

Spring 2008 Issue 4

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- Volunteering can help you:
- Meet new friends
- Change your career
- Choose a career
- Learn new skills
- Be a part of your community
- Get you out of the house
- Have fun

Volunteer Centre, 2 Inverewe, Grampian Road, Aviemore



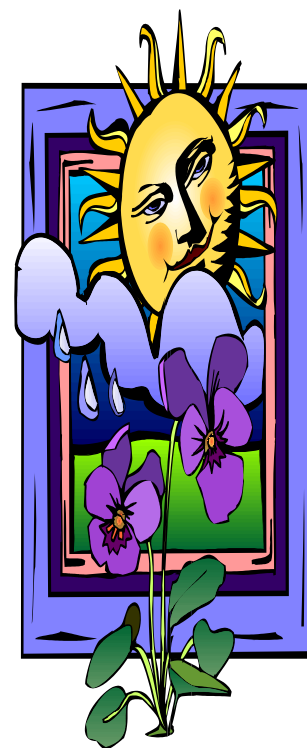
Spring is in the air!

At last the evenings are lighter, you can hear the birds singing, the bulbs are beginning to show their heads and there is a spring in your step. Yes, Spring is finally around the corner.

So why not try something new for the evenings, why not try volunteering. There are lots of organizations that

are looking for volunteers. Whether it is for a couple of hours a week, an hour a month, we have lots of great opportunities to suit everyone. From advocacy work, to driving, to being a support to families, to helping youngsters and giving advice, there.

Go on give it a go...
You never know where it may lead.....



Call in or make an appointment: 01479 810004

Here's what Rachael, a volunteer, had to say:

I decided to try volunteering because I was new to the area and didn't know many people. I am a carer and a mum of 3, so a regular job wasn't

possible. By volunteering I was able to get out of the house, meet new people, keep in contact with the world of work and enjoy myself at the same time. I now feel

ready to take on some new challenges and will be starting training to be an advocate for carers. I would really recommend volunteering it can change your life.

Radio Show Presenter



Oh, to be by the sea

Have you ever thought about presenting your own radio show? Fancy playing your music on the local airwaves? Well Spey-sound are looking for people to present radio programmes, in the evening at present, but hours will change when they have their own license in June Full training given. Based in Aviemore

Admin Support

Have you got computer skills and would like to keep them up. Then several organizations are looking for admin support. From preparing newsletters, answering the phones, updating databases. Interested

“ I love volunteering it really helped me find a new career”

Strathspey Railway



Have you ever thought of helping out at the Strathspey Railway. There are plenty of things to do, from driving a steam train, painting the carriages, making curtains and all things electrical, plumbing and engineering. Lots of experience to be gained, but none necessary.

If you can't come into Aviemore, Victoria can meet you in your village. Please ring for an appointment.....01479 810004

E-mail: bands@volunteeringhighland.org