

Volunteering – *Is it for me?*

The aims of this course are to help people

- explore the different ways that they might consider volunteering
- understand the practicalities involved, such as expenses, time commitments, etc.
- decide whether volunteering is for them.

OUTLINE PROGRAMME

10.00	Introduction to the day and one another
	What is volunteering? – Sharing experiences
	What do we have to offer? – <i>Making good use of our skills and experience</i>
11.15	Break
11.30	The benefits and challenges of volunteering
	Examples of different ways people volunteer
12.45	Lunch
1.30	Practical issues
	Exploring the opportunities
2.45	Break
3.00	What's next?
4.00	Review of day and finish