



Llamau

Imagine a World Without
Homelessness

Llamau Domestic Abuse Volunteering Service

Do you have a minimum of 2 hours to spare each week? Are you passionate about making a difference in the lives of women and children affected by domestic abuse/trauma? If So Llamau Domestic abuse volunteering service would love to hear from you!

Due to the development of current volunteers we have opportunities throughout our services. Volunteers offer much needed emotional support and practical help to survivors of domestic abuse and trauma, enabling them to live a life free from fear and abuse.

WHAT WE CAN OFFER YOU

- **School friendly hours**
- Opportunities in evenings and on weekends
- **Broad training packages including Health and Safety, GDPR, First Aid, Safeguarding, substance misuse and many more**
- Specialist sector training including Domestic abuse awareness, Domestic abuse and the impact on children.
- **Regular support and supervision from our volunteer co-ordinator including career development planning.**
- Opportunities to volunteer in all areas of the service including; Domestic abuse group work, Refuge, women's projects, community settings, court support and administration/office.
- **Access to our Llamau colleague wellbeing service**

VOLUNTEER FAQ

Do you have volunteering opportunities in my local area?

We currently have volunteering opportunities in the following areas - Gwent, Bridgend, Merthyr, Cardiff, Caerphilly, Newport and Monmouthshire

Do I need to drive to be a volunteer?

No – We do ask if you are able to drive so we are best able to match you to a volunteering opportunity. We also pay expenses if you need to use public transport

Do I have enough time to volunteer?

We only ask for a minimum commitment of 2 hours per week. We have various opportunities to suit everyone. step.

I am a student can I get involved?

Yes! If you are a student we would love to hear from you, we have roles that would fit well around your studies. We do ask you to consider how long you can commit for if you are interested in community support roles.

I would like to volunteer what now?

You can email our Domestic Abuse volunteer coordinator Karen Hayes karenhayes@llamau.org.uk who will be happy to chat to you about our opportunities and advise you of the next step.



HEAR FROM OUR VOLUNTEERS

"Volunteering with Llamau was brilliant, it gave me the confidence to apply for a degree in midwifery. I will take everything I learnt about domestic abuse and the impacts into my new career"

"I volunteered within the admin team for Llamau which gave me the office skills I needed to support my husband in his new business"

"Having being a survivor of domestic abuse I was keen to volunteer for Llamau. I am a single mother and my volunteering fits in around my family commitments. I am volunteering in refuge and when the time is right I will apply to become a support worker".

"I started as a volunteer and now work for Llamau as a support worker. Volunteering gave me the skills, knowledge, and experience needed to be successful at interview"

"I retired from work several years ago, but wanted to give back to the community and keep active. I have been volunteering as Llamau community volunteer for 3 years – I am learning something new every day"

www.llamau.org.uk

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