

Are you

- ◆ Understanding
- ◆ Caring
- ◆ Tolerant

and want to assist **SWACA** in helping to change the lives of people living in your local community?

**WE NEED YOU!!**

Contact  
Anne Bolger  
on  
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Ext. 109  
or  
email:  
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Domestic Abuse can affect you at any time in your life

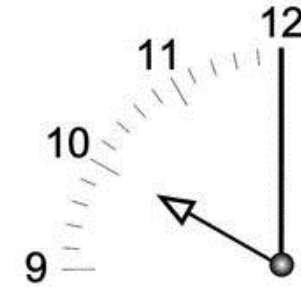


**swaca**

Providing free  
Specialist Domestic Abuse Services  
for  
Women, Young People  
and  
Children  
throughout Sefton

**swaca** is committed to safeguarding  
children and vulnerable adults

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[www.swaca.com](http://www.swaca.com)  
Registered Charity No: 1066878  
Company Registration No: 3448301



Time  
to  
spare?



for

**swaca**

Can you offer  
time, skills and  
commitment to  
help our families?

We could not help change people's lives without the support of our volunteers

We offer the opportunity to work in a specialist area:-

### **Charity Shop**

👋 When you volunteer you'll be joining a friendly team at the heart of your local community

### **Admin**

👋 Sometimes our office may require a specialist skill; sometimes it will simply need someone who has lots of enthusiasm

### **Working with Women**

👋 Support our workers in the provision of care packages

Volunteering can give you a better chance of getting paid work, by helping you to:-

- Learn new skills
- Practice the skills you have
- Become more confident
- Put some voluntary experience on your CV
- Show employers you can keep regular hours and stay committed to a task
- Have things to talk about in a job interview
- Get references

Volunteering is also a great way for you to:-

- Do something you enjoy
- Find new interests
- Stay active & healthy
- Pass on your skills to other people
- Keep to a regular routine
- Get out and meet people
- Increase your confidence
- Thank people who have cared for a family member or friend