

Sun, December 09, 2018

Volunteering in the Highlands



What is Volunteering all about?

Volunteering is the giving of time and energy

Volunteering is all about choice... Your choice!

YOU CHOOSE the sort of volunteering you would like to do. It could be something you have always fancied doing or something new you would like to learn. Although you are not paid to volunteer there is a lot more to gain than money. Volunteering is a great way to...

- meet new people
- try out new and different things
- make friends
- help others
- have fun
- a route into employment
- gain valuable experience for your CV
- access training
- pass your skills onto others

To find volunteering opportunities in your area search: volunteerscotland

or contact your local volunteering office.

Call or email a development officer:



Inverness

01463 711 393

reception@signpost-inc.org

Ross and Cromarty

01349 862 431

rva@rossvolact.org.uk

Caithness

01955 603 453

yvonne@cvg.org.uk

Nairn

01667 455 234

support@signpost-inc.org

Lochaber

01397 706 044

admin@valochaber.org

Badenoch and Strathspey

01479 810004

bands@volunteeringhighland.org

East & Central Sutherland

01408 633 001

contact@vges.org.uk

You can also use the [direct.gov](https://www.direct.gov.uk) online search facility to look for voluntary work in your area. Volunteering can help you gain valuable skills and experience to give you the edge in a tough labour market or to enhance your application form if applying for jobs or further study.

Further Information and Contact Details

Street Address: ,