

How to become a volunteer

If you think that you would like to volunteer for your local citizens advice bureau, then get in touch.

You can find your nearest CAB in a number of ways:

- Use the contact details below
- Look in the phone book under "Citizens Advice Bureau"
- Visit the Citizens Advice Scotland website - www.cas.org.uk

Your local CAB is:



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2 Powderhall Road

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make a difference feel the difference



Make a difference – and feel the difference!



All over Scotland thousands of older people volunteer each week in their local citizens advice bureau (CAB).

The CAB offers advice and information services to people who need help with all kinds of problems. The service we provide is free, independent, impartial, confidential and available to everyone that needs it. People know and trust the CAB service and we deal with hundreds of thousands of problems every year.

Recent research* shows that people who volunteer are healthier and happier than people who don't. Why not see what volunteering in your local CAB can do for you?

With your help we can do so much more

We need people like you to join us and help make a difference to even more people's lives.

Around 85% of the people working in the CAB service across Scotland are trained volunteers. Their effort really helps keep each bureau running. Can you help us make the difference?

** 2004 research by ICM, commissioned by CSV Make a Difference Day and Barclays.*



Different people help in different ways

There are all sorts of ways you can help us keep the bureau running smoothly, like:

- advising clients
- administration
- IT support
- social policy work
- joining the CAB management committee
- fundraising
- promotion and awareness-raising

Each of these activities uses different skills – skills that you may already have, or perhaps that you would like to gain.



Use your experience

Many of the people who volunteer in their local CAB have retired, have time to spare and want a new challenge. Why not join them?

Volunteering in the CAB means that you can use the knowledge and experience that you have built up to give something back to your community. You'll get lots back too - as a bureau volunteer, you will gain new skills, confidence and experience and make new friends.

People like you volunteer in citizens advice bureaux

Don't just take our word for it. Here's what some of the people volunteering in their local bureau have told us about why they volunteer:

"I know from my own experience how hard it can be to get accurate and impartial advice, especially if you can't pay for it. I would like to make sure other people don't struggle the way I had to."

"The CAB helped me in the past - I'd like to give others the help that I got."

"The local community have been good to me and my family and now that I have some time on my hands, I would like to give something in return."

"I hope to gain more knowledge of the problems people have and use my own skills to best advantage to help them."

"I gained a respect for the work of the CAB during my professional life - it is an essential part of our community and I want to make my own contribution."

"I have always liked finding out about things. The CAB covers all sorts of subjects I don't know much about - I enjoy learning about them."



If you want to know more, get in touch with your local CAB and see how you can make a difference to your community - and feel the difference!