

BE A  
VOLUNTEER  
AN  
OPPORTUNITY  
IN LONDON

ILA promotes the right of disabled people to live independently. A placement with ILA is based on a philosophy of interdependency and mutual respect, where both disabled person and volunteer are equal; a placement is interactive process within a working relationship. Volunteers enable disabled people to take full control of their lives.

ILA is looking for volunteers to provide personal assistance such as helping someone to get dressed, have a bath, go shopping, drive, etc.

You need to be over 18 and believe in the right of disabled people to live independently.

An ILA placement is for a minimum of 4 months and is a chance to meet new people, try new things and to live in London.

- PAs with ILA receive:
- A living allowance for food, travel and leisure
- Free accommodation with no bills (except phone!) to pay
- Full training with their service user
- Regular support meetings
- 3 full days off per week
- Practical work experience

You can get more information about volunteering with ILA either by contacting us or visiting our website. You'll need to fill out an application form and then we'll arrange for an informal interview

Independent Living Alternatives  
Trafalgar House Grenville Place London NW7 3SA  
tel 00 44 (0) 20 8906 9265 fax 00 44 (0) 20 8959 1910  
PAServices@ILAnet.co.uk www.ILAnet.co.uk

Charity Registration  
Number: 802198