



Volunteering and you





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You will need: Pen, Paper, Internet (for the videos)



# To Start: Recap from last time



What do these words mean?  
(Click for the answer)

## **Volunteering:**

An unpaid activity where someone gives their time to help a not-for-profit organisation or an individual who they are not related to.

## **Volunteer:**

A person who does something, especially helping other people, willingly, and without being forced or paid to do it.





Volunteering and your values







## Demi's Story:

Demi lives in Doncaster, and focused on loneliness and isolation within her community last summer.



# Activity



Speak to the person next to you and answer the following questions together.

1. How did you help a friend or family member during the lockdown?
2. How did doing these activities make you feel?

# Volunteering and your values



Volunteering is open to everyone regardless of age, background, experience

**Before you decide to volunteer, you might find it useful to ask yourself some of these questions:**

- Why do I want to volunteer?
- What am I hoping to gain from volunteering?
- What do I enjoy doing?
- What interests, hobbies or skills do I have or would like to develop?
- How would volunteering help with my career development?
- What commitments can I make, short term, one off projects, once a week, etc?
- How much time can I give?
- When can I volunteer, evenings, weekdays or weekends?
- Does the purpose of the organisation match my own values and beliefs?



# Activity



Once you have found a way to volunteer in accordance with your values, you will soon find that it brings many benefits.

How many can you think of?

- Improve your health and wellbeing
- Explore your interests
- Gain new skills, knowledge and experience
- It looks great on your CV
- It helps you to become 'work ready'
- Give something back to your community
- Gain confidence and build self-esteem
- Meet new people and make new friends
- Feel valued and part of a team

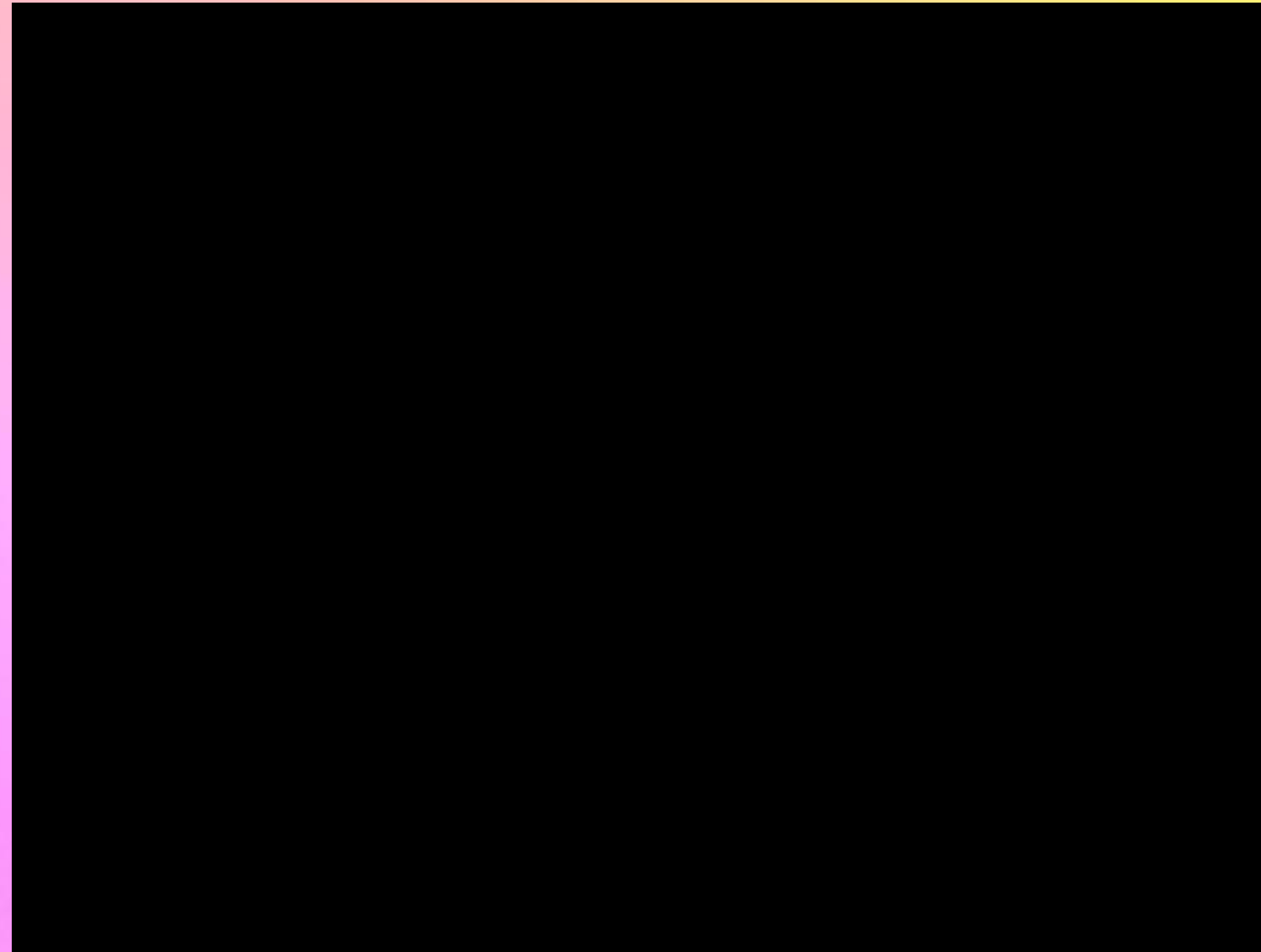




Volunteering and your skills







## **Harmony's Story:**

In this video, Harmony shares her experiences of volunteering in Dorset.



# Volunteering and your skills



By giving your time as a volunteer you can gain many wider benefits.

## **Harmony's three main skills learnt from volunteering:**

- Communication
- Teamwork
- Confidence

## **Skills and experience gained helps with:**

- Improving your CV and personal statement
- Supports college, apprenticeship and university applications
- Big ✓ for future employers when volunteering is evidenced

**Most beneficial for Harmony:** meeting new people



# Activity



In the video, Harmony explained the skills and experiences that she has gained from her volunteering.

**Now, how about you?**

When you look back and think about your time spent during lockdown...

Would you have changed anything, or done anything differently?

What positive experiences or skills did you explore?

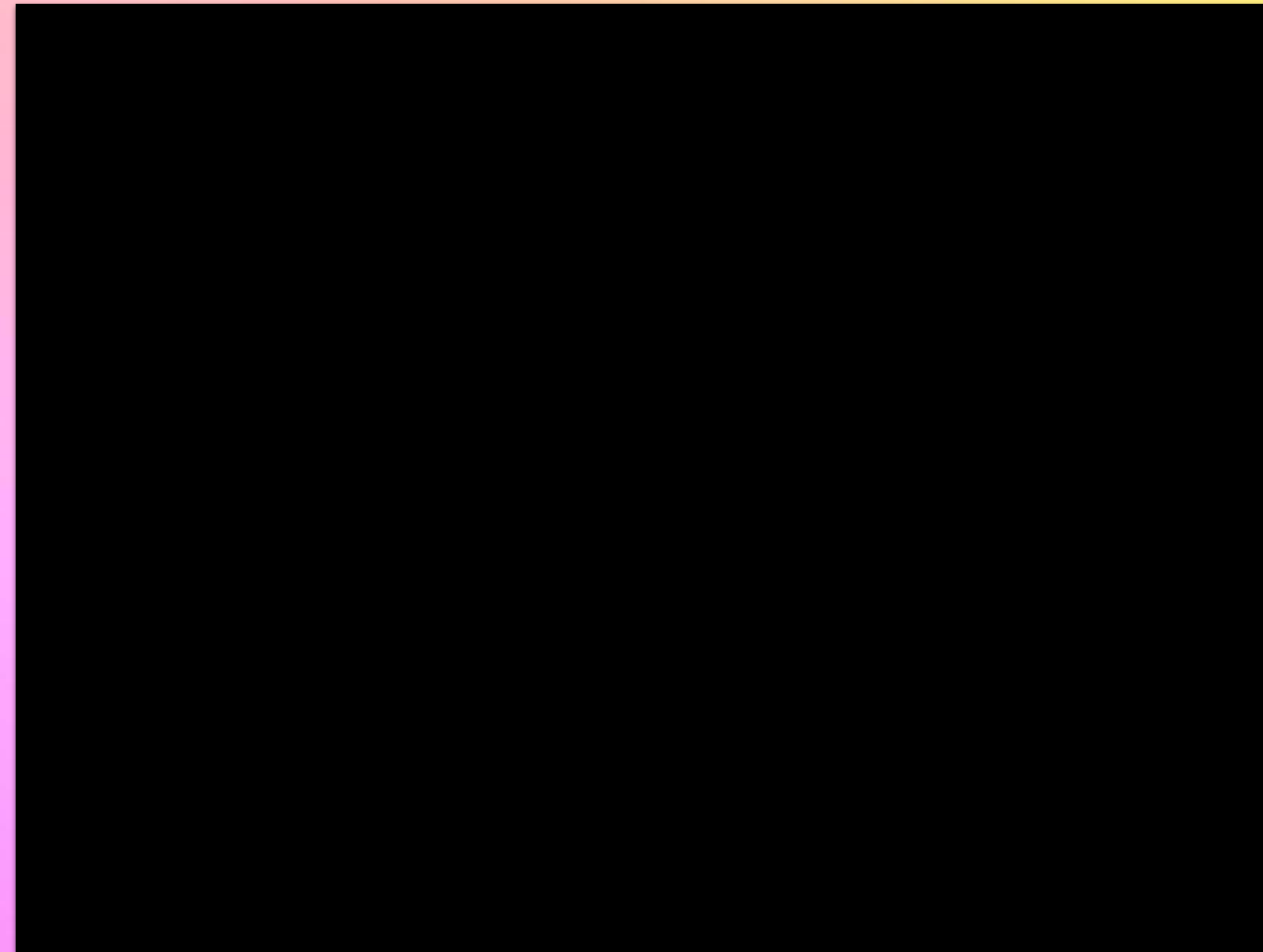




Volunteering and your next  
steps







### **Jake's Story:**

In this video, Jake gives his thoughts on how volunteering helped him to achieve at College and in work.



# Volunteering and your next steps



## **By giving your time as a volunteer you can gain wider benefits like:**

- Support your applications to college, apprenticeships and University - certain courses such as medicine require related volunteering.
- Great on CVs - even better for an interview!

## **“It will give you something to say and something to talk about.”**

- Gain the knowledge that employers are looking for.
- Volunteering is a ready made EPQ - you just need to write it up!
- Provides you with the confidence to *aim higher*.

**Jake's take-away:** “...you genuinely feel like you've helped people, and that's always nice, right..?”



# Activity



In the video, Jake was able to demonstrate the skills he has gained to be confident and to *aim higher*.

Take some time to reflect and write down your goals that you would like to achieve through volunteering.

To enable you to be more confident and to aim higher.

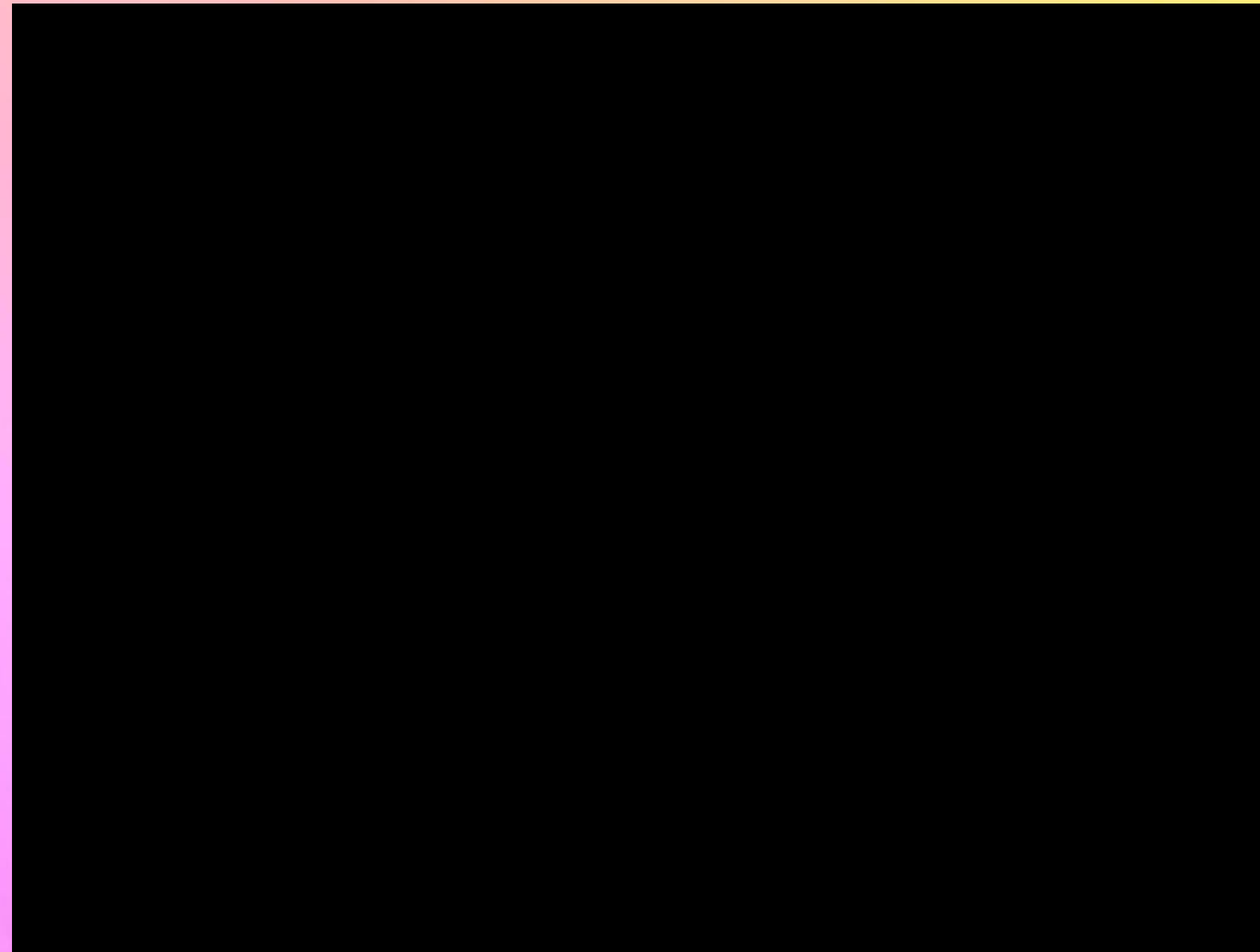




Volunteering and your  
community







## **Dani's Story:**

Dani is from Community Action Network and highlights the incredible ways in which volunteers across the country are engaging with and supporting their local communities.



# What are the benefits?



There are many benefits to the community by volunteering.

**By giving your time as a volunteer you can benefit your community by:**

- Improving the lives of the people who live in your community
- Feeling a sense of pride about where you live/volunteer
- Helping others and giving something back to your local community
- Contributing to the economic development of where you live
- Making a difference in the lives of others
- Creating the feeling of 'community spirit'
- Sharing your skills and experiences with other people
- Feeling valued and part of a team



# Activity



Take two minutes - think of a local Charity that is close to your heart (or one that you know of).

Write down and then discuss how they would benefit from your help?

Be confident, be bold - they really need your help!



# Case study



A group of teenagers inspired supermarket chain Sainsbury's to introduce a new shelf labelling initiative in their stores to urge customers to consider donating 'priority' food items to their local food banks.

The Foodbank Friendly NCS team continued on their brilliant social action success and went on to impact many more communities than their own.

A great example of young people finding important solutions.





## **Jess and Izzy's Story:**

Together they explain how their regional volunteering activity went nationwide. And now, with the support of TEDxExeter, it's gone global!



# Activity



Think about Jess and Izzy's project and the journey they went on.

What skills do you think they developed throughout the process?

What **skills and knowledge** would you like to develop through volunteering?

Think of three of these that you would like to focus on.



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