



Medway Volunteer Network's Guide On Physical & Non Visible Disability Volunteering



July 2022



Physical & Non Visible Volunteering The Benefits & Getting Started

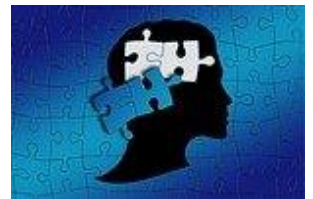
Volunteers play a vital role in voluntary and community groups in Medway and the activities they have taking place every day. **We strongly believe that having a physical or learning disability shouldn't prevent anyone from volunteering if they wish to.**



There is increasing evidence to show that volunteering has a positive impact on mental and physical wellbeing. The right opportunity can help to reduce stress, provide mental stimulation, build friendships, reach out to other community services, learn new skills and increase activity.



Volunteering is also a great way to make friends and meet new people. It strengthens your ties to the community and broadens your support network, exposing you to likeminded people with common interests, community services, and fun and fulfilling activities.



Don't take our word for it read some comments from disabled volunteers at Citizens Advice by [clicking here](#)

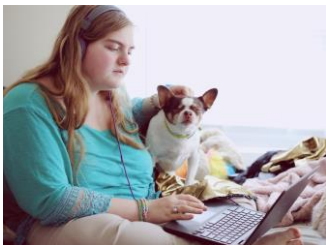




Where To Find Physical & Non Visible Disability Volunteering Opportunities

Below is a snapshot of Organisations/Community Groups that support disabled people into volunteering in Medway:

- Medway Volunteer Network – [Click Here](#)
- Do-it - [Click Here](#)
- Charity Job - [Click Here](#)
- Kent Association Blind – [Click Here](#)
- Centre Independent Living Kent – [Click Here](#)
- HI Kent – [Click Here](#)
- ‘Can Do’ Skills Development Programme (16-35 yr olds with a disability or LTHC) – [Click Here](#)
- Disability Medway Network – [Click Here](#)
- SCOPE - [Click Here](#)
- Medway Non Visible Disability Initiative (NVDI) – [Click Here](#)



Sign up to our Medway Volunteer Network monthly bulletin, and let volunteer opportunities come to you by [clicking here](#)

