

Volunteer for learning success

People across the country can learn stress control and time management skills as part of a new Community Volunteering Certificate available by distance learning through Perth College.

Aimed at people who enjoy working with and helping others in their communities, the certificate has been designed to fit in with individual lifestyles, allowing you to study around work and other commitments.

The course covers health and safety procedures, preparing for meetings, best practice and self-management and while you do not need any relevant knowledge or experience to enrol, people who are already volunteers could use their work experience to count towards the final qualification.

You can discuss your ideas with others and will get be a personal tutor, who will provide you with individual support.

Once you have completed four of the five units, you'll qualify for an ASDAN (Award Scheme Development and Accreditation Network) Certificate in Community Volunteering – the equivalent to an NVQ Level 2.

If you do not manage all of the modules, you will still receive certificates for the individual units completed and so will have your work recognised.

To find out more, call Perth College on 0845 270 1177 or visit www.perth.ac.uk. The cost of this course is £270 and it can be taken over a three year period.

To find out about similar courses in your area go to the Course Search page or call the ILA Scotland helpline free on 0808 100 1090.