

Whatever your reason, Vitalise would love to hear from you.

- to do something totally different and challenging!
- to enhance your CV and job prospects
- to develop your personal skills and build your confidence
- to undertake student placement or work experience in the care sector
- to gain valuable life skills and experience
- to put something back into the community
- to do something useful and rewarding with your spare time

Why volunteer?

There are 101 and more reasons why people volunteer, but our experience suggests these are some of the prime reasons:

There is no loss of benefit for people who are unemployed or asylum seekers (guidance is available).

The simple answer is anyone!

Who can volunteer?

To promote, provide and deliver high standards of inclusive short and medium-term services for disabled people, visually impaired people, and carers.

Vitalise's Mission

- supporting people with disabilities and helping carers have a much-needed break
- enabling independence, opportunity and choice
- giving your time to help others
- making a difference
- ...and having fun!

Volunteering with Vitalise is about:

vitalise

essential services for disabled people, visually impaired people, and carers

Volunteering with Vitalise



Information, registration and booking form

Please help if you can.

Helping in your local Vitalise Centre or day service on an occasional or regular basis can be a tremendous support, especially helping on the day trips and excursions. You can also help in the gardens, shops, bars, offices, or with guest support. Full details of all our breaks and theme weeks, sighted guide opportunities, fundraising activities and other services can be found at www.vitalise.org.uk

Fundraising opportunities with Vitalise are almost unlimited, from running marathons to parachute jumps and golf days, or simply making a donation yourself. Please tick the relevant box on the form to be kept informed of events and activities in your area.

As a sighted guide*, you will share your sighted holiday experiences with a visually impaired person on small group holidays, providing practical assistance to individuals and helping on activities such as canoeing and tandem cycling, etc. Alternatively you could find yourself guiding on a city break, special interest weekend or even a beach holiday. *Sighted guides pay a proportion of the holiday cost. Please tick the relevant box on the form for further details.

As a residential volunteer in one of the Vitalise Centres you will be providing companionship, practical help on outings, with activities, and supporting guests with daily personal and social needs. You will not be expected to help with intimate personal care, unless you have previous experience and training. Please note the special 'theme weeks' taking place this year (see separate leaflet.)

What's involved?

- help as a residential volunteer in one of our five Vitalise Centres in England
- be a sighted guide* on small group holidays for visually impaired people
- fundraise in your local area or on a sponsored event or challenge
- help in your local Vitalise Centre, office or shop
- help in our community support services.

How you can help

Why we need your help

Vitalise provides essential services for disabled people and carers.

Something like 1 in 4 families are affected by disability in some way and the chance of a break is really important.

Studies have shown that families and carers in particular can suffer poor health through lack of an essential break.

That's why Vitalise services are important and without the help of volunteers our services would be severely limited and very basic.

Volunteering with Vitalise enables us to add value to the services we offer guests, providing companionship, creating opportunity to take part in many activities and offering real choice for people. Over 95% of guests say the volunteers enhanced their break.

Volunteering can also be a tremendous help, either directly or indirectly to our fundraising efforts. Helping at an event, in an office or shop is a valuable contribution to our work and makes a real difference too.

We need around 6000 volunteers each year. There's a real mix of people who help out, some regularly, others maybe once a year or when they can.

About 99% of our volunteers tell us they find the experience rewarding and useful, so we're pretty sure you would too.

Please help if you can – thank you.



"It's wonderful to find that age is no barrier when it comes to volunteering with Vitalise. I have made many new friends here, and I have found a new purpose in my life!"

Volunteer – Gordon Wood

VBF MKT 06/07/10K d2ps communications (4113) d2ps.com



We will also provide you with the appropriate induction, training and support to carry out your role. We provide assessments for students and references on request.

- make new friends and have great fun!
- achieve some of your goals and potential to get formal accreditation (you may be able to gain a certificate of achievement)
- make a valuable contribution to the lives of others

What can Vitalise do to help you?

We offer you the opportunity to:

If you wish to stay for longer than two weeks, prior arrangement must be made. Please contact the Vitalise Centre direct or the volunteer office for advice on longer-term opportunities.

If you would like to help as a sighted guide, or in a fundraising capacity, we will send you details.

To help on a 'daily' basis in your local Vitalise Centre, (see map) please call the Centre direct.

The five Vitalise Centres need volunteers all year round, but particularly in the spring and autumn.

Residential volunteers usually help for a week or two at a time.

The weeks usually run from either Saturday to Saturday, or (Churchtown only) Wednesday to Wednesday.

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