

**VOLUNTEERING**

**AT  
KINCARDINE  
&  
MEARNS  
CITIZENS  
ADVICE  
BUREAU**



# CAB volunteering will equip you with new skills. You will meet new people and gain satisfaction from the difference you make.

There are lots of **different ways** you can give your time and experience in Kincardine and Mearns CAB (KAMCAB). Here are some of the roles on offer:

## Advisers

### Administrative or reception work

### Bureau management committee volunteers

## Fundraisers

### Social policy volunteers – working for change

## Promoting the CAB

People from all walks of life volunteer as CAB advisers. You don't need specialist knowledge to be an adviser, as we give you all the training you need. An adviser:

Interviews clients 

Gives information 

Gives advice 

Gives practical help 

Records cases/performs administrative tasks 



## 10 reasons to volunteer with us

- 1** *Make a difference and feel the difference:* You can get a **real buzz** from helping those around you – and helping yourself at the same time
- 2** *Make life better where you live:* As well as helping individuals resolve their problems, you can get involved with **campaigns that affect people locally**. This can help make changes that will directly impact on your community
- 3** *Improve your prospects:* Learn new skills to add to your CV. Whether you are looking to re-enter the job market or for a change of career, you'll gain **additional skills and experience** with us. And remember, if you are looking for a job, volunteering in a bureau need not affect your benefits
- 4** *Enjoy free training and ongoing support:* CAB training and supervision mean that you will get the necessary support during your time with us. Plus, there are **opportunities for further development**
- 5** *Boost your confidence:* You probably have a lot of the **skills we already need**; you just don't know it yet!
- 6** *Put your talents to use:* You can use and **share the knowledge** and experience that you already have
- 7** *Feel better and live longer:* Regular volunteering has been proven to be good for your **health and wellbeing**
- 8** *Give your time when it suits you:* We offer flexible shifts that mean you can volunteer at a **time that suits you**
- 9** *Do something interesting:* No matter what role you take on, when you volunteer for KAMCAB, **every day is different**
- 10** *Meet new people and have fun:* Volunteering with KAMCAB is a great way to **meet new people**. You will be part of a friendly, sociable team.

Want to know more about  
volunteering? Then we want to  
hear from you! Here's how you  
can get in touch:

Visit

Kincardine & Mearns Citizens Advice Bureau,  
9 Cameron Street, Stonehaven, AB39 2BL

Call

01569 766 578

Email

bureau@kamcab.casonline.org.uk

See

www.kamcab.org.uk



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FOR  
YOU,  
FOR  
ALL

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