

Volunteering in Solihull



Richard Lodder – Volunteering Coordinator, Solihull CAVA



What is Volunteering?

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- Volunteering is any activity that involves spending time doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives. Central to this definition is the fact that volunteering must be a choice freely made by each individual.
- This can include formal activity undertaken through public, private and voluntary organisations as well as informal community participation and social action. Everyone has the right to volunteer and volunteering can have significant benefits for individuals.



Benefits of Volunteering

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Thinking about how you want to benefit from volunteering is a good start to finding an opportunity that's right for you

- **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.

How to Volunteer

- Volunteer Connect – <https://www.wcava.org.uk/volunteering-individuals>
- E-mail – Richard@wcava.org.uk
- Telephone – 07708 474 076
- Newsletter – <https://www.wcava.org.uk/receive-newsletters>
- Social Media – <https://www.facebook.com/SolihullCAVA>
- Twitter - @SolihullCAVA
- Instagram - @solihullcavaorg