Volunteering is one of the most rewarding things you can do. Think about why you might want to volunteer.

* **Gain confidence**. Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
* **Make a difference**. Volunteering can have a real and valuable positive affect on people, communities and society in general.
* **Meet people**. Volunteering can help you meet different kinds of people and make new friends.
* **Be part of a community**. Volunteering can help you feel part of something outside your friends and family.
* **Learn new skills**. Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
* **Take on a challenge**. Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.
* **Have fun!** Most volunteers have a great time, regardless of why they do it.

Search for local opportunities near you on the **National Volunteering Website**:

[www.volunteerscotland.net/find-an-opportunity/opportunity-search/](http://www.volunteerscotland.net/find-an-opportunity/opportunity-search/)

**or**

To find out more about volunteering in the Highlands, visit **NHS Highlands Volunteer Page** (<http://www.nhshighland.scot.nhs.uk/Careers/Pages/Volunteer.aspx>) or one of the voluntary organisations near you to discover a whole range of different opportunities, from pet sitting to befriending.

**CVS North**: [www.cvsnorth.co.uk](http://www.cvsnorth.co.uk)

Volunteering opportunities not yet listed.

**Caithness** Volunteering info: [www.cvg.org.uk/volunteering/opportunities/](http://www.cvg.org.uk/volunteering/opportunities/)

Includes a list of local opportunities.



**Ross-shire Voluntary Action**: [www.rossvolact.org.uk](http://www.rossvolact.org.uk)

Local volunteering section currently being developed.

**Signpost Partners**: -

<http://signpost-inc.org/volunteering/>

**Badenoch & Strathspey Volunteering form**:

<http://www.vabs.org.uk/wp-content/uploads/2015/10/Volunteer-Registration-Form.pdf>

**Voluntary Groups East Sutherland**: [www.vges.org.uk/Volunteering/](http://www.vges.org.uk/Volunteering/)

Young person’s volunteering: <http://www.vges.org.uk/Volunteering/Under25.html>

**Lochaber Voluntary Action:** <http://valochaber.org/volunteering/volunteering-opportunities/>

**Skye & Lochalsh:** <http://www.slcvo.org.uk/volunteering.htm>