

Do you have what it takes to be an advocate?



Why would someone choose to volunteer? What are the benefits?

• Free training and ongoing support	• Enthusiasm for a cause or interest
• Out of pocket expenses	• Desire to help others
• Explore a career change	• A sense of achievement
• Valuable work experience	• A wider social network
• Enjoy a challenge	• Add to a resume

You need no formal qualifications to become one of our volunteers, just the following qualities:

• Good communication and listening skills	• Understanding of confidentiality
• Patience, tact and sensitivity	• Enthusiasm
• The ability to refrain from imposing solutions	• Reliability and trustworthiness



If you are interested in finding out more call for an informal chat, or visit our website to download an application form.

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