

Interested in Volunteering?

DABD (uk)

Celebrates Diverse Ability

Community & Volunteering



Make a difference

Being a volunteer can be incredibly rewarding and make a difference to your life as well as the lives of others. Volunteering can help build new skills and increase self-confidence as well as improving job prospects through the experience gained.

What would you like to do?

DABD has hundreds of local volunteering opportunities available within our organisation and within partner organisations and companies. Opportunities available include admin and office work, retail, catering, driving, mini-bus passenger assistant, maintenance, outdoor work, gardening, supporting people, befriending and helping out at local day centres and youth work. Alternatively, if you have a particular area of interest, we will do our best to find something appealing to you.

Who can volunteer?

You need to be over 16, with as much or as little time as you can spare. Volunteers can be of any ability and no experience is necessary.

What to do next

If you'd like to become a volunteer, call **020 8709 0850** or email **volunteering@dabd.org.uk** and we'll arrange an appointment with a member of our Volunteering team. You can then discuss your aspirations and the opportunities available to you.

How to find us

By Tube:

Take the District Line to Dagenham East station. Turn left out of the main station entrance onto Rainham Road South. Take the fifth turning on the left hand side into Victoria Road. The Training Unit is the red building inside the Dagenham and Redbridge Football Club grounds at the end of Victoria Road.

By Bus:

The 103 bus stops at the corner of Victoria Road and Rainham Road South.

By Car:

Parking is available in the Football Club grounds. Please call us for directions from your starting point.

DABD Community & Volunteering
DABD Training Unit,
Dagenham & Redbridge Football Club,
Victoria Road, Dagenham, RM10 7XL

Tel: 020 8709 0850 **Fax:** 020 8709 0859

Email: volunteering@dabd.org.uk

Website: www.dabd.org.uk