



Adviser



Trustee Board Member



PR/Fundraiser



Adviser



IT support



Administrator

# Why volunteer for us?



All sorts of people volunteer for many different reasons, but one thing that unites them all is that they find it challenging, rewarding and varied.

## **Volunteering provides an opportunity to learn new skills and to develop existing ones:**

- CAB adviser training is accredited by the Open College Network, and is respected and valued throughout the advice sector.
- Each role will enable you to develop specific expertise. For example, you might improve your IT and organisational skills as an administrator, or learn how to deal with the media and develop research skills as a campaigner.
- In any role, you will develop your skills in a number of valuable areas, like communication and dealing with the public, as well as increasing your self-confidence through practical hands-on experience.
- There are opportunities for everyone to develop – you never stop learning!

It's also a chance to put the skills and experience you have to good use helping others. We need people of all ages and backgrounds.

For many people, the best thing about volunteering for the CAB is getting to meet a wide range of people and make new friends. There is a real team spirit at CAB, and we provide a supportive environment to make sure that you get the most out of your time with us.

Some roles are more flexible than others. We'll do our best to find a role for you that fits in with your interests, and we'll be as flexible as possible in enabling you to volunteer at the times that suit you best.

You may find that the CAB deals with issues close to your heart. For example, more people from black and minority ethnic communities cited the CAB as their first port of call when seeking advice on discrimination than any other agency (Commission for Racial Equality survey, 1999), and in 2001–02 we ran a major anti-racism campaign.

Above all, it's a chance to make a real difference. By volunteering for CAB you'll be playing an active part in improving the lives of millions of people and influencing the development of national and local policies and services.

And you won't be out of pocket – CAB will cover any travel costs incurred by volunteering. Some bureaux are also able to pay for other expenses, eg child care costs.

## **Is it time you gave yourself a new challenge?**

**CAB volunteer recruitment line 08451 264 264**  
**[www.citizensadvice.org.uk/join-us](http://www.citizensadvice.org.uk/join-us)**

# What should I do next?



Website designer



Adviser



IT support



Trustee Board Member



Campaigner



Administrator

**We hope that what you've read so far has answered some of your questions about volunteering with CAB – and of course that you're still interested in joining us!**

- If you want to know more, please call your local bureau – see your local phone book or [www.adviceguide.org.uk](http://www.adviceguide.org.uk). They will be happy to answer any questions, and may be able to arrange an informal visit to the bureau for a chat and to tell you more about volunteering opportunities available there. The roles available vary from bureau to bureau. They'll be able to tell you when they need volunteers, and hopefully find a role that both meets their needs and fits in with your interests and the times you're available.
- You should then fill in the enclosed application form and send it to the bureau. The bureau will contact you and invite you for an interview, which will give you both the opportunity to decide whether the role you've chosen is right for you.
- If you are successful after interview you will receive a full induction at the bureau where you will be based.

Thanks for your interest in volunteering with CAB, and for taking the time to read this information. We look forward to welcoming you to the CAB Service

**CAB is committed to equal opportunities for everyone. We actively welcome volunteers of all ages from a wide range of different backgrounds. We have national staff and volunteer support groups for black and disabled people, women, lesbians, gay men and bisexuals.**

Citizens Advice Bureaux need volunteers from all communities.

مکتب ارشاد المواطنين (سیتیزینز آڈفایس بیرو) بحاجه إلى متطوعین من جميع الجالیات.

সিটিজেন্স অ্যাডভাইস ব্যুরোর সমস্ত কমিউনিটি থেকে ভলান্টিয়ার বা স্বেচ্ছাসেবক দরকার।

市民諮詢局需要來自所有社區的志願工作人員。

Les centres d'information sur les droits des citoyens ont besoin de bénévoles venant de toutes les communautés.

सिटीजेंस एडवाइस ब्यूरो को हर समुदाय से स्वयंसेवकों की आवश्यकता है।

ਸਿਟੀਜ਼ਨਜ਼ ਐਡਵਾਈਸ ਬਿਊਰੋ ਨੂੰ ਸਭ ਕਮਿਊਨਿਟੀਆਂ ਵਿੱਚੋਂ ਵੋਲੰਟੀਅਰਜ਼ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।

El Citizen's Advice Bureau (Servicio de Asesoramiento al Ciudadano) necesita voluntarios de todos los colectivos.

Mae angen gwirfoddolwyr o bob cymuned ar Cyngor ar Bopeth.

سٹیژن ایڈوائیز بیورو کو تمام کمیونٹیوں سے رضاکاروں کی ضرورت ہے۔

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