

# Volunteering



<https://www.youtube.com/watch?v=wS6ObWC40b0>

# What is volunteering?

We define volunteering as any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives. Central to this definition is the fact that volunteering must be a choice freely made by each individual.

# Benefits of volunteering

<https://www.youtube.com/watch?v=DuD8Rd61q18>

- The 'Good feeling' factor
- Supporting local/ national/international people
- Good for CVs
- Mental health
- Personal growth
- Trying out a new career idea
- Making new connections
- Making new friends
- Having fun

# What could I do?

- Help the NHS
- Help in a local charity shop
- Help at a farm
- Help abroad-
- <https://www.youtube.com/watch?v=2xXyjcUn-eg>
- <https://www.youtube.com/watch?v=0EN-s2O3C8I&pbjreload=10>

Lots of your teachers have volunteered before. Have a look at their stories.

# Mrs Bishop

I Volunteered at a local school when I was in 6<sup>th</sup> form- I helped teach Drama and PE and got involved in activities like Rock Challenge.

I really enjoyed learning how to teach and helping students. This continued into university, which then led onto being offered a teaching qualification with the school.

# Mrs Fishlock

When I was 20 I volunteered at a school community in Zambia. I helped out in a primary school and also learnt how to make surgeons masks in the sewing room for the hospital that it was attached to. I experienced an incredible country, big hearted individuals who shared their home and their talents with me. It ignited a passion for teaching and learnt that communication doesn't have to be just talking.

I also used to coach trampolining. Part of that was volunteering at trampoline competitions and judging them. I learnt how to get on well with strangers and how important it is to give up your time to help sporting events happen.

At university I volunteered in a local Oxfam shop. It was an incredible experience and gave me some excellent customer service experience. I learnt how to merchandise clothing and understand the management and running of a retail business. Loved it! It felt great to be part of a charity that then used it's profits to benefit other people in different parts of the world.



# Mrs Selfe

Over the past few years I have volunteered at Wordsworth Primary school to help with their set for Rock Challenge and for helping out on the day of the actual show. I really enjoyed doing this. The children loved watching me paint their flats whilst they were at school. As I have got lots of experience doing Rock Challenge at our school, it was really good to pass on my skills and knowledge to help them too.

It was great to be part of a different team and feel appreciated.



# Mrs Ballard

I used to Volunteer at RC and was the Hampshire Regional Representative for 6 years. I would go into other schools and encourage them to join RC and tell them about all of the health, exercise, team work, attendance/behaviour improvement benefits. I would do workshops, teach some primary children to dance and help them make their own piece to perform.

I would be there at event days helping out backstage and doing all of the onstage staff too (encouraging the crowd to dance, doing party dances with them, trying to sell merchandise, getting the schools through rehearsal and their performances, interacting with audiences and relaying results to the teams at the end).

It gave me amazing experience working with people of all ages and backgrounds. I got theatre experience, show experience, amazing team work opportunities, embarrassed myself on stage, I saw children (and staff) who were so nervous that they couldn't go on stage and helped them overcome their fears and met many VIP's over the years. It was extremely hard work, usually 16 hours days, but it was definitely worth it to see how many children got on stage and performed and to see how happy they were when they came off. I learnt huge amounts from many different people and I don't think I would have experienced most of this in this way if I hadn't volunteered.



# Mrs Freeman

While studying for my A levels and at university I volunteered as a Samaritan. I wanted to give back the communities I lived in. Sometimes it was hard to just listen to people on the end of the phone, but it made me appreciate the different circumstances we find ourselves in throughout our life. I have always taken the values of listening, not judging and supporting others in both my professional and personal life.



# Miss Reed

I volunteered to deliver prescriptions in my local area whilst we are not at school. This will help so many vulnerable people and stop them having to go out and collect their medicines.



# Mrs Loubier

I volunteered in a prison in my twenties. Teaching English to women aged between 18 - 60+.

I also volunteered in a Southampton soup kitchen. I did this with my daughter to help support her community.



# Miss Baillie

I completed volunteering through the Monash (University) and Oxfam partnership where we placed into disadvantaged communities to help alleviate one of the many issues South Africa faces.

I was placed at the Hillcrest AIDS Centre Trust which was a non-profit faith based organisation whose aim was to alleviate the epidemic of those affected and infected by HIV/AIDs through different projects and to help create a beneficial to the community, they provided a respite centre for those to die with dignity and love. They had many various roles in the organisation:

The feeding scheme was a programme whereby we delivered food to the community who had no way of providing for themselves or were starting to try and provide for themselves. These particular people who were selected are infected with HIV/AIDs and it was an honour to be a part of something that brought so much joy.

We helped with interviews, media releases and posting on the social media pages: I helped with the marketing and fundraising department and worked on admin. We helped with the education department in the organisation to come up with a more effective way of evaluating the children who are in the home-based carers program amongst other various activities

There was Movement classes in the respite centre (which is providing exercises for those who are extremely sick to help move their bodies and to create a more fun way of moving the body)

I helped with the Granny support groups on the GoGo Olympics side (which is a project aimed at helping grannies in the community who have been affected by HIV/AIDs and are taking care of their grandchildren, or being the breadwinner of the family and the implications that can cause) This was related to football games whereby grannies play football against different communities.

I helped in the Woza Moya shop there as a model to advertise their beautiful jewellery that the community have made through stuff they have found in their environments



# Mrs C Moth

I volunteered in my friends craft shop when her husband wasn't very well. This supported my friend in being able to visit her husband and I loved working in the shop. I got to meet fellow crafters and helped support them with ideas and purchasing equipment from my friend. I made new friends. As well as helping her keep her business to grow.



# Mrs Blakely

I did volunteer when my children were young, at their nursery, spending time with the little ones, joining in with trips and generally helping out.

This moved on to me and another parent setting up a mother and toddler group and running this, with the support from sure start. I then started working with the little ones in paid work, a crèche, nursery (after some training, college) and eventually working in a senior school.



# Mr D Moth

I was part of a movement called the millennium volunteers and completed over 200 hours of volunteering time. I ran youth clubs for disabled teenagers and play camps for younger children with physical or mental disabilities. I was also an appropriate adult working as a volunteer with Hampshire police. I would support under 16 when they got arrested, if their parent was not available.



As you can see, staff used the opportunity to learn about themselves and all thoroughly enjoyed it.

Many of the skills learnt through volunteering are now used as a teacher in school.

# Local opportunities of volunteering

- Charity shops
- Hospitals
- Care home
- Southampton Voluntary services opportunities:

Administration	Employer / CSR
Advice	Events
Animals	Financial
Arts	Fundraising
Befriending	Gardening
Campaigning	IT
Catering	Legal & Law
Children/Youthwork	Listening
Christmas	Marketing
Conservation	Mentoring
Counselling and Support	Research
Groups	Retail
Practical or DIY & Odd Jobs	Sport
Driving	Trustee
Education	
Emergency Services	



# International opportunities

Volunteering abroad does cost money. You need to pay for your travel, passport, insurance and vaccinations.

Students usually do this in their 'gap year' – between college and University.

Some companies that offer this are:

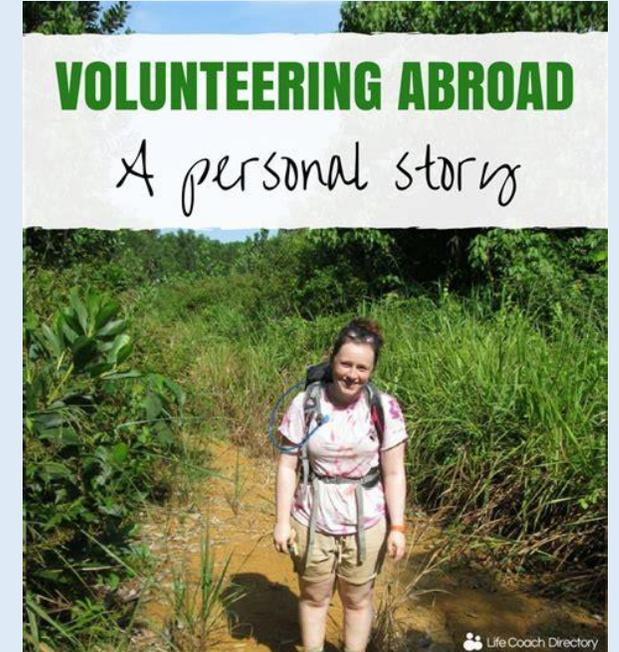
<https://www.projects-abroad.co.uk/>

<https://www.bunac.org/uk/volunteer>

<https://www.gvi.co.uk/volunteer-abroad/>

<https://www.originalvolunteers.co.uk>

<http://www.aviva-sa.com/>



# Places to help you find a volunteer place

- <https://do-it.org/>
- <https://www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer>
- [www.southamptonvs.org.uk/](http://www.southamptonvs.org.uk/)
- <https://www.sportandrecreation.org.uk/pages/volunteering/>
- <https://www.gvi.co.uk/volunteer-in-africa/> (this will cost you money to volunteer abroad when you are older)

# COVID 19

Obviously at the moment you wouldn't be able to volunteer outside of your family home, but this should give you an idea about what you COULD do in the future.

But what could you do at home to support and volunteer around your own home?

Could you help with dinner, tidy up? Teach a younger sibling?

All of these will give you the same positive effect.....

# Reflection

“Hope is there and life can offer you a variety of threads to support people”.

How can you help at the moment? Could you help out your family, neighbours? Help parents collect essentials for the local community? Maybe even do a 2 minute litter pick?

Could you volunteer in the future? Maybe you would find your future career within your free time!