



Useful contacts for job searching and volunteering

Employment support

Jobcentre Plus

Jobcentre Plus is run by the government and provides support to jobseekers. You will need to contact your local Jobcentre Plus office to get support from them.

Website: <https://www.gov.uk/contact-jobcentre-plus>

Phone: 0345 606 0234

Universal Jobmatch is a government website which advertises job vacancies. You can search and apply for jobs online.

Website: <https://www.gov.uk/jobsearch>

National Careers Service

The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work. They provide advice on the phone and in person on various aspects of getting a job. You can find information on different types of jobs, get advice on writing a CV and finding a job or find a course on their website.

Website: <https://nationalcareersservice.direct.gov.uk/>

Phone: 0800 100 900

Richmond Fellowship

The Richmond Fellowship is a charity which supports people with mental health and substance abuse problems. As well as other services they provide employment support to help people with mental health problems return to paid work, voluntary work or training.

Website: <http://www.richmondfellowship.org.uk/>

Post: Railway House, Railway Road, Chorley, Rooms 17 & 18, PR6 0HW

Tel: 01257 278136

Citizen's Advice

Citizen's Advice are a charity who provide free independent advice to everyone on their rights and responsibilities. They can provide advice on your rights at work, employment problems and claiming benefits.

Website: <https://www.citizensadvice.org.uk/>



Phone: 03444 111 444

Finding a Volunteering role

Volunteering can be an excellent way of getting work experience, gaining new skills, meeting new people and building your confidence and self-esteem. Below are the details of some organisations which may be able to help you find a volunteering role.

Lancashire Care Volunteering Services

There are volunteering opportunities available within the Trust.

Website: <https://www.lancashirecare.nhs.uk/Volunteering-Services>

Email: volunteering@lancashirecare.nhs.uk

Post: Volunteering Services, Lancashire Care NHS Foundation Trust, Sceptre Point, Sceptre Way, Walton Summit, Preston, Lancashire, PR5 6AW

Volunteer Centres

There are three Volunteer Centres in Lancashire who can help you find volunteering roles and give you advice.

Volunteer Centre Blackpool, Wyre & Flyde

Post: South Lodge, Stanley Park, West Park Drive, Blackpool, FY3 9EQ

Tel: 01253 301004

Email: blackpoolvc3@yahoo.co.uk

Website: www.volunteercentrebwf.org.uk/Default.aspx

Volunteer Centre Blackburn With Darwen

Boulevard Resource Centre, 45 Railway Road, Blackburn, BB1 1EZ

Tel: 01254 583 957

Email: office@communitycvs.org.uk

Website: www.communitycvs.org.uk

West Lancs Council for Voluntary Service

Post: Certacs House, 10-12 Westgate, Skelmersdale, Lancashire, WN8 8AZ

Tel: 01695 733737

Email: vc@wlcvs.org

Website: www.wlcvs.org/index.php/volunteering

Do-it Trust

The Do-it Trust is a volunteering charity. They have a national volunteering database which you can search to find a volunteering role to apply for.

Website: <https://do-it.org/>



Volunteering Matters

Volunteering Matters is a charity which advertises volunteering roles and provides support for volunteers.

Website: <https://volunteeringmatters.org.uk/>

Post: The Levy Centre, 18-24 Lower Clapton Road, London, E5 0PD

Tel: 020 3780 5870

Charities

Many charities depend on volunteer support and have a variety of volunteering roles from gardening to working in a charity shop. Some suggestions for charities which offer volunteering roles are below:

The Wildlife Trusts

Website: <http://www.wildlifetrusts.org/volunteer>

Phone: 01636 677711

Email: enquiry@wildlifetrusts.org

National Trust

Website: <https://www.nationaltrust.org.uk/volunteer>

Phone: 0344 800 1895

Email: enquiries@nationaltrust.org.uk

Royal Society for the Protection of Birds

Website: <https://www.rspb.org.uk/get-involved/community-and-advice/volunteer/>

Phone: 01767 693680

Scope

Website: <https://www.scope.org.uk/charity-shops/volunteer>

Phone: 0808 800 3333

Dog's Trust

Website: <https://www.dogstrust.org.uk/get-involved/volunteering/>

Phone: 0207 837 0006

Rethink Mental Illness

Website: <https://www.rethink.org/get-involved/volunteering-participating>

Phone: 0121 522 7007

Canal River Trust

Website: <https://canalrivertrust.org.uk/volunteer>

Phone: 0303 040 4040

Keep Britain Tidy



Lancashire Care
NHS Foundation Trust

Website: <http://www.keepbritaintidy.org/volunteer/655>

Phone: 01942 612628

Email: Volunteering@KeepBritainTidy.org

British Heart Foundation

Website: <https://www.bhf.org.uk/get-involved/volunteer/ways-to-volunteer>

Phone: 0300 330 3322

Oxfam

Website: <http://www.oxfam.org.uk/get-involved/volunteer-with-us>

Phone: 0300 200 1300