

Contact us about volunteering:

Voluntary Action North Lanarkshire (VANL)
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<http://www.voluntaryactionnorthlanarkshire.org/>

 <https://www.facebook.com/VoluntaryActionNL>

 <https://twitter.com/VANLinfo>

Strategic direction for volunteering in North Lanarkshire is provided by the North Lanarkshire Volunteering Partnership. VANL is part-funded by Health & Social Care North Lanarkshire to provide volunteering support to individuals and groups.



VANL (SCIO) is registered as Scottish Charity no. [SC041224](#)

Thinking about volunteering?

Volunteering



Why volunteer?

Volunteering is a great activity. It lets you try new activities, develop new skills, increase your employment prospects and allows you to give something back. Volunteering can also improve your health and it's fun!

Volunteering is what you make it. You can give as little or as much time as you want to. You might be able to volunteer for an hour or two a week; for a one-off volunteering activity like supporting an event or on a more regular basis.

Who can volunteer?

Volunteering is for everyone! VANL can help you find a suitable volunteering opportunity that meets your needs.

What can I do?

There are literally thousands of activities that you could get involved in. Here are some examples:

- ★ Environmental / Conservation Work
- ★ Advice / Information Giving
- ★ Working with Older People
- ★ Sports Volunteering
- ★ Online Volunteering
- ★ Charity Shops
- ★ Fundraising
- ★ Mentoring
- ★ Health
- ★ Befriending
- ★ Team Challenges
- ★ Supporting Learners
- ★ Youth Work
- ★ Committee Work
- ★ Administration
- ★ Driving
- ★ Employer-Supported Volunteering

How to get involved

Contact VANL info@vanl.co.uk / Tel: 01236 748011 to start the process. You'll be asked to complete a registration form and someone from our Volunteering Team will then suggest a selection of volunteering opportunities, based on the preferences you specified in your form. You can also search the Volunteer Scotland database of opportunities independently and let us know if you would like to be referred to a particular opportunity: <https://www.volunteerscotland.net/>

Getting Started

Once you choose the volunteering opportunity that suits you best, VANL will make the referral on your behalf to the person who will be your Volunteer Coordinator or Supervisor. You will then have the opportunity to discuss the details of the volunteer role with them in more detail.

Ongoing Support

Voluntary Action North Lanarkshire is on hand to offer any advice or support required once you have started your volunteering. As the local centre for excellence in volunteering, we are always keen to hear how your volunteering is going!

