

Here are just a few organisations in the King's Lynn area that need your help.

*Age Concern*

*Home Start*

*Appropriate Adult Scheme*

*Dyspraxia Foundation*

*Forward & Futures*

*Home Start*

*Mencap*

*Queen Elizabeth Hospital VS*

*Victim Support*

*West Norfolk Befriending*

*West Norfolk Community Transport Project*

*WN Mind*

***And many more.....***

*WNVCA complies with current legislation and can offer one to one confidential interviews. All information retained will comply with data protection and confidentiality requirements.*

## **Volunteer Centre At WNVCA**

**16 Tuesday Market Place  
King's Lynn  
PE30 1JN**

**opening hours  
Monday to Friday  
9:00am—4:00pm**

**An answerphone service is  
available at all other times**

**☎ Tel 01553 760568**

**Email: [volunteering@westnorfolkvca.org](mailto:volunteering@westnorfolkvca.org)**

**Web: [www.westnorfolkvca.org](http://www.westnorfolkvca.org)**



**One to one interviews are  
available.**

**Please contact us for an  
appointment.**



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**Do you have a few  
hours to spare  
and want to do  
something for  
your community?**

**Contact or visit the  
King's Lynn  
Volunteer Centre.**

**See back page for details.**

### **As a volunteer you can:**

- ◆ Make the difference in someone's life
- ◆ Meet new people
- ◆ Boost your self esteem and confidence
- ◆ Learn new skills
- ◆ Contribute to your local community services
- ◆ Give something back
- ◆ Enhance your CV

### **We always need help with:**

- ◆ Advisory work
- ◆ Trustee and committee work
- ◆ Administration, computer work, web design
- ◆ Befriending

### **If you are looking for volunteer work, we can:**

- ◆ Talk to you about volunteering
- ◆ Tell you about local volunteering opportunities
- ◆ Help find the right volunteering opportunity for you whatever your age, interests, skills or ambition

### **Interested? You Can:**

- ◆ Call in at the King's Lynn Volunteer Centre and pick up a registration pack and browse through the many opportunities available
- ◆ We can provide information by phone, e-mail or post
- ◆ See contact details on reverse

## **What is a Volunteer?**

A volunteer is someone who gives time and skills to help others.

Many people, as well as voluntary and community organisations, rely on volunteers.

Volunteers make a vital contribution to all aspects of community life, from helping an older person or someone with a disability, to providing legal advice for a local charity.

Volunteering can be a way of acquiring new skills when seeking employment, or if you have to consider a career change.