
Volunteering opportunities not yet listed.

Caithness Volunteering info:
www.cvg.org.uk/volunteering/opportunities/
Includes a list of local opportunities.

Ross-shire Voluntary Action:
www.rossvolact.org.uk
Local volunteering section currently being developed.

Skye & Lochalsh:
<http://www.slcv.org.uk/volunteering.htm>

Lochaber Voluntary Action:
<http://valochaber.org/volunteering/volunteering-opportunities/>



Voluntary Groups East Sutherland:
www.vges.org.uk/Volunteering/
Young person's volunteering:
<http://www.vges.org.uk/Volunteering/Under25.html>

Badenoch & Strathspey Volunteering form:
<http://www.vabs.org.uk/wp-content/uploads/2015/10/Volunteer-Registration-Form.pdf>

Signpost Partners: -
<http://signpost-inc.org/volunteering/>