

Take the next step into volunteering

Our supported volunteering project is currently offered in Elmbridge, Epsom and Mole Valley.

To arrange an appointment:

tel: 01372 463587

mobile: 07770 931932

email: eamonn@vae.org.uk

All interviews are confidential and support workers are welcome to attend.



We have Volunteer Centres in:

Cobham
Dorking
Epsom
Esher
Walton on Thames

Telephone: 01372 463587

Email: eamonn@vae.org.uk

www.vae.org.uk



Volunteer Centre
Elmbridge

ASPIRE

Supported Volunteering

Volunteering opportunities
in your local community



Like us on Facebook
[Volunteer-Centre-Elmbridge](#)



Follow us on Twitter
[@vce2014](#)

Voluntary Action Elmbridge and the Volunteer Centre Elmbridge supports all Voluntary, Community and Faith Organisations who work and provide care to all those who live and work in the Borough of Elmbridge.

Registered Charity No. 1127430. Company No. 6321457

Volunteering is something that everyone can do

Whatever your interests, wherever you live, whether you have a lot of time or a little – you will be giving your time to help charities and community groups improve lives.

Not only will you have the satisfaction and achievement of making a difference, volunteering can also provide you with many benefits including:



the opportunity to make new friends and contacts



the chance to have fun doing something you've never tried before



increased confidence



a greater sense of well-being



increased job and career prospects and new skills



Some of the ways you can help to make a difference...

- caring for animals and wildlife
- spending time mentoring or befriending a vulnerable person
- working outdoors to improve the environment
- helping on local community projects
- using your administration skills
- supporting a local charity shop



How to start making a difference

Aspire is a project designed to help and support anyone who faces challenges in their life into volunteering.

We have a dedicated project coordinator who will work with the potential volunteer in a non-judgmental and supportive manner.

We can also provide support with attending interviews, help with journey planning and much more.

