



Voluntary Action Coventry



ARE YOU...

- Interested in exploring **volunteering opportunities**?
- Ready to **gain experience** that could be valuable in the future?
- Looking to **increase your self-esteem** and build your confidence?
- Wanting to **learn new skills**, improve or update your existing skills?

Free bus  
ticket

IF SO, **IMPROVING LIVES** IS FOR YOU!

Next 6 week course starts

Tues 14 Jan 2025

To enrol:

☎ 024 7622 0381

e: [getinvolved@vacoventry.org.uk](mailto:getinvolved@vacoventry.org.uk)

[www.vacoventry.org.uk](http://www.vacoventry.org.uk)

Tues & Thurs 10.30am - 12.30pm

Enrol now! It's free to take part

Coventry City Council's -Employment, Skills and Adult Education Projects



Funded by  
UK Government



West Midlands  
Combined Authority



*Our projects are part funded by the UK Government through the UK Shared Prosperity Fund and the West Midlands Combined Authority's and HM Government's Commonwealth Games Legacy Fund*

# IMPROVING LIVES

VOLUNTEERING COURSE

Voluntary Action Coventry has over 20 years experience of supporting organisations that involve volunteers, and individuals wanting to volunteer for a variety of reasons. We know that volunteering is a great way to improve people's lives, from increasing confidence and self-esteem, improving mental and physical health and wellbeing, tackling isolation and loneliness, to supporting people into employment by gaining new skills and experience.

## What you will gain from the course:

- Know more about the different volunteer and community groups and services available in Coventry.
- Identify the benefits of volunteering for wellbeing and how you can use volunteering experience to transition into employment.
- Participate in group visits/volunteering activities to different organisations that that involve volunteers.
- Set goals and plan your volunteering and/or employment journey.
- Gain support to develop a CV and to practice application forms and interviews.

*“Taking part in the course has given me the opportunity to look at voluntary roles that I would not have considered. By participating in Improving Lives I have improved on my existing skills, for example realising my strengths and weaknesses, working together as a team, using fun learning tools, and listening to and sharing opinions.*

*I would highly recommend this Improving Lives course for anyone”*

*Previous Improving Lives participant.*

**Call us 024 7622 0381 or Email**  
**[getinvolved@vac Coventry.org.uk](mailto:getinvolved@vac Coventry.org.uk)**

FIND US ON SOCIAL MEDIA

VACoventry  vacoventry 

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