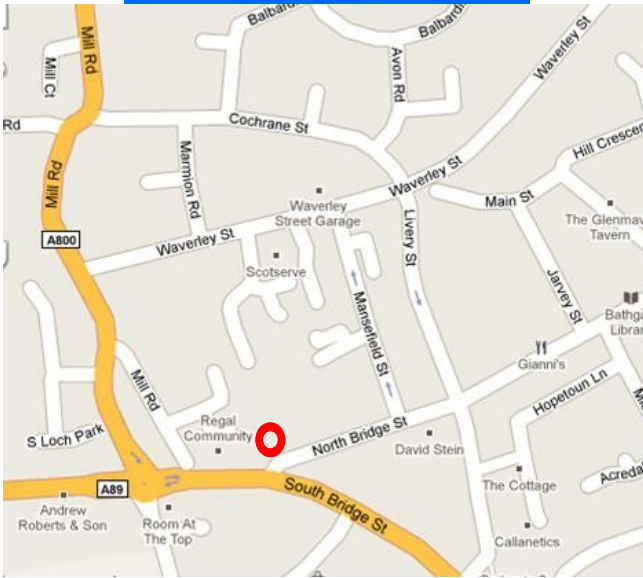


Where to find us



Maureen Mancini
Supported
Volunteers
Co-ordinator

Voluntary Sector Gateway West Lothian
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www.vsgwl.org

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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.co.uk

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*



**VOLUNTEERS
WITH EXTRA
SUPPORT
NEEDS**

Some Volunteers Need Extra Support

People with a support need may have learning difficulties, mental health illness, a physical disability or have sensory deprivation, or a combination of all.

Equality

The aim of Voluntary Sector Gateway West Lothian's Supported Volunteers Project is Social Inclusion, by supporting the person to volunteer in a working environment for a few hours per week. The choice of volunteer opportunity is left to the individual. Voluntary Sector Gateway staff will facilitate the move into volunteering where appropriate.

The therapeutic Benefits of Volunteering

Volunteers can experience:

- Increased confidence
- A sense of achievement
- Work experience
- Structure to their day
- Personal development
- Feeling part of the community, a sense of belonging
- Communication

How Do I Begin?

Contact the Voluntary Sector Gateway and arrange a meeting with a member of staff to discuss your needs. You will be offered a choice of volunteer options and assistance to meet and discuss your needs with the Volunteer Organisation of your choice.

Make the First Move

- Telephone the Voluntary Sector Gateway WL
- Ask for a meeting
- Discuss options—
Befriending, Supported Volunteering, Literacies, Millennium Volunteering, MIDAS Driving Project
- Plus much much more

IT'S YOUR CHOICE

