



Medway Volunteer Network's Top Tips For Parent Volunteers



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Benefits Of Volunteering For Parents Wanting To Volunteer

We often hear from parent volunteers that they find volunteering exciting and fulfilling to try new things, push the boundaries of their comfort zone and make a real difference to others.



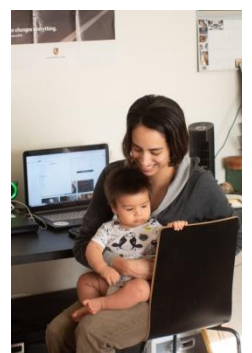
Most gain new skills and increase in personal confidence. Two thirds of UK volunteer schemes said that at least some of their volunteers have gained useful work experience, and half said that some have been helped to move into work.



Volunteering comes in all shapes and sizes, and it is well known that in a lots of cases, there is a natural link between the volunteer and the cause. For others it's a way of supporting their community, developing new skills and making friends as a way to build up confidence.



Volunteering is a great way to gain work experience, get references and it can give a new angle on your CV. It can also help your confidence in being more organised, allow you to meet new people, all whilst giving you a huge sense of fulfilment as well.





Benefits Of Volunteering For Parents Wanting To Volunteer

If you've taken time out of your career to bring up your children but now want to return to work, volunteering is a great way to re-connect with the workplace and refresh your skills. In addition it can be a great opportunity for you to make friends with like minded people and to develop new interests.



In some cases volunteering has lead people to have a change in career. Volunteering is an excellent opportunity to try new things in a safe and friendly environment.



Volunteering is very flexible and can fit in well around your day to day activities. You can volunteer as much or as little time you want.



If you find a cause you want to support but can't see any opportunities with them – Get in touch and talk to them about it. Many organisations can be flexible and can work their roles to suit the volunteer.



**Whatever time/skills you have available,
please be assured there will be a project out
there to suit you.**





Where To Find Volunteering Opportunities

- Medway Volunteer Network - www.medwayvoluntaryaction.org.uk/volunteering-opportunity-listings
- Do-it - www.do-it.org.uk
- Charity Job - www.charityjob.co.uk/volunteer-jobs



Sign up to Medway Volunteer Network monthly bulletin and let volunteer opportunities come to you by clicking [here](#).



Local Volunteering Information & Other Helpful Links

- Volunteering & Claiming Benefits Information [here](#).
- Medway Parents & Carers Forum Information [here](#).
- Family Action Medway Information [here](#).
- Home Start Medway Information [here](#).

