

What do you want?

What would you like to achieve from volunteering?

.....

.....

.....

.....

.....

.....

Finding the right volunteering opportunity

Following a discussion with our Volunteer Coordinator, and depending on your requirements, they will be able to signpost you to a range of agencies, organisations, websites and volunteering platforms where you can find roles to apply for.



Matthew Plumridge
MFT Volunteer Co-Ordinator

Contact us

If you are considering volunteering and would like to talk to someone about it, please contact Matthew as follows:



01372 375400 or 07432 510493



matthew@maryfrancestrust.org.uk



23 The Crescent, Leatherhead, KT22 8DY



Inspiring Mental Wellbeing

Guide to Volunteering



Registered Charity: 1055113
Company Limited by Guarantee:
3189443

What is volunteering?

Volunteering involves spending time, doing something which can bring measurable benefits to the volunteer, its beneficiaries, groups, organisations and communities.

It is a choice undertaken of one's own free will without concern for financial gain.



Benefits of volunteering

Donating your time for a cause is good for:

- Mental health & wellbeing
- Social involvement
- Learning or sharing skills
- Feeling part of something important
- Helping others
- Making a difference
- Career change experience
- Getting a reference

What would be expected of me?

- To carry out my duties as described in the role description
- To value reliability and punctuality
- To stick to times and dates agreed
- To notify my primary contact ASAP if I am unwell, going to be late or can't attend.
- To comply with reasonable requests
- To attend any relevant training
- To talk to my manager if I have difficulties fulfilling the role
- To speak up if I am not happy with something so concerns may be addressed
- To engage with others in a positive way



What can I expect?

- A clearly defined role description
- A designated manager / support person
- Induction training / training for the role
- Reimbursement of travel costs
- To be covered by their insurance
- To be treated with dignity and respect
- Personal development
- To be offered a meaningful role
- A safe working environment
- Appropriate policies and procedures in place

What should I consider?

- How much time could I give?
- How long am I looking to volunteer for: 3, 6, 9, 12 months?
- What skills do I have / need?
- What type of role would I like to do?
- How will I get there?
- Do I have specific needs or require adjustments?