

# Volunteering

## What is volunteering?

This is when you choose to give your time and energy to benefit other people or the community without being paid for it. It is all about making a difference to the local area and people's lives, while developing new skills and having fun as well.

As a volunteer you could undertake a range of activities, for example, fundraising or working as a shop assistant for a charity, caring for animals or helping people who are ill or who have disabilities. Some volunteering experiences are accredited to national standards, for example ASDAN Awards or UK Investing in Volunteers. This makes it easier for recognition as a transferable workplace skill. Be aware, you are NOT considered to be a volunteer, if you:

- Do something for a family member.
- Are given money apart from your expenses.
- Are under a contract to work (this does not include any 'volunteer agreement' you may have).

## Why do volunteering?

Thinking about why you want to volunteer may help you to focus on what you want to do in the future.

Volunteering could help you in many ways, for example:

- Improve your chances of getting a paid job or an apprenticeship.
- Show employers that you can keep regular hours and handle commitment.
- Develop your self-confidence through learning new skills.
- Give you an insight into particular job roles and industries.
- Help you with your career choices.
- Boost your CV or university application (accreditation of UCAS points).
- Give you an opportunity to practise and demonstrate your skills.
- Help you to stay active and healthy while giving something back to your community.
- Meet new people, grow your network and get references.
- Give you the chance to gain a recognised qualification, such as an ASDAN Award, first aid or health & safety qualification.

## What are the opportunities?

Whatever your skills and interests, there is likely to be something you can do or a project in which you can become involved. Here are some examples of the more popular projects:

- **Social Services:** Helping the elderly, people with disabilities, or other vulnerable people in times of personal crisis. An example is the 'Let Us Play Scheme' in Fareham which takes volunteers from the age of 14 to help out on holiday play schemes with disabled children.
- **Health:** Working for the NHS as a hospital guide, within a nursing home, DJ on hospital radio or for St John Ambulance assisting with first aid.
- **Sports:** Helping to set up and run a sports club or assisting with coaching activities or organising play schemes during holiday time.
- **Environmental / Conservation:** Restoring footpaths, street cleaning, clearing beaches, working for the RSPCA or RSPB, Blue Cross, PDSA or a working holiday with the National Trust.
- **Archaeological Digs:** English Heritage sites, National Trust, Museums and Young Archeologists.
- **Performing Arts:** Assisting with production of performances and helping out behind the scenes. For example, assistant at Groundlings Theatre Company in Portsmouth.
- **Other Community Projects:** Working with the Police, Fire Service or Trading Standards as a mystery shopper or in underage sales, for example "The Edge" project.

Opportunities in each of the above sectors are available across the Hampshire area and you will be able to find out exactly what is on offer by checking out the website <https://doit.life/discover/>, looking at other websites listed below or by calling your local Volunteer Centre. Some roles will require specific experience and skills. For many of the caring opportunities, you may need to be aged 16 years or older and a DBS (Disclosure and Barring Service) check may also be required before you start. If a DBS check is required, it will be discussed in more detail at your interview as the volunteering provider usually organises this. You may be required to work for a minimum number of hours per week and on specific days so before applying it is important to think about the amount of time you can spare and when you will be available.

Although there are no age limits on volunteering it can sometimes be difficult for young people to find suitable opportunities, particularly for those who are under 16 because of insurance and safeguarding issues. However, there are many other projects and activities in which you could get involved in, either through your school, college or in your spare time. Here are a few suggestions:

- The Duke of Edinburgh's Award (for 14 to 24 year old's).
- The Scout or Guiding Association.
- Armed Forces Cadets (Army, Royal Navy, Royal Air Force).
- Membership of Student Council in School.
- Joining the Local Youth Council (influence local youth policies).
- School / College prefect or mentor or litter collector.
- National Citizen Service (for 16 and 17 year old's).
- Music projects – organisation of gigs, band practice or learning how to be a DJ or play a musical instrument.
- Youth Theatre – opportunities to perform or work backstage for young people aged 14-21.

Involvement in any of these activities could benefit you in the same way as volunteering on any of the above projects. If you volunteer in the community or at events on a regular basis you may be able to obtain an ASDAN qualification.

You could also start up your own project. If you identify a need in your local community, you can apply for funding through a number of organisations. They offer funding and training to young people who have an idea for a project that will improve their local community.

- **UNLtd**- <https://www.unltd.org.uk/>
- **The Prince's Trust do not currently offer funding but have a list of organisations who do** - <https://www.princes-trust.org.uk/help-for-young-people/who-else/employment/grants-funding/community-projects>
- **Government Websites** - <https://www.gov.uk/apply-funding-community-project>

## How do I get started with volunteering?

To find out more about being a volunteer in your area, you could log onto the website <https://doit.life/discover/> and search for suitable opportunities by entering your post code and interests. Your search should bring up all the registered volunteering opportunities in your area. All the websites listed on page 4 include useful information about volunteering and opportunities.

## Other ways to find out about volunteering?

- Ask friends, family, teaching staff and tutors.
- Ask your careers adviser in school or college for some ideas.
- Call into your local Volunteer Centre or look in your local library, community centre or youth centre.
- Check local newspapers for volunteer adverts and listen to radio stations who often broadcast bulletins of organisations who want volunteers.

## What are expenses?

Expenses are costs you pay as a direct result of volunteering. Expenses can be things like a bus or train fare for you to get to or from your volunteering; the cost of somewhere to stay if you have to be away from home overnight because of your volunteering; the cost of your meals while you are volunteering; the cost of any special clothing, equipment or materials you need in order to carry out your volunteering. You may be given expenses to cover any of these costs and you should discuss this with the volunteer organisation you are working with to understand its policy.

## The National Citizen Service

The National Citizen Service (NCS) is open to all 16 and 17 year olds in England. It helps you build your skills for work and life, while you take on new challenges and meet new friends. It runs in the spring, summer and autumn. You'll have a short time away from home and take part in a team project. NCS brings together young people from different backgrounds and helps them develop greater confidence, self-awareness and responsibility. It encourages personal and social development by working on skills like leadership, teamwork and communication. Participants develop a social action project to deal with a local issue and spend 30 hours putting the project into action. Further details can be found at [www.ncsyes.co.uk](http://www.ncsyes.co.uk).

## Other Volunteering Websites

- <https://vinspired.com> Information for young people seeking volunteering opportunities with search facility to find local opportunities. Helps young people to set up their own project through the **Igniter** project.
- [www.volunteering.org.uk](http://www.volunteering.org.uk) Useful information on all aspects of volunteering including the benefits.
- <https://www.hants.gov.uk/jobs/volunteering> gives an overview of voluntary projects across Hampshire and includes useful information on volunteering with links to volunteer centres across Hampshire.
- <https://getvolunteering.co.uk/> - Search for local volunteering opportunities.
- [www.solentyouthaction.org.uk](http://www.solentyouthaction.org.uk) Details of opportunities across Hampshire and the Isle of Wight for young people, especially those with special needs.
- <http://volunteer.portsmouth.gov.uk> Volunteering in the Portsmouth area.
- <https://www.england.nhs.uk/get-involved/get-involved/volunteering/> Opportunities for volunteering within health and care.
- <https://www.byc.org.uk/programmes> Youth Parliament - get involved in politics and help to influence local youth policies.
- [www.gva.org.uk/individuals/volunteering/loud-proud](http://www.gva.org.uk/individuals/volunteering/loud-proud) **Loud & Proud** is a volunteering group for young people aged 16-25 in Gosport and Fareham, looking to give a good impression of our age group by helping people through volunteering.
- [www.dofe.org](http://www.dofe.org) The DofE gives all young people aged 14-24 the chance to develop skills for life and work, fulfil their potential and have a brighter future.



## Local Volunteer Centres

Southampton Voluntary Services, St Mary's Street, Southampton, Hampshire.  
SO14 1NW.

Tel: 023 8022 8291

Website: [www.southamptonvs.org.uk](http://www.southamptonvs.org.uk)

Portsmouth Together, in Hive, Central Library, Guildhall Square, Portsmouth. PO1 2AL.

Tel: 023 9284 1280

Website: <https://volunteer.hiveportsmouth.com>

Gosport Volunteer Centre, Martin Snape House, 96, Pavilion Way, Gosport.

PO12 1FG.

Tel: 02392 583836

Website: [www.gosportvolunteercentre.org.uk](http://www.gosportvolunteercentre.org.uk)

One Community, 75 Leigh Road, Eastleigh, SO50 9QD

Tel: 023 8090 2400

Website: <http://1community.org.uk/publications/fareham-volunteering/volunteering-in-fareham/>

Community First Havant, Leigh Park Community Centre, Dunsbury Way, Havant

PO9 5BG.

Tel: 0300 500 8085

Website: <https://www.cfirst.org.uk/>

Volunteer Action (Arun & Chichester), The Town Hall, Clarence Road, Bognor Regis, PO21 1LD.

Tel: 01243 840305

Website: [www.vaac.org.uk/volunteer-now](http://www.vaac.org.uk/volunteer-now)

Basingstoke Voluntary Action, The Orchard, White Hart Lane, Basingstoke, Hampshire, RG21 4AF.

Tel: 01256 423816

Website: <https://www.bvaction.org.uk/contact/>



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