Headway

the brain injury association

factsheet

Voluntary work after brain injury

Introduction

Voluntary work can be very rewarding and a lot of fun. Helping others and doing something productive is great for self-confidence and also can help get you back into a working routine. It can be a good way of trying out things you've never done before and finding out your strengths and weaknesses. There is also the possibility that volunteering may lead to paid work eventually, but even those who won't be able to return to employment can still benefit from volunteering.

Finding out more

Contact your local Volunteer Centre for more information. Local contact details can be found on the National Association for Voluntary and Community Action (NAVCA) website at www.navca.org.uk (see 'Useful Organisations') and in the local telephone directory. Your local Citizen's Advice Bureau and Disability Employment Advisor should also be able to put you in touch with the right local services. Contacting your local council could be a useful way of finding out about community projects in your area and the local library will have information about local projects and charities.

You can also find your local Volunteer Centre, find out about volunteering and search for local opportunities at www.do-it.org.uk. Other organisations who provide support, training and opportunities for volunteers are Timebank, Volunteering England, Volunteer Centre Network Scotland, Volunteering Wales, Volunteer Development Agency (Northern Ireland), the Mentoring and Befriending Foundation and Reach (see 'Useful Organisations').

There may even be opportunities to volunteer for the local Headway Group or Branch. You can find details of your local Headway at www.headway.org.uk or by calling the national helpline on 0808 800 2244.

Useful Organisations

Community Service Volunteers (CSV)
237 Pentonville Road
London
N1 9NJ
Tel: 020 7278 6601
Freephone volunteering hotline: 0800 374 991
Email: information@csv.org.uk
Web: www.csv.org.uk

Headway
the brain injury association

factsheet

do-it.org.uk
First Floor
50 Featherstone Street
London EC1Y 8RT
Tel: 020 7250 3695
Web: www.do-it.org.uk

Mentoring and Befriending Foundation
1st Floor Charles House
Albert Street
Eccles
Manchester M30 0PW
Tel: 0161 787 8600
Email: info@mandbf.org.uk
Web: www.mandbf.org.uk

National Association for Voluntary and Community Action (NAVCA)
The Tower
2 Furnival Square
Sheffield S1 4QL
Tel: 0114 278 6636
Email: navca@navca.org.uk
Web: www.navca.org.uk

Reach – Skilled Volunteers
89 Albert Embankment
London SE1 7TP
Tel: 020 7582 2423
Web: www.reachskills.org.uk

Timebank
2nd Floor
Downstream Building
1 London Bridge SE1 9BG
Tel: 0845 456 1668
Email: f.percy@timebank.org.uk
Web: www.timebank.org.uk

Volunteer Centre Network Scotland
Web: www.volunteerscotland.org.uk

Headway

the brain injury association

factsheet

Volunteer Development Agency (Northern Ireland)
129 Ormeau Road
Belfast BT7 1SH
Tel: 028 9023 6100
Email: info@volunteering-ni.org
Web: www.volunteering-ni.org

Volunteering England
Regent's Wharf
8 All Saints Street
London N1 9RL
Tel: 0845 305 6979
Email: volunteering@volunteeringengland.org
Web: www.volunteering.org.uk

Volunteering Wales
Web: www.volunteering-wales.net

To discuss any issues raised in this factsheet, or to find details of our local Groups and Branches, please contact the Headway helpline free of charge on 0808 800 2244, or by email at helpline@headway.org.uk. You can also find more information and contact details of Groups and Branches on our website at www.headway.org.uk.

Headway produces a range of booklets and factsheets covering brain injury related issues. Booklets cost £3.50 each and can be ordered from the website or on 0115 924 0800. Factsheets are freely downloadable from the website.

Brain injury survivors and carers can receive free copies of appropriate booklets from the helpline.

Published November 2010