

Volunteers



Marshals at a Mountain Bike event in Rossendale

Veterans in Communities (VIC) is an ex-services charity based in East Lancashire. Established in September 2012, VIC supports ex-service personnel, their families and members of the uniformed services who have experienced difficulties re-integrating with the community on returning to civilian life.

As with any other charity and voluntary organisation, VIC relies on volunteers for support. Our volunteers are recruited from the Armed Forces Community and the Wider Community.



VIC members on a trip to the Imperial War Museum North

Our volunteers are encouraged to become members of VIC and get involved in further activities and have the opportunity to develop new skills and experiences with other members. These skills can then be passed onto members and the wider community.

It is well known that volunteering has many benefits to the individual as well as the organisation they volunteer for.

One of the better-known benefits of volunteering is the impact on the community. Volunteers are often the glue that holds a community together.



VIC members and volunteers preparing for Heywood Armed Forces Day

Becoming a VIC volunteer helps you make new friends, expand your network, and boost your social skills in shared experiences.

Volunteering is a great way to meet new people, especially if you are new to an area.

Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests.



Rawtenstall Volunteers Week



VIC in Burnley for Armed Forces Day

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and motivation. There is a natural sense of accomplishment if you are doing something good for others and the community.

Your role as a VIC volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering is good for your health at any age, but it's especially beneficial in older adults or those who are experiencing transitional or mental health conditions.

VIC has a number of volunteering opportunities in:

- Administration
- Outdoor activities
- Fundraising
- Community projects
- Driving



VIC members at a community event

VIC has seen noticeable social and behavioural changes when people join us as volunteers. We have a good balance between those who served in uniform and those who haven't. It is this balance that can help the transition process on leaving the armed forces and settling down into the community.

If you would like to know more about our volunteer opportunities then please call **01706 833180** or email **info@veteransincommunities.org**