

# Thinking about volunteering?

Volunteering for a worth while cause like Peterborough Association for the Blind (PAB) can be a real feel good experience – especially knowing that you are helping some of the 180,000 blind and partially sighted people in the UK virtually never go out alone. The PAB is run almost entirely by volunteers and we need many more to increase our level of support for the hundreds of local people who need it.

## “I’m not sure what I could bring to PAB”

Everyone has a skill they can bring to the PAB - whether you are a good listener, have a caring personality or are a keen sports person - we will have a role for you!

## “What might I get out of it?”

Apart from seeing first hand the difference you are making to people’s lives, volunteering looks great on your CV or Linked in profile too. It gives you something to talk about during interviews and helps you stand out from the crowd. It is also a great way to make new friends and enhance your social life!

## “Do I need any experience?”

No! We will provide you with training suited to the role you are interested in pursuing. Training usually takes three hours and is designed to be as informal, interesting and fun as possible - so don’t let that put you off. You will learn about some of the facts and myths surrounding sight loss, be shown how to guide someone safely and get an experience of what life is like for people living with sight loss.

## Befriending

Many of our blind and partially sighted members struggle to leave their homes due to a lack of confidence that often accompanies sight loss. Fear of getting lost or feeling too vulnerable are the most common concerns that we hear from our members. This can lead to social isolation, depression and loneliness, so it is important for us to visit anyone who finds getting out and about a struggle. Would you have time to call into someone’s house once a week for a coffee and chat? We would match your personality and interests to a similar blind or partially sighted person and invite you to visit them every fortnight for a chat or to help them get out of the house.

**Hours Involved:** 2 hours per fortnight

**Time and Place:** A home visit at a time and date that suits you both (you can agree this each visit)

**Commitment:** This is a regular ongoing commitment as it takes time to build a friendship

**Find out more:** [www.mypab.org.uk/supporting-you/befriending-scheme](http://www.mypab.org.uk/supporting-you/befriending-scheme)

## Drivers

Lack of transport is by far the biggest factor stopping blind people getting around. Many do not feel confident using public transport – and especially in the evenings or when the weather can make walking more dangerous. Taxis are expensive and many do not have friends and family they can call upon. We provide subsidised transport using a team of volunteers. Would you have time, when needed, to collect someone and take them to an event? You would be added to our emailing list and be alerted when we may need you. We reimburse you for the miles you have driven according to HMRC guidelines.

**Hours Involved:** 1-2 hours per week

**Time and Place:** Different local venues and times to suit

**Commitment:** As and when convenient for you

**Find out more:** [www.mypab.org.uk/supporting-us/volunteer](http://www.mypab.org.uk/supporting-us/volunteer)

## Fundraising

Apart from some small council grants, our charity relies on charitable and public donations. Fundraising is one of our most vital volunteer roles. Would you have a few hours spare each month to help us with supermarket bag packs, organise or take part in sponsored events, collect tombola and raffle prizes, sell raffle tickets for our summer and Christmas draws, bake cupcakes and scones for us to sell, or hold our collection buckets at different venues? You would be added to our email list and asked to help when you are available.

**Hours Involved:** Average of 2 hours per month (more if you have time!)

**Time and Place:** Different local venues and times to suit

**Commitment:** As and when convenient for you

**Find out more:** [www.mypab.org.uk/supporting-us/fundraise](http://www.mypab.org.uk/supporting-us/fundraise)

## Sighted Guiding

Many local blind and partially sighted people do not have family close by, or do not want them to feel burdened. Getting out to our events and activities with only a white cane can be very daunting. If we provided full training, could you assist our members to attend events or activities and guide them to and from the venue? Going on days out or other activities is sometimes impossible without enough sighted guides to assist our members. Would you have time to help guide people around various outings, or to take a visually impaired person shopping or for a doctor's appointment? Could you help at sporting activities like cycling or swimming? You would be added to our email list and could help when you are available.

**Hours Involved:** 1 hour per week (more if you have time!)

**Time and Place:** Different local venues and times to suit

**Commitment:** As and when convenient for you

**Find out more:** [www.mypab.org.uk/supporting-us/fundraise](http://www.mypab.org.uk/supporting-us/fundraise)

## Event Help

Organising an event for people with sight loss can take a lot of planning. Would you have time to help us set up and pack away at the end (a coffee morning for example)? Would you be able to serve refreshments, help organise a social trip or book transport to an event? Perhaps you can help staff one of our publicity stands? You would be added to our email list and could help when you are available.

**Hours Involved:** 1 hour per week (more if you have time!)

**Time and Place:** Different local venues and times to suit

**Commitment:** As and when convenient for you

**Find out more:** [www.mypab.org.uk/supporting-us/fundraise](http://www.mypab.org.uk/supporting-us/fundraise)

## No pressure!

We know that it can be daunting, so why not dip your toe in first? Come to a event or activity as a guest and see what it's all about. Meet some of the other volunteers and then decide if it's for you. **Not sure you have the time?** Many of our roles are commitment free – you just help out when you can. You will still make a big difference to local people living with sight loss.

For more information visit our website [www.mypab.org.uk/supporting-us/volunteer](http://www.mypab.org.uk/supporting-us/volunteer)

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