

# QUICK FACTS

## about volunteering with Vitalise

### FACT 1

We run the largest residential volunteer programme of any UK charity, welcoming 2,000 volunteers to our centres annually. Collectively, volunteers give over 4,000 weeks of their time to helping us every year.

### FACT 2

Our volunteers come from all walks of life and all over the world. Not only is volunteering a truly rewarding experience; it is also a chance to make a diverse and yet like-minded group of new friends.

### FACT 3

86% of our volunteers are aged 25 or younger. In a recent Vitalise survey, 9 out of 10 respondents aged 16-25 said that volunteering had left them feeling more confident and well-rounded.

### FACT 4

Volunteering for Vitalise won't cost you a penny! As we are a charity, however, we are always keen to encourage volunteers to raise funds. This ensures our vital work can continue, so we will gladly offer ideas and support if you'd like to help us in this way too.

For more information on  
volunteering for Vitalise  
Call: **0303 303 0145**  
Email: **volunteer@vitalise.org.uk**  
Visit: **www.vitalise.org.uk**

# vitalise



Registered charity number 295072

# Volunteer with Vitalise

Gain transferrable skills, increase employment opportunities, make new friends and change a life



“The skills I have gained from this trip are hugely valuable and I couldn't help the tears when we left on Saturday. I cannot wait to visit again in July before university. One word to describe it would be **unbelievable!**”

**0303 303 0145**  
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**www.vitalise.org.uk**

# vitalise

vitalisecharity VitaliseOnVideo @vitalise

### Who are we and what do we do?

Vitalise is a charity which has been providing respite holidays for people with physical disabilities and their carers for over 50 years. Our guests range from people who spend most of their lives in care homes to family carers who very rarely get time to relax. Our centres give our guests the chance to have a break, receiving the care and support they need with the added extras of excursions, activities and evening entertainment.

A Vitalise break is all about enjoying new experiences and creating long-lasting memories and friendships with other guests, staff and, of course, our army of volunteers! We provide:

- A unique, fun-filled holiday environment
- An exciting range of trips to local tourist attractions
- A full programme of in-centre entertainment covering themes from Murder Mystery to Music Legends

### What can you do?

Volunteers are absolutely crucial to creating the Vitalise magic and we simply couldn't do what we do without them.

You can spend anything from a week to six months making sure our guests have a holiday to remember. During this time, you will stay at the centre and complete a diverse range of duties alongside your fellow volunteers and Vitalise staff.

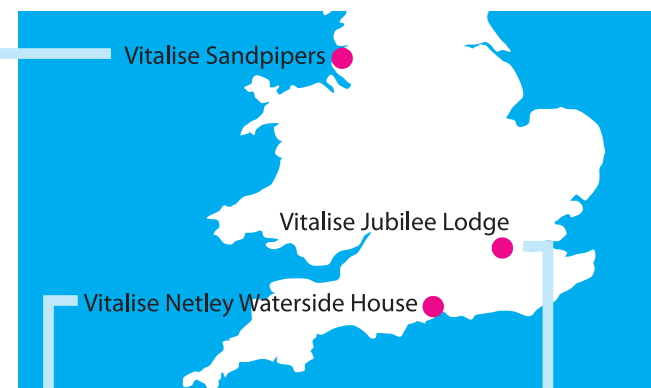
You may be asked to help with kitchen/domestic tasks or guests' basic personal needs such as dressing (outer clothing), brushing hair and teeth, and applying cosmetics. The single most important aspect of volunteering, however, is socialising with guests - enjoying the holiday with them and providing that all-important human contact - simple companionship, a helping hand, a friend to talk to.

### What do you get?

Being a residential volunteer at a Vitalise centre is a life altering experience. As well as memories to treasure forever, we also cover your accommodation, food and travel costs to and from the centre (up to an agreed annual limit). There is plenty of personal support provided by staff too to make sure you get the most from your experience.

### Where can you volunteer?

Our centres are at three locations across the UK:



#### Vitalise Sandpipers Southport, Merseyside

Our Northern centre overlooks a beautiful lake and is within easy reach of some of the country's best-loved cities.



#### Vitalise Netley Waterside House Southampton, Hampshire

A perfect setting which boasts gorgeous views of the Solent and wonderful landscaped gardens.



#### Vitalise Jubilee Lodge Chigwell, Essex

Ideally located within the Essex countryside with easy access to London and all its attractions.

“The atmosphere is infectious. It's a chance to try new and exciting things and meet new people from all over the world. But the icing on the cake is in giving my time for such a great cause and helping others to achieve all the goals. You give, but you get so much back in return. You come away feeling tired, saddened at parting company, but already planning when you can come again.”

Kath Bamping, volunteer since 1997



### Get in touch

For more information and to arrange your volunteering experience call

**0303 303 0145** or email **[volunteer@vitalise.org.uk](mailto:volunteer@vitalise.org.uk)**

Thank you for your interest so far and we look forward to hearing from you soon!