

Volunteering for The Switch

Volunteering for The Switch is easy, enjoyable and enriching.

Many businesses are committed to giving back to and improving their local communities and we provide a vital link between education and business in Tower Hamlets. Volunteering has also been proved to be hugely beneficial to both physical and mental health, and it allows you to improve your work/life balance.

We can offer regular, ongoing or one-off volunteer opportunities. Here's what our volunteers say:

"Seeing someone so grateful for just spending an hour of time with them really hits home. I look forward to seeing my mentee achieve his dreams. What a great programme - I'll definitely be encouraging my colleagues to get involved"

Business Mentor, Aon Risk Solutions

"It's a great way to put things into perspective while having an impact on our community. I always feel refreshed when I get back to my desk and ready to overcome any challenges"

Reading Partner, Lloyd's of London

"This was a completely new experience and it was really enjoyable speaking to young people with everything ahead of them, it energises you and makes you feel useful beyond your normal role."

Interview Practice Volunteer, Morgan Stanley

**Could you volunteer with us and help make a difference to the lives of young people?
Discuss this with your company coordinator or contact us to find out more.**

The Switch
020 7655 0300
info@theswitch.org