

## GETTING INVOLVED WHEN RECEIVING WELFARE BENEFITS



It's been great getting the fun days off the ground, now we can get going on organising a local clean-up.

I thought you could only volunteer for a few hours a week – are you sure your benefits won't be cut?

People say that, but it's not true! You can volunteer as many hours as you like as long as you keep to the rules for getting benefits.



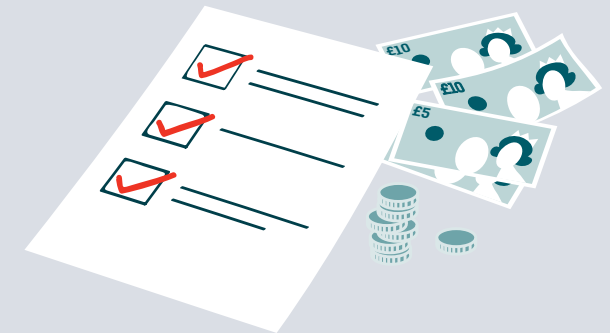
Getting involved means I'm using my skills and getting more experience, I'm really enjoying it and it could help me get a job.



## Remember

- To let your benefits advisor know if you're planning to volunteer for an organisation or get involved in running things in your local community.
- If you are volunteering for an organisation, you are allowed to have your expenses covered by that organisation.
- If your benefits advisor tells you that you cannot volunteer you can ask someone to speak to them on your behalf e.g. a worker from CAB or your local volunteer centre, or contact the Regional External Relations Manager for Jobcentre Plus.

For more information and guidance see [Volunteering – while getting benefits\\*](#)



\*click the text to go to the website