



Citizens Advice Mid Suffolk are looking for volunteers to provide vital support in the community – can you help?

The charity supports people all over Mid Suffolk from their office in Stowmarket, providing free, confidential, independent and impartial advice. Demand for the charity's services has continued to increase, and the wonderful team of volunteers are paramount to the help Citizens Advice provide.

The team are seeking volunteers from all kinds of backgrounds to support local people with their problems. No experience is necessary as full training will be provided.

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

Current volunteers at Citizens Advice said:

"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 - in some cases they will be quite distressed. At the end of the day they leave smiling and thanking you for all that you have done for them."

"As a volunteer, you're made to feel an equal and valued member of the team. Volunteering with Citizens Advice is not only mentally stimulating but also very rewarding."

"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."

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.