

Focus *Forward*

in Bridgend County Borough

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- **Support and guidance on all aspects of volunteering**
 - **Make positive changes**
 - **Develop personal skills and experience**
 - **Improve your quality of life**
 - **Achieve your goals...**

Community support to improve your wellbeing and discover volunteering opportunities to suit YOU

What is the Focus Forward project all about?

Within relaxed, friendly and understanding surroundings, participants from eligible Bridgend County Borough postcode areas will receive one-to-one support to help improve their confidence and skills through finding volunteering opportunities for all ages and abilities.

We can help you put in place the things YOU feel you need to improve your wellbeing and confidence and gain a better understanding of support groups in your area.

Our project is coordinated by BAVO in partnership with Bridgend County Borough Council.

Volunteering opportunities include:

- Befriending/mentoring;
- Supporting young or older people;
- Retail in a charity shop;
- Supporting people with special needs;
- Driving;
- Drug and alcohol support projects;
- Environment and conservation;
- Trustee roles and much more!

Why should I volunteer?

Volunteering can be exciting, challenging and rewarding. It benefits you and the individuals or the group you are helping. Groups rely on volunteers, so you can make a BIG difference to your community!

Volunteering:

- improves your self-confidence, wellbeing and self-esteem;
- helps you meet new people and make new friends;
- makes you an active member of your community;
- can introduce you to new challenges and learn new skills;
- values and uses your existing knowledge and expertise;
- can lead to a new career path and improves your CV when job hunting.

Free training opportunities

Project participants living in eligible postcode areas will be able to receive FREE training to help fulfil their volunteer role, including:

- Volunteering awareness sessions;
- Basic First Aid;
- Safeguarding children and adults;
- Dementia Friends.

For latest volunteering opportunities visit Bridgend.volunteering-wales.net

Registration is straightforward and the website will remind volunteers of any forthcoming commitments as well as recording achievements, particularly useful for updating your CV!

Visit en.infoengine.cymru for voluntary services at your fingertips!

The website has over 4,000 services offered by voluntary organisations and community groups. This number increases daily. Free of charge to use, the website highlights a wide variety of voluntary and community services that are able to provide information and support, so that you can make an informed choice.

For further information contact BAVO:

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