

Where to find us



Jim Gallacher
Chief Executive

Voluntary Sector Gateway West Lothian
36-40 North Bridge Street
BATHGATE EH48 4PP

Phone: 01506 650111

Fax: 01506 650222

www.vsgwl.co.uk

E-mail: vsg @vsgwl.org



Interested in Volunteering?

Talk to us if you are unsure about what you want to do or whether voluntary work is right for you. We can assist with other issues which may affect your voluntary work such as disability, recent illness or lack of confidence.

Go straight to opportunities

Check out our database of opportunities on
www.vsgwl.org

How to Contact us

Make an appointment with a member of staff. This does not oblige anyone to do voluntary work but it can be a good way of sounding out what is involved and answering any queries.

Incapacity Benefit, Income Support and DLA are not affected by doing unpaid voluntary work. Out-of-pocket expenses may be available.

Voluntary Sector Gateway West Lothian is a Company Limited by Guarantee SC244154; Scottish Charity No. SC027612



*Supporting, Promoting and Developing
West Lothian's Voluntary Sector*



**Volunteering
for those on
DLA or
Incapacity**

Why Volunteer?

The benefits of volunteering are—

Organisations gain the valuable skills, time, experience and energy of volunteers.

Volunteers gain:

- Structure to their day
- The chance to use their skills and learn new ones
- New social contacts
- The chance to contribute to their community
- Work experience and a current reference
- A sense of achievement from a new challenge
- Increased confidence and enjoyment
- A break from the past
- A real sense of satisfaction from doing something worthwhile

**Get the
“FEEL GOOD”
factor!**

What Opportunities Are Available?

There is something for everyone—read on!

- Animals
- Anti Poverty Work
- Arts (music, drama, crafts)
- Carers
- Children (Crèche, after school clubs)
- Drugs/Alcohol issues
- Education/Literacy
- Elderly
- Environment
- Ethnic Minorities
- Families
- Gender/Sexuality
- Health/Hospitals
- Homeless/Housing
- Learning Disabilities
- Mental Illness
- Mentoring
- Overseas
- Physical Disability
- Shop Work
- Young People

Volunteers are Vital

Without volunteers many organizations could not survive.

They need people who will be reliable and able to contribute to the work of their project.

To ensure this many organisations will ask you to complete an application form, attend an informal interview and will ask for character references. These could be supplied by an employer, doctor, colleague or support worker.

For voluntary work with children or old people your name may be submitted for criminal records screening.



Volunteers proudly display their certificates on completion of the STEPS course delivered by the staff of the Gateway