

The benefits of volunteering



- **Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new whilst building a real sense of achievement.
- **Make a valuable difference.** Volunteering can have a real and positive affect on people and communities.
- **Meeting new people.** Volunteering can help you meet different kinds of people and is a chance to make new friends.
- **Being part of a community.** Volunteering can help you feel part of something outside of your friends and family.
- **Learn new skills.** Volunteering can help you to learn new skills and experiences.
- **Take on a challenge.** Through volunteering you can challenge yourself to try something outside of your comfort zone.
- **Making you more employable.** Volunteering will help you stand out to a potential employer.
- **Have fun.** Volunteering can be fun!

How can you help?

- **Look out for your neighbours.** It is important that we look out for our neighbours. Offer to help with shopping and errands. If you need to stay at home but feel able to help, you can volunteer remotely by phoning or video calling those who are isolated vulnerable or alone.
- **Volunteer with organisations providing support.** If you are unsure where to look, contact your local Volunteer Centre or visit the Do-It website. They will be able to help you find where your help is most needed.

- **Sign up to the NHS volunteer responders.** If you are 18+ this network has been created to support the 1.5 million people in England who are at most risk of the coronavirus to stay well. Once you have registered and checked, you will be provided with the GoodSam responder app. Switch the app to 'on duty' and you will see live volunteers task near you.
- **Fundraising.** With lots of fundraising events being cancelled, charities are stretched. Find a charity that you are passionate about and think of all the different ways you can fundraise for them from the comfort of your home.

Staying safe

- Only volunteer if you feel well enough, are not self-isolating or in a high-risk group
- If you are in contact with others make sure you wash your hands for 20 seconds
- Stay at least three steps (2 metres) away from those you are helping
- If you are concerned about someone you are supporting it is important to flag to an appropriate adult or service
- If you offer to run errands for people remember to stay outside of their home
- Let family and friends know what you are doing and where you are at all times
- Don't take on too much. It is easy to get carried away but it is always best to not offer to help at all than to let someone down
- Some organisations will have strict age restrictions that you must comply with
- If you are fundraising for a charity, do your research first to make sure your money is going to the right place

The British Red Cross have prepared [a short video and quiz](#) to help you volunteer safely.