

How we can help you be a volunteer



Made by



VAO

Scottish Charity No. SCO10691
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What is a volunteer



We are Voluntary Action Orkney. We are also called VAO.

We help people, groups and organisations in Orkney.



We can help you become a **volunteer**.

A **volunteer** is someone who gives their time to help.

Volunteers do not get paid.



When you volunteer, you might help a charity or a local group.

Other organisations also need volunteers.

This includes the Council.



Volunteers do lots of different things.

For example, you could:

- join a **committee or board**.

This means helping to make decisions. It also means checking the organisation is run properly.

A **committee or board** is the group of people that manage the organisation.



- work in a charity shop



- help people who need support.

This could mean spending time with someone.

It could also mean helping at a group or activity.

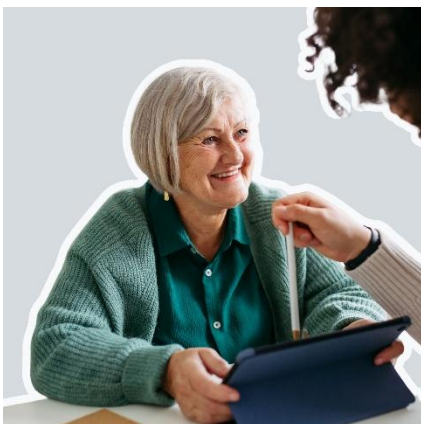


- help plan and run a local event.

This could be to raise money.

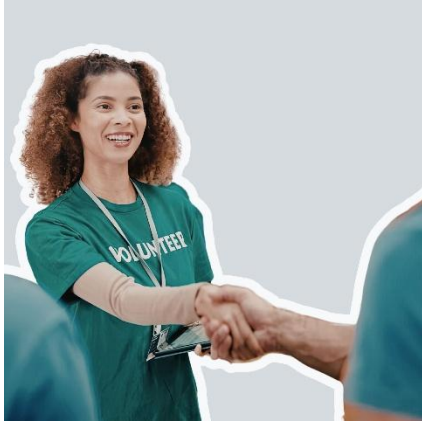
It could also be to tell people about something interesting.

Why you should volunteer



When you volunteer, you can:

- Learn new skills

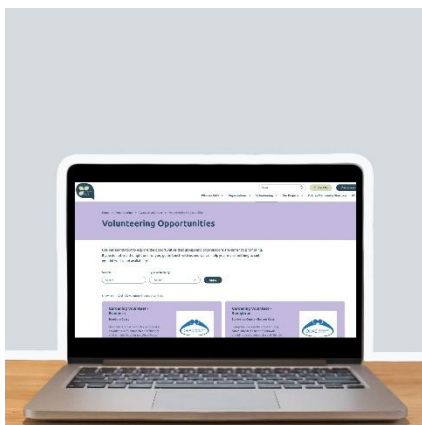


- Meet new people



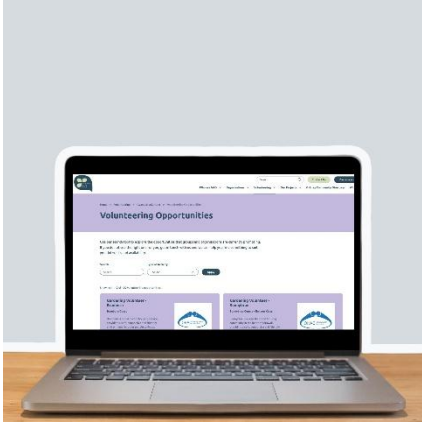
- Help local groups and organisations

How to find the right group or organisation



We have a list of groups and organisations looking for volunteers.

This list is called Volunteering Opportunities.



You can search the list is on our website:

<https://www.vaorkney.org.uk/volunteering/i-want-to-volunteer/volunteering-opportunities>



You can also contact us if you do not see something that you would like to do.

We can speak to groups and organisations for you.

We can help you find something that is right for you.

Contact us

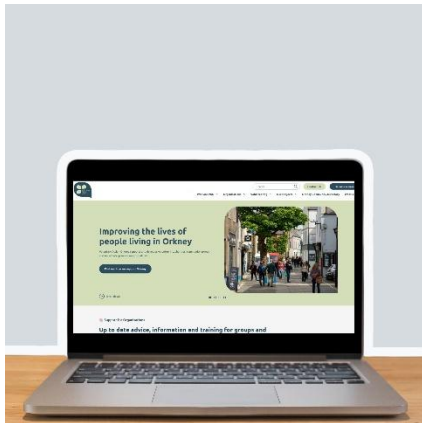


If you would like more information about being a volunteer, you can:

- call us on 01856 872897. Then press option 1



- email:
volunteering@vaorkney.org.uk



You can also visit our website:
www.vaorkney.org.uk