

How do I get involved?

The easiest way is to call the office or drop in for a chat so you can find out a little more about us and how you could fit into one of our service teams. Alternatively we can be contacted through Facebook Inbox, or the more traditional mail.

We can organise some time with our project leaders who will explain more about the services we run and give you the opportunity to ask questions and maybe even arrange for you to join at a session to get a feel for the work involved.

All Volunteering is based on what you want to offer and no more. We are grateful for all the support we get and in return we will do all we can to ensure your experience is as rewarding as possible, with a few challenges thrown in too.

We really look forward to your involvement and helping Enable Ability make a huge difference to the lives of disabled people in Portsmouth and south east Hampshire.



For more information

Enable Ability, 311-313, Copnor Road
Portsmouth, Hampshire, PO3 5EG

Office **023 9267 1846**

Email **eavolunteers@enableability.org.uk**

Visit **www.enableability.org.uk/volunteering**

You can also find us on social media:

 **@enableability**

 **Enable Ability**

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working with disabled people

Volunteering

Visit us online

www.enableability.org.uk



Part funded by:



Charity Registration: 276422
Company No: 1405937

Why Volunteer?

Volunteering at one of our children's or adult services is extremely rewarding in many ways. You will be part of a team of staff all focused on making the lives of our service users as enjoyable as possible. It's very sociable where you may find new friends whilst learning new skills such as organising workload, presenting to small groups, communicating with service users and their family/carers and working in a team.

What sort of person volunteers?

We have many volunteers from all walks of life but quite often we see students and young people coming along to be able to develop skills and experience that will enhance their own personal CV and allow them to seek placement in paid employment. Indeed our experience shows that many young people join as volunteers and within a relatively short period of time find that they enjoy the work so much that they want to be a more permanent part of the team and work on a regular basis.

Alternatively at the other end of the spectrum we find people who have retired with some time on their hands and want to 'give back' in some way are attracted to the opportunities that volunteering at Enable Ability offers.

What's in it for me?

You get to work as part of a vibrant team in the local area where you will learn new skills and can even develop your fitness (if you were to choose to be involved in Wheelchair Basketball). Our Junior and Teenage projects go out and about doing lots of different activities such as Playzone, skating, cinema, bowling and cookery as well as trips out of the area to Marwell Zoo and theme parks with many fun-packed days. Alternatively our SEN classroom support volunteers help service users of school age to navigate many of life's complexities that others take for granted.

All expenses are paid for and we will also arrange for your personal Disclosure and Barring Service (DBS) check free of charge too. Full training is provided.

Whether you want to improve your own CV and employability opportunities or simply make a difference in your local community then Volunteering with Enable Ability could be just right for you.



What, Where and When?

Enable Ability runs over 15 different services for people with disabilities in Portsmouth and SE Hampshire. A lot of the activities are 'out and about' although some are necessarily at set locations like wheelchair basketball.

For children and young adults our services are generally focused on weekends during term-time and during the week throughout the school holidays.

The work is varied and involves working with our service users at the setting to help them get the most out of the service.

Below are some examples of services where volunteering really works. Our full range of services can be found on our informative website detailed at the bottom.

What?	Where?	When?
Wheelchair Basketball	Portchester	Wednesday Evenings
Junior Club (5-12 years)	Various locations Monthly programme	Weekends Mid-week in holidays
Teenage & Youth Projects	Various locations Monthly programme	Weekends Mid-week in holidays
Classroom Support	Portsmouth	School days
Mini-Bus Driver	To any of the services above	Weekends. Weekdays in holidays.

Some messages from volunteers past and present:

Volunteering with Enable Ability changed my life! I've had quite the journey, learning the skills I needed to become a Support Worker and eventually Project Leader! Enable Ability give you a loving, stable place to develop and learn. I've loved every minute of the last 5 years.

Volunteering with Enable Ability has been incredible. I've had the opportunity to work with some amazing young people and the experience has even inspired me to pursue a career in teaching.

Volunteering with Enable Ability gave me the confidence and inspiration I needed when leaving college. Without the privilege of working with the extraordinary young people I wouldn't have discovered my passion for caring for people or realised my potential.