



Volunteers



We welcome applicants from a range of backgrounds and skills. We believe everybody has something to bring to our volunteering roles – experience is not as important as a positive attitude towards disability and a desire to have fun! As long as you are aged over 16 we would be happy to hear from you.

Please note that we undertake rigorous recruitment and vetting checks to ensure we safeguard both our volunteers, disabled children and young people.

If you feel this may interest you, please complete the [enquiry form](#) and we will call you within 7 days of your enquiry.

'Out & About were professional and I felt supported throughout. It gave me a good opportunity to understand different people and the problems they face. I really enjoy giving something back to the community and the good feeling you get from helping others' Rob – volunteering with Out & About.

- [Why volunteer?](#)
- [How can I make a difference?](#)
- [Training and support](#)
- [Volunteering roles](#)

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Built on [Cubik](#)

http://www.direct.gov.uk/en/DisabledPeople/Employmentsupport/LookingForWork/DG_4000314

<http://www.frsb.org.uk/>

