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## Voluntary work when you're unemployed

Voluntary work can:

- Show employers that you are a responsible person and care about the community
- Help you keep fit and active
- Help you use and improve your skills
- Give you the chance to learn new skills
- Put you in touch with new people – who may be able to help you find a job

Visit the national volunteer website Do-It ([www.do-it.org.uk](http://www.do-it.org.uk)) to search for opportunities by region and interest. Do-It provides information on a wide range of volunteer opportunities across Oxfordshire and allows you to request further information on the organisation or the opportunity of interest.

The information will be emailed to you by the Volunteer Centre in Oxford, who can also assist you in applying for the role or with any questions you may have about other volunteering.

Alternatively, you can contact the Volunteer Centre to make an appointment to discuss how you can find a volunteer role that is right for you. The Volunteer Centre holds information on current volunteering opportunities throughout Oxfordshire. The Volunteer Centre office is in Floyds Row, St Aldates, Oxford. Open Monday to Friday, 9.30am-4.30pm.

If you would like to speak to somebody or make an appointment, please contact the Volunteer Centre by phoning 01865 251946 or email [vol@ocva.org.uk](mailto:vol@ocva.org.uk)