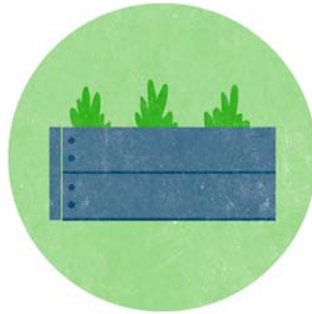


## Plenty of practical help is available

Our friendly staff at the County Durham Volunteering Centre will be happy to offer you some practical help, including:

- Arranging a confidential one to one interview with a trained volunteer adviser to find out what opportunities may be available
- Providing you with information about volunteering and current opportunities
- Helping you to fill out any paperwork that may be required



# Volunteering in County Durham

Find out how you can make a difference



## Get in touch with the County Durham Volunteering Centre

We are open between 9am - 5pm, Monday to Friday. You can find us at:

Durham Community Action  
8 St Stephen's Court  
Low Willington  
Crook  
Co. Durham DL15 0BF  
Tel: 01388 742040

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



The County Durham Volunteering Centre is managed by Durham Community Action





## Why become a volunteer?

Volunteering is very rewarding for you and makes a real difference for other people. It can help to:

- Create a greater sense of well-being
- Gain new experience and skills
- Developing more confidence
- Increasing your social circle
- Provide a structure to your day

## What type of opportunities might be available?

As a Volunteer, you can choose to do as much or as little as you wish. You may decide to commit a few hours a week on a regular basis, or you may wish to get involved for only one activity, or for a few weeks if you have some spare time available.

It's your choice, but whatever you do, you can be sure you'll be making a real difference. There are many examples, including:

- Helping out at a local Community Centre, Library, at a School or Youth Club,
- Driving someone to see a GP or Hospital.
- Spending time helping an elderly person
- Getting involved in sport, perhaps passing on your skills to others through coaching

# How can you make a difference?

## Would you like to volunteer, but aren't sure what to do?

Talk to our friendly staff at your local County Durham Volunteer Centre. We can talk through your ideas and help find the right opportunity for you.



# So what are you waiting for?

## Do you already have an idea about what you want to do but aren't sure what to do?

Visit the national volunteering website [www.do-it.org.uk](http://www.do-it.org.uk) to register your interest and read about all the volunteering opportunities available in your area for you.