



Dear Volunteer,

Welcome to the Mid Ulster Volunteer Centre. *The Volunteer Centre was established in June 2000 and provides support and co-ordination to volunteering in the Mid Ulster area. It provides a link between 'those who need help' and 'those who want to help'.*

**What is Volunteering?**

*Volunteering is the commitment of time & energy, freely given without financial gain for the benefit of society.*

**Who can Volunteer?**

*ANYONE can Volunteer. It doesn't matter whether you are young or old, male or female, a person with a disability, in paid work or not, there is something that everyone can do.*

**How could you benefit from Volunteering?**

- *It will give you the opportunity to do something enjoyable.*
- *It will help build your confidence.*
- *It will enable you to make use of special talents & interests.*
- *You will meet new people & make new friends.*
- *You will gain valuable training & experience, which may benefit you in the future.*

**Types of Voluntary work you could get involved in:**

- *Working with children & young people*
- *Working with the elderly*
- *Working with people who have disabilities*
- *Environmental work*
- *Advice work / Administration*
- *Driving - Minibus / Social car scheme*

**Volunteering & Receiving Benefits...**

*If you are claiming benefits, volunteering should not affect your entitlement.*

If you have any questions regarding volunteering please don't hesitate to contact your local Volunteer Centre office.

Thanks for your interest!

Barbara Kennedy  
Recruitment and Placement Officer  
20 Queen Street, Magherafelt, BT45 6AB.  
[barbara@midulstervolunteercentre.org](mailto:barbara@midulstervolunteercentre.org)  
028 7930 1862