

# Volunteering

## It's a Work of Heart

**A little of your time can make a big difference.**

The benefits of volunteering can be enormous - both for you and your local community.

You can learn new skills, build your self-confidence improve your self-worth and even advance your career. It's also fun!

Voluntary roles can also benefit those with a disability or a lack of social skills and help reduce social isolation.

Your age and circumstances don't matter - you simply need passion, positivity, integrity and a desire to help.

**If you'd like to offer some of your time to your community call RRAVS on 01268 772796.**

**RRAVS**

Rayleigh Rochford and District Association for Voluntary Service

01268 772796  
[www.rravs.org.uk](http://www.rravs.org.uk)

