







































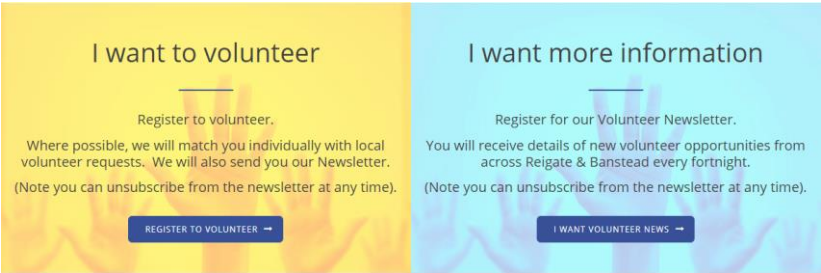














































	<p>Are you a young carer? There are estimated to be about 700,000 young carers in the UK. Being a young carer often means looking after a family member who is ill, or helping them by looking after the other members of the family while they can't.</p> <p>Being a young carer is already volunteering – You just need to find a suitable assessor if you are doing at least one hour a week.</p> <p>www.youngminds.org.uk/find-help/looking-after-yourself/young-carers/</p>	  
	<p>Head Wrappers is a hair loss advisory service, focusing on alternatives to wigs and practical tips. Our aim is to help people look good and feel more confident about themselves as they undergo cancer treatments which may cause hair loss.</p> <p>We are currently looking for knitters to help provide: Knitted two headed dolls which are given out free of charge to Mothers and Grandmothers who would like assistance to explain hair loss to a young child. A wide knitted headband.</p> <p>www.headwrappers.org</p>	  
	<p>Loving Hands bring together like-minded crafters to knit, crochet and sew for charities and groups all over the world.</p> <p>We make everything from burial items for tiny babies who do not survive, to knitted 'boobs' which are used to teach breastfeeding in UK hospitals, blankets, knee rugs and shoulder wraps for the elderly, fiddle mats and muffs for dementia sufferers, hats for sailors, warm clothing for the homeless and for children living in freezing conditions in places like Serbia, Ukraine and Moldova.</p> <p>www.lovinghands.org.uk</p>	  
	<p>Post Pals is a small charity run solely by volunteers who are dedicated to making seriously ill children and their siblings smile by the sending of cards, letters, little gifts, support and friendship. They support children aged 3-17 in the UK.</p> <p>Simply go to the website, and choose a pal to write to!</p> <p>www.postpals.co.uk</p>	  
	<p>We're pairing the lovely residents at our Creating Happiness Daily (CHD) Living homes with caring individuals in the community who want to help combat loneliness.</p> <p>These are some of the ways in which you can help:</p> <ul style="list-style-type: none"> - Having phone calls/video calls with your new friend - Sending cheerful pictures/stories/poems (post or email) for them to enjoy <p>You fill your details in online, and they match you to an adopted grandparent nearby. If you are under 16, you require parental/guardian permission.</p> <p>www.chdliving.co.uk/adopt-grandparent</p>	  
<p>Supporting the Elderly</p>  	<p>Below are some ideas of things you could do to support the elderly. You can contact your local care homes and seek a person/people to support. Some age related charities are often running their own initiatives if you wanted to research and join a particular project. Under 'DofE With A Difference' you can volunteer for family members too. Be sure to check this with your DofE Leader so they can approve that it meets the section requirements.</p> <p>Postcard of Kindness Write and send a postcard of kindness to a care home resident who may be feeling lonely. Your thoughtfulness will brighten their day.</p> <p>Crossword Crosswords are a fun way to test general knowledge and get the brain thinking. Create your own crossword for a care home resident – they may even learn some new fact.</p>	  

 	<p>Wordsearch Puzzles are great for keeping the brain active. Create your own word search for a care home resident to enjoy and complete. You can make your own grid or use a ready made template, which we can share with you.</p> <p>Newspaper Produce your own newspaper for care home residents to read. This is a great way to demonstrate your creativity, you could include local stories, interviews with family members, sports reports and maybe even a puzzle. Ask your siblings or friends if they'd like to get involved too!</p> <p>Story exchange Write a story for residents at your local care home to enjoy.</p> <p>Rock Art/Pots of Love Decorate a pot and plant it with seeds or bulbs. Take it to your local care home so residents can enjoy watching your colourful creation grow. Decorate pebbles in bright colours and patterns. Take them to a care home and put them in the garden. They will become little patches of colour and friendship when the residents look out of their windows.</p> <p>Bird Feeders Create your own bird feeder and hang it in the garden of a care home. Residents will enjoy watching different birds visit the garden to feed from your thoughtful, tasty creation.</p> <p>Skill Swap Do you have a secret talent? Or have you always wanted to learn a new skill? Share step-by-step instructions with care home residents so they can learn a new skill from you. Maybe they'll share something back.</p>	
	<p>Created by 10 cousins, aged 14 to 24 from Paris, One Letter One Smile is website where you can send elderly or isolated people letters.</p> <p>Write a letter to a care home resident and wait for them to send one back to you. You'll learn more about each other as your pen pal friendship develops.</p> <p>www.1lettre1sourire.org/en/1-letter-1-smile/</p>	
	<p>Be My Eyes is a free mobile app with one main goal: to make the world more visible for blind and low-vision people. The app connects blind and low-vision individuals with sighted volunteers from all over the world through a live video call.</p> <p>As a sighted volunteer you can help just by installing the Be My Eyes app. A blind or low-vision user may need help with anything from checking expiry dates, distinguishing colours, reading instructions or navigating new surroundings.</p> <p>You must be at least 17 years old to register on the app. Due to the nature of it, it does not always fill one hour a week, so may need to be done in conjunction with something else – Perhaps a variety of activities to raise awareness and support blind and low-vision people.</p> <p>www.bemyeyes.com</p>	
	<p>The United Nations Volunteers (UNV) programme contributes to peace and development through volunteerism worldwide. Online volunteering allows organisations and volunteers to team up to address sustainable development challenges – anywhere in the world, from any device.</p> <p>A range of different roles are available. These may range from: art and design, writing and editing, translation, project development and management, research, technology development, outreach and advocacy and teaching and training.</p> <p>Some of the projects are complex or require particular skill sets.</p> <p>www.unv.org</p>	

	<p>KiB is a healthcare charity and training provider, working to end the isolation of old age by bringing the generations together. Volunteering for those who like performing arts and singing. KiB volunteers spread cheer at a safe distance – on doorsteps, through windows and in the streets.</p> <p>Simply fill your details in online and they will contact you.</p> <p>www.kissingitbetter.co.uk</p>	
<p>Campaigning and Awareness</p>	<p>If you are passionate about a particular topic then you might enjoy volunteering to raise awareness about it. This will require a good plan to work out how you will spend your time each week and picking an end goal would be important as a start point. Some campaigns have particular awareness days/weeks/events so you may wish to align your volunteering to lead up to, and include, those events. Below are some example topics.</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	
	<p>Access our educational resources to support a new generation of plastic intelligent changemakers. Our Ocean Discovery Days provide educators with the tools they need to engage and inspire young people. These fun challenges help teams come up with science-based solutions that will develop plastic intelligent schools and communities.</p> <ul style="list-style-type: none"> • Improve the value of plastic waste in your school or community and help prevent plastic from reaching the ocean. • Evaluate the plastics in your school or community and create alternative solutions. • Find out where plastic is escaping into your environment – and design a solution that blocks its path to the ocean. <p>Ocean Discovery Days #RelearnPlastic</p> <p>www.plasticoceans.uk</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	
	<p>The Energy Envoys volunteering is provided by the National Energy Foundation and design around the DofE Award framework.</p> <p>Using your skills and interests, you'll help to capture people's imagination and inspire them to take action. You'll get to set up exciting projects that get the messages about energy across to people in your community, help them use energy more wisely, save money and help to save the planet!</p> <p>Visit their website where they have all the resources you need. The project are build around Bronze, Silver and Gold Awards to match your DofE requirements.</p> <p>www.energyenvoys.org.uk</p>	
<p>Food Banks & Soup Kitchens</p> 	<p>A food bank is a non-profit, charitable organisation that distributes food to those who have difficulty purchasing enough to avoid hunger.</p> <p>Research would be required in individual communities. A good start point is The Trussell Trust. They have a searchable map for food banks across the UK.</p> <p>They are also linked to the Tesco food banks, which could be an option for anyone who drives to collect the donations.</p> <p>www.trusselltrust.org</p>	

<p>Voluntary Action</p>	<p>Voluntary Action are based in local communities and aim to improve the effectiveness of the voluntary and community sector. They enable residents and employees to contribute to their local community, through volunteering and social action.</p> <p>If you have a Voluntary Action in your area, they will provide you will all the local community volunteering opportunities. They all have their own websites, so you can search for opportunities. Alternatively, you can register your details and your interests with them and they will help match you.</p> <p>Voluntary Action Reigate & Banstead, Tandridge Voluntary Action, Central Surrey Voluntary Action, Voluntary Action South West Surrey, Hart Voluntary Action, Basingstoke Voluntary Action, Gosport Voluntary Action, Mid Sussex Voluntary Action, Voluntary Action Arun & Chichester.</p> 	
	<p>Community First is a registered charity who aim to be the difference that makes a difference in their local communities. They are community led and people powered, and work across sectors with community members to affect positive change and be a force for good.</p> <p>If you have a Community First in your area, they will provide you will all the local community volunteering opportunities. They all have their own websites, so you can search for opportunities. Alternatively, you can register your details and your interests with them and they will help match you.</p> <p>East Hampshire, Fareham, Havant, New Forest, Winchester and local villages.</p>	
	<p>Launched by the Zoological Society of London (ZSL), Instant Wild transmits live video and images from motion triggered cameras in key wildlife habitats around the world. Scientists use the valuable data they provide to track key information on threatened species, from the size of animal populations to evidence of wildlife crime.</p> <p>Anyone can become a virtual volunteer by getting involved in vital conservation work from the comfort of their armchairs. Volunteers either download the app or use desktop internet to identify animals in the images.</p> <p>www.instantwild.zsl.org</p>	
	<p>Founded in 1982 the British Hedgehog Preservation Society offers help and advise to those with sick, injured or orphaned hedgehogs and maintains a list of rehabilitators in the UK.</p> <p>Help hedgehogs go into hibernation by creating permanent structures in your garden for hedgehogs to make their homes.</p> <p>www.britishhedgehogs.org.uk/hedgehog-homes</p>	
	<p>Sign up to get simple, fun activities tailored to where you live, and the RSPB will help you discover how to give nature a home on your doorstep.</p> <p>You will be able to download a free guide, add your pledges and share photographs of your homes for nature contributing to halt the loss of biodiversity.</p> <p>www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/</p>	

	<p>The world's largest and most popular platform for people-powered research. Our goal is to enable research that would not be possible, or practical, otherwise. Zooniverse research results in new discoveries, datasets useful to the wider research community, and many publications.</p> <p>You don't need any specialised background, training, or expertise to participate in any Zooniverse projects. We make it easy for anyone to contribute to real academic research, on their own computer, at their own convenience. To volunteer with us, just go to the projects page, choose one you like the look of, and get started.</p> <p>www.zooniverse.org</p>	
	<p>Volunteers create an account and work online to do the mapping. In this way you are able to help map areas of the world where humanitarian aid agencies need to know the geography in order to get help to the most vulnerable people. These people are affected by war, epidemics, natural disasters and need medical help quickly.</p> <p>Missing Maps is an open, collaborative project in which you can help to map areas where humanitarian organisations are trying to meet the needs of vulnerable people.</p> <p>www.missingmaps.org</p>	
	<p>An environmental award scheme focused on helping people connect with, enjoy and care for wild places.</p> <p>Discover a wild place – This can be your school grounds, a local park, a beach, woods, a river, a mountain or a national park. Explore its wilderness – Experience, enjoy and find out more about your wild place. Conserve it – Take some practical action and personal responsibility. Share your experiences – Let others know what you've been up to, what you've achieved and what you've learned.</p> <p>www.johnmuirtrust.org/john-muir-award</p>	
<p>Litter Picking</p>	<p>There are lots of different opportunities to get involved with litter picking. Of course, you can keep it simple and just walk out of your front door! Below are some example organisations who you can get involved with.</p> 	
	<p>We created Fcancer because most of the founding team had a parent affected by cancer in the same year. From our own experience we realised that young people who did not have disposable income did not have many available or fun options to support the cause.</p> <p>Donate your skills by the hour to support cancer charities. Examples include photography, coding, writing and design to help beat cancer. You can search charity projects in need of your skills to be part of the fight against cancer.</p> <p>www.fcancer.org</p>	
<p>Fundraising</p>	<p>You might enjoy using your volunteering section to fundraise for a charity. This will require a good plan to work out how you will spend your time each week and picking an end goal would be important as a start point. Some charities have particular events which you could join and most of them have resources and information available on their websites including fundraising packs. Remember! You don't have to volunteer alone if you want to collaborate with other volunteers. Below are just examples.</p> 	

<p>Charity Shops</p>	<p>Volunteering in a charity shop will allow you to learn new, transferable skills. You will meet customers, sort donations and stock and make new friends. You will also be responsible for keeping the shop looking attractive and help with promotional events.</p> <p>Most charity shops have an age restriction of at least 14+ but you should check with individual shops.</p>	 
	<p>Become a Dementia Friend and learn about what it is like to live with dementia and turn that understanding into action. You can volunteer as a Champion and encourage others to learn about dementia. Champions run information sessions in their communities and inspire others to help those living with dementia to live well.</p> <p>Register on their website to access resources and information.</p> <p>www.dementiafriends.org.uk</p>	  
	<p>Used by 34 million people, Parkruns are free, weekly, community events all around the world. Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior Parkruns for children aged four to 14.</p> <p>The Parkrun website provides all the details on how to volunteer.</p> <p>www.parkrun.org.uk</p>	  
	<p>We have our own volunteering! Become a DofE Ambassador! DofE Organisations can have up to two ambassadors every academic year who attend a course with DofE and other regional ambassadors and volunteer at their DofE organisation.</p> <p>Simply register your interest with your DofE Manager</p> <p>www.dofe.org/notice-boards/south-east/dofe-ambassadors-se/</p>	 
	<p>Many of the following YHA volunteering roles are self-led where you choose when and how you volunteer. They are supported with downloadable 12-week schedules that you can use to help plan your volunteering activity. The roles have been developed to meet the DofE Award framework.</p> <p>The roles available at the moment: Social Media Volunteer, Volunteer Videographer and Virtual Fundraising Volunteer</p> <p>www.volunteer.yha.org.uk/vk/volunteers/</p>	  
	<p>St John Ambulance is volunteer-led health and first aid charity - responding to emergencies, supporting communities and saving lives across the UK.</p> <p>You can currently volunteer as a social media volunteer. There is a 12 week activity plan on their website with all the details.</p> <p>www.sja.org.uk/get-involved/volunteer-opportunities/</p>	
<p>Social Media Support for Charities</p>	<p>An overwhelming amount of charities require support on social media. If this is something that you find enjoyable then you have a skill set that is in high demand!</p> <p>Details can be found through the charity jobs website, which currently has 120 adverts, or through simply google searches if you have a particular charity you would like to support.</p> <p>www.charityjob.co.uk/careeradvice/volunteers/volunteer-social-media-assistant/</p>	  
<p>Coaching</p>	<p>You can volunteer to teach and coach others at not-for-profit organisations. This doesn't need to be a sport-related club or organisation.</p>	  

<p>Cadets</p>	<p>Maybe you're already attending one of these organisations as a hobby. The progressive structure of these organisations normally means it is quite simple to volunteer with assisting junior members or undertaking appropriate volunteering tasks in line with the syllabus.</p> 	
<p>Scouting and Guides</p>	<p>Maybe you're already attending one of these organisations as a hobby. The progressive structure of these organisations normally means it is quite simple to volunteer with assisting junior members or undertaking appropriate volunteering tasks in line with activities.</p> 	