



Could you spare a morning or afternoon a week to help local people in need?

Citizens Advice Mid Suffolk support local people by providing free, confidential, independent and impartial advice. Demand for the charity's service has continued to increase, and the wonderful team of volunteers are so important to the help Citizens Advice provide.

Could you be a friendly face to greet people?

The charity are in need of volunteer receptionists to spare a morning or afternoon a week, as a friendly face to greet people who come into the Stowmarket office.

Could you help people find a way forward?

Volunteer advisers talk to local people on the phone, face to face and online to explore their problems and the options available to them.

No experience is needed for either role, as training will be given, and you will be part of a friendly team of existing volunteers supported by specialists and supervisors.

Citizens Advice volunteers come from all walks of life and choose to volunteer for a variety of reasons.

Current volunteers said:

"I volunteered to help others, but didn't realise how much I would get back! I love the feeling of satisfaction at the end of the day and the feeling you get from being part of a brilliant, friendly, professional and happy team."

"You gain skills and experience that stay with you for life. There is a great support system in place...it makes you feel like you are part of something great."

"The most enjoyable part of volunteering is seeing the difference we make. You meet a person who might be nervous and not know what will happen to them. At the end of the day they leave smiling and thanking you for all that you have done for them."

"Volunteering with Citizens Advice is not only mentally stimulating but also very rewarding."

Volunteers are Citizens Advice Mid Suffolk are often looking for ways to make use of their skills or to gain valuable experience and make use of the fantastic training. They also enjoy the opportunity to meet different people and be part of a friendly, welcoming team of existing volunteers. They find it rewarding to support local people and make a difference to their lives.

Interested in volunteering?

Citizens Advice Mid Suffolk would love to hear from you! Go to midsuffolkcab.org.uk/volunteer or call 01449 676060 for an informal chat.