



SUTTON WOMENS AID



Volunteering

**Supporting adults, young people & children
who have experienced domestic abuse**

We rely on volunteers to help support families rebuild their lives. You are essential to the service we provide.

The Helping Hands Project

Do you have a:

- **Minimum of 2 hours per week to volunteer**
- **Willingness to support families to achieve change in their lives**
- **Motivation to increase your skills & experiences**



We can offer you:

- **Full Training**
- **Regular support & supervision**
- **Expenses**
- **A chance to meet new people**
- **Gain new skills**
- **Opportunities to enhance your CV**

Anyone can volunteer

We welcome people from all communities as volunteers. We value your skills, experiences, background and ages (20+yrs).

If you are interested call / email:

07583446298 / tcook@suttonwomensaid.org.uk

(Volunteering in Sutton)

07908 861 814 / Emmawebb@jigsaw4u.org.uk

(Volunteering in Merton)