

# Lend a hand



**Volunteer in your local community and make a difference**



## Contact us



Thornbury Volunteer Centre  
The Town Hall, 35 High Street,  
Thornbury, Bristol BS35 2AR



Telephone: 01454 413392



Email: [mail@volunteer-thornbury.co.uk](mailto:mail@volunteer-thornbury.co.uk)

Website: [volunteer-thornbury.co.uk](http://volunteer-thornbury.co.uk)

Twitter: @thornburyvc

Facebook: thornburyvolunteers

## How we help volunteers

- Help you match your skills, experience and goals to find the right volunteering opportunities.
- Provide advice if you are looking for new volunteering challenges.
- Support you when making that first contact with the organisation.
- Give information on your rights and responsibilities so that you know what to expect.

*Pop in to the Volunteer Centre or give us a call or email. You will receive a warm welcome. Volunteering opportunities are also posted on our website.*

## How we help organisations

- Advertise your volunteering opportunities through the Volunteer Centre, our website and local events. *You can register on our website or download a registration form.*
- Provide advice and written guidelines on good practice and campaign on behalf of the voluntary sector.
- We encourage and help local businesses to volunteer in their community and pass on their skills and expertise to local voluntary and community groups
- Organise events, talks and activities to promote volunteering and your vacancies.





## Why volunteer?

Volunteering is a great opportunity. You will meet new people, pass on your experience of life and gain new skills, build your own confidence and feel good about yourself, do something useful and give something back to people where you live. It's also fun!

***Giving just an hour or two of your time can make a big difference in your community and in your own life.***

*Volunteering helped me get into paid work. It built up my experience, I met new people and I gained confidence. And volunteering is fantastic fun!*



## Who volunteers?

Hundreds of people around Thornbury — some are pictured above at a volunteer fair in the St Mary Centre — get involved in all sorts of tasks for a wide range of voluntary organisations.

People from all backgrounds and walks of life are needed and everyone has something to offer.

There's no such thing as a typical volunteer, or a typical role; the opportunities are endless!

*I volunteer because it's a great way of meeting like-minded people who are passionate about animals.*

## What do volunteers do?

A very wide range of activities. You might plant trees, write letters, care for wildlife, keep accounts, type reports, give talks, play music, drive, walk dogs, paint walls, serve food, teach all ages, govern schools, give guided tours, design websites, manage charities, listen to people, or work with children and young people.

The Thornbury Volunteer Centre has hundreds of opportunities available, which we post to the national Do-It volunteering database. Visit our website to find one you like or contact us for advice.

**Do-it**

