



Ashfield Voluntary Action

# Volunteering

How can you make a difference  
in Ashfield?



# Volunteering, explained



Simply put, it's the practice of giving your time and skills to benefit other people or causes instead of personal financial benefit.

# Why volunteer?

- You can make a real and visible impact on people's lives.
- You can volunteer your skills to help a good cause.
- You give the people—and yourself—a meaningful experience.
- You can update your skills, experience, and CV
- Meet new people and improve your own well-being
- Increase confidence



# Where to volunteer?

Here in Ashfield, there are many volunteering opportunities available through **Friends of Ashfield Voluntary Action (FAVA)**. Whether you can help for an hour a week, or several days, there's something for everyone!

The beauty of volunteering is that you can choose a group or project that could best use your help, and give as much time as you like.



# What is out there?

Ashfield Voluntary Action (AVA), works with many different community groups and organisations to promote their volunteering roles, so opportunities are really varied.

AVA also delivers a range of community projects which support people living in Ashfield who may be vulnerable or lonely, or projects that improve well-being such as gardening and allotments.



# What can I do?

Here are some existing opportunities, but there are many more, so contact AVA for the latest volunteering roles:

## **DIGITAL CHAMPION**

Help people get online

## **BEFRIENDING**

Support the lonely

## **GARDENING**

Lend a hand at an allotment or garden

## **WALK BUDDY**

Help vulnerable residents get outdoors



Or perhaps you have a professional skill or hobby you'd like to offer the local community?

# How do I volunteer?

There's no right or wrong way to be a volunteer. Showing up is already a big deal. You can either volunteer your specific skillset or be flexible and do what needs doing. It's that simple!

All you need to do now is contact AVA and register.





## But don't just take our word for it!...

"Volunteering gave me a real sense of purpose after I lost my job in 2020. I love the satisfaction I get from helping others and I've developed some unexpected friendships.

I really recommend volunteering for Ashfield Voluntary Action to anyone - just give it a try! The people you work with are brilliant and it gives you a real sense of community. It even led to me getting employed again!"



***Anna, volunteer at AVA, delivering shopping to a local resident.***



"The smallest act of kindness is worth more than the grandest intention"

- *Oscar Wild*

"The best way to find yourself is to lose yourself in the service of others"

- *Mahatma Gandhi*

.....

Join us today!



[www.ashfieldvoluntaryaction.org.uk](http://www.ashfieldvoluntaryaction.org.uk)

01623 55 55 51

Facebook: @AshfieldVoluntaryAction

One Step at a Time



# BUDDY WALKS

**SOMETIMES THE HARDEST PART IS  
STEPPING OUT THE FRONT DOOR...**

**JOIN OUR VOLUNTEER-LED BUDDY WALKS!**  **Ashfield**  
VOLUNTARY ACTION

**Could you assist local residents with getting  
out of the house?**

Buddy Walkers give vulnerable people a chance to get out and about, with the support of a volunteer.

As a 'buddy' you will support an individual and play a vital part in increasing their confidence to get out for a short walk. All training provided.

**Contact Sylvia on: 01623 555 551 or  
[info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk)**

**IN TOUCH...**

Helping you to connect digitally

## **VOLUNTEER AS A DIGITAL CHAMPION**

Did you know there are a huge number of people living in Ashfield who do not have the knowledge to use online services, or connect with others? Our **In Touch** project helps those people with regular support sessions in Kirkby-in-Ashfield.

We are seeking volunteers to support people who'd like to get online! You don't need to be an IT expert, just have a good general knowledge and the desire to help others! All training provided.

**CONTACT SARAH to get  
involved: 01623 55 55 51**

**[info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk)**





Ashfield Voluntary Action (AVA) is a local infrastructure charity based in Nottinghamshire. We exist to support, represent, and engage with our community and local voluntary and community organisations (VCSOs), acting as a 'broker' between them and statutory bodies.

AVA also delivers targeted projects around digital and social inclusion, befriending, and general health & wellbeing of Ashfield's residents. Social action and community development is at the heart of all we do!

**Ashfield Health & Wellbeing Centre**  
**Portland Street**  
**Kirkby-in-Ashfield**  
**Nottinghamshire**  
**NG17 7AE**

**01623 55 55 51**  
**info@ashfieldvoluntaryaction.org.uk**



Registered Charity No. 1089635 (Registered in England and Wales).  
A Company Limited by Guarantee [No. 4244661]