

Our Volunteer Roles

<i>Role</i>	<i>Description</i>	<i>Skills and abilities</i>
Advisors	We run a range of advice, information and benefits advice services. Volunteer in our busy advice team receive training and support on giving advice on social care, benefits, employment, housing, education, access, transport, mobility, equipment, holidays and a whole lot more.	You might have knowledge of health, social care or benefits advice services. Or an interest in becoming an advisor. You will have excellent IT skills and an organised approach.
Buddies	Buddy volunteers support young Disabled people aged 14-17 to access the community, while gaining independence and enhanced self-esteem. Volunteers go out twice a month with their buddies for a couple of hours to enjoy an activity.	We need you to be reliable, enjoy working with young people, and be willing to learn about supporting Disabled people. You might be interested in a career in social care or working with young people.
Gardeners	We need volunteer gardeners to take care of the gardens of older and Disabled people. You will be volunteering with our team of dedicated and knowledgeable gardeners who can show you the ropes.	You need to enjoy gardening and working in the outdoors. You might be interested in developing a career in gardening and want to gain some experience.
Peer Activity Leaders	We run a lively range of activities for adults with disabilities, from art to board games, walking group etc. It is always helpful to have a new volunteer to run these groups – or start a new one.	Empathy and common sense, an interest and knowledge in the activity that you lead the group in doing.
Counsellors/ Therapists	We run a counselling service that frequently requires honorary therapists/counsellors to join the team.	Be studying for a professional qualification in counselling or psychotherapy.

Trustee	We need Disabled trustees to help lead the charity. You will help to set the direction of the charity so that it meets its aims, and ensure it complies with the Charity Commission regulations.	People with experience of disability and wanting to improve the lives of Disabled people. You will receive a full induction to our organisation and the role you will play as Trustee.
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