



Where else can I find information about volunteering opportunities?

You can also search a national database of volunteering roles called Do-it. Run by the Do-it Trust, Do-it is the first and largest digital volunteer matching service connecting people who want to donate their time and skills to charities and community causes. Just visit their website www.do-it.org

Connex Volunteering Service contacts:

Buxton and High Peak:

Tel: **01298 23970**

Email: lynnS@connex.org.uk

Ashbourne and Derbyshire Dales:

Tel: **01335 348602**

Email: gaynor@connex.org.uk

Connex Volunteering Service is operated by Connex Community Support. Registered Charity No.1067193



16 Eagle Parade, Buxton, Derbyshire,
SK17 6EQ Tel 01298 23970



Helping
people and
organisations
through
supporting
volunteering



Connex Community Support — promoting and supporting volunteering through the High Peak and Derbyshire Dales

If you are interested in volunteering, you've come to the right place! We can help you find a volunteer role to suit you. We have volunteer roles both within our own organisation and a wide range of other charities and non-profit organisations who are all in need of voluntary help.

Whether you are already sure you want to volunteer, or if you are just thinking about it and want to know more first, you can come to us for advice about volunteering, have one to one interviews and gain information about a wide variety of voluntary work.



We try to ensure that we match you to a role you will love and where your skills and experience will benefit the organisation you are volunteering for.

Why should I try volunteering?

By volunteering you can:-

- > meet new people, make new friends
- > develop your skills and improve your CV, to help with job applications
- > change the lives of people in your community

- > improve your confidence
- > gain a sense of self achievement

Can anyone volunteer?

Usually, the answer is yes! Although some roles may have specific requirements, we can help to find a suitable volunteering role for most people, whether they have experience or specific skills or not, and regardless of age, gender or ability.



How do I find out more?

Contact our Volunteer Coordinators at our Buxton or Ashbourne offices by phone or email – see the contact details overleaf. They will arrange to meet with you and help you match your interests, skills and development needs to an opportunity that will help you achieve your personal goals.

Help for organisations who need volunteers

If you are a community group, a not for profit organisation, a public sector body or a charity, you can register with us for free and we will advertise your volunteering opportunities on our website, at our offices and through our network of contacts. Additionally, if you have any issues around working with volunteers and would like some guidance, call us for a chat.