



One of the most wonderful sights to see is the smile on a person's face when you have solved a problem for them.

There are people in the world, country and county who may not be as fortunate as yourself. With your help life can be easier. If you can help, please help!

If you would like further information about becoming a volunteer, please get in touch:

Contact our Volunteer Co-ordinators

Website: www.equallives.org.uk

E-mail: volunteers@equallives.org.uk

Telephone: 01508 491210

Textphone: 01508 491215

Address:

**15 Manor Farm Barns
Fox Road
Framingham Pigot
Norwich
Norfolk
NR14 7PZ**

 facebook.com/equallives.org

 twitter.com/equallives_org

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Volunteering

A chance to **be someone**



Volunteer

Mary Smith's Story

Volunteers are the foundation of Equal Lives, they play an important role in our services and bring a wealth of experience and knowledge to the organisation.

By becoming a volunteer you can

- Inspire people to make positive change happen
- Support people to remain independent
- When you volunteer at Equal Lives you will have training and support in your role, with opportunities to shadow other volunteers and develop your skills.

There are many roles available, you could

- Get involved in projects and activities
- Support vulnerable people detained in custody
- Provide information, advice and advocacy
- Support people with their financial situations



In 2010 I applied to become a benefits adviser at "Disability Rights Norfolk" as my confidence was at a low ebb.

During my training I felt lost and thought I would never understand it all.

I was reassured I would develop my knowledge and my assistance would be invaluable and that's turned out to be the case.

Volunteering helped me to regain my confidence

During my time at Equal Lives, I have worked with some really knowledgeable people who have shown me a lot of patience and helped me to regain my confidence.

The clients I have supported have given me great satisfaction too.

It has been a positive experience

Giving time, listening and being there has not just helped clients but it has helped me enormously as well.

It has been a positive experience for both my clients and myself; I feel it is a two way process.

Now in 2014 I'm still offering help and assistance.

I feel reassured it is important for vulnerable clients that Equal Lives exists.

Contact Equal Lives today to see how volunteering could help you!

