# Make a difference to other people's lives

**Volunteering can be a great way to gain new work experience and make your CV stand out from the crowd.**

It gives you a chance to develop new skills and knowledge which could open up other job opportunities in the future. Volunteering can also be a good way to boost your self-confidence!

We’re looking for volunteers to help out with all sorts of activities at Southampton Mencap. This could mean helping:

* Within our evening or social clubs or holiday activities for children, young people and adults with a learning disability
* The students develop life-skills on our Own2Feet programme on Tuesdays and Thursdays
* Our Home Kitchen members cook up delicious feasts on Fridays
* By being a Home Visitor to people living away from home who have no contact with family members or friends or visiting carers who aren’t easily able to get out and about
* By serving refreshments at our monthly Carers Lunches
* In the office with admin and office duties
* To keep the Mencap Centre safe, neat and tidy

We're looking for people with enthusiasm and a positive attitude, so don't worry if you don't think you have prior relevant experience as training and support will be provided.

# How can volunteering benefit you?

**Volunteering is a great way to:**

* make friends
* help other people
* enhance your CV
* boost your self-confidence
* learn new skills
* have fun
* give something back to your community.

# Find out more

If you'd like to find out more about volunteering opportunities and the range available, please contact our activities team, Elly or Steph on 023 8058 4088 or e mail [e.iles@southamptonmencap.co.uk](mailto:e.iles@southamptonmencap.co.uk). They will be able to provide you with more details about the opportunities and answer your questions.

**We welcome applications from everyone, whatever your age, background or experience.**