Please tick the volunteering opportunities that interest you:

| • | Office Support | |
|---|---|--|
| • | Distribute information | |
| • | Attend events to promote the work of Every-One | |
| • | Attending events, including seminars & conferences | |
| • | Media Interviews | |
| • | Representative on Interview Panels | |
| • | Working with organisations to jointly develop new ways of working | |
| • | Support at project meetings | |
| • | Buddying volunteers | |
| • | Providing Peer Support | |
| • | Other | |
| | | |

WHAT HAPPENS NEXT?

Please return this form to Every-One. A member of staff will contact you shortly and you will be sent an application form, and invited to attend an induction training session.

Thank you

Here are some of the qualities that our volunteers could bring to Every-One:

Enthusiasm – a positive attitude is vital

Common sense – a basic ability to understand and judge issues

Non-judgemental – being able to take an objective view of a person's problems

Awareness – being able to recognise other people's needs and able to look for ways to meet those needs as a result of understanding and your own life experiences

Reliable – willing to devote a set amount of time regularly

Compassionate – having empathy with the plight of a particular person or situation

Committed – demonstrating your passion for a cause

Self-confident – able to work both on your own and as part of a team where necessary

Good communication – able to relate to both fellow workers and those you are trying to help, and a willingness to sensitively make suggestions for improvements.

Listening – able to listen to others views





Volunteering

Help us to support carers and the people they care for, to have choice and control over their wellbeing.

Every-One

Tel: 01522 811 582 Email: hello@every-one.org.uk Website: www.every-one.org.uk



ABOUT EVERY-ONE

Every-One aims to empower people to be in control and at the centre of their own health, wellbeing and social needs and by amplifying their voice, we can influence services and support for the better.

At Every-One, we believe:

- People should be at the centre of their own health and social care through having choice and control
- Services should be built around the person and not the process
- Many people need support to exercise their choice and control
- People are the experts in their own lives and sharing their lived-experiences can improve services
- Where possible, people are best supported within the community they live in and in a way that recognises the whole person.

WHY VOLUNTEER?

People volunteer at different times of their lives and for different reasons and volunteering is an excellent way of using valuable life skills and experience to benefit others.

Volunteering can make a difference to your own life and the lives of those around you, helping to build stronger communities in which people have a better quality of life and an ability to shape their own future. Many who volunteer often want to give something back to support others who may have helped them throughout their personal journey.

At Every-One we believe that all people have the potential to volunteer and support every potential volunteer as an individual, ensuring flexibility to decide how much or how little the volunteer wishes to commit, taking into account other commitments in their life.

WHAT'S IN IT FOR ME?

- A sense of giving something back to your local community
- Gaining additional skills
- · Meeting new friends
- Builds confidence
- Gain experience / references
- Knowing you are shaping future services
- Knowing you are supporting others experiencing what you have been through

| To get involved with Every-One, please complete the following details:- |
|---|
| Name |
| Address |
| |
| |
| Post Code |
| Email |
| Telephone |
| I am interested in supporting in the following areas of Lincolnshire:- |
| |
| Town/Village |
| Please return to: |
| Every-One |
| Email: hello@every-one.org.uk |
| Post: No 5, The Stables, Wellingore Hall, Wellingore, Lincolnshire, LN5 0HU |

Registered Company Number: 08548267 Registered Charity Number: 1164639