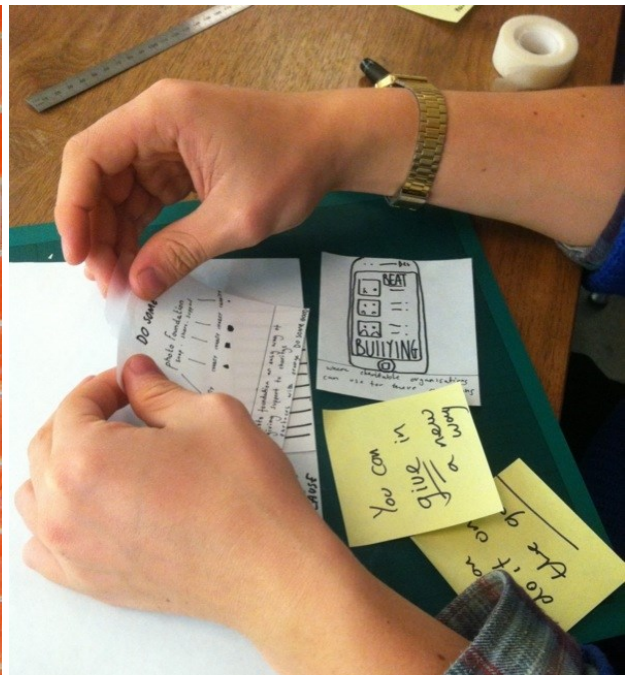


Volunteering for students & young people in Harrogate District

email: volunteer@hadca.org.uk
www.hadca.org.uk/volunteer

Free
Please
take one



Community House
46-50 East Parade
Harrogate
HG1 5RR

H&DCA
Harrogate and District
Community Action

Community House
Sharow View
Allhallowgate
Ripon
HG4 1LE

Have you ever thought about volunteering?

There are hundreds of organisations in the Harrogate District which involve volunteers in their work. Different organisations have individual volunteer policies and so some may not be able to accept volunteers who are under 16 or under 18, for example This may be due to issues such as insurance or safeguarding of vulnerable individuals.

However there are many opportunities in the Harrogate District which welcome young people and students as volunteers.

There are many reasons why people want to volunteer such as meeting new people, gaining experience for a CV, developing new interests, personal experience of a health condition or just to give something back to the local community.

What to consider before volunteering?

Organisations are looking for volunteers who are reliable and can make and honour a commitment. So before you start looking for roles it worth considering:

- Whether you would like a short term volunteer role (e.g. helping at an event or volunteering each week for a month) or a long term volunteer role (e.g. committing to a couple of hours each week for a year).
- How much time you would like to give and what days of the week you are available.



It is also worth thinking about what you would like to get out of volunteering?



Many people volunteer to gain experience or improve their existing skills. If you have a skill or an interest that you can offer to an organisation let them know about it, for example you may be studying photography, have an interest in music, a passion for working with older people or want to become a vet.

What next?

Our Volunteering Directory makes it easy to search through a range of opportunities which are in your area and meet your interests and availability. The Directory is free for anyone to search. If you find a volunteer role of interest you can make an enquiry online and someone from the charity will get in touch with you. It is worth noting that many Volunteer Managers are part time and so it may take them a while to get back to you.

Will I need to fill in any forms or attend an interview?

Many organisations will ask you to complete an application form. Application forms may ask for your contact details and some basic information about skills or experiences which might be useful. You will also be asked to provide a couple of references. These can be character references, for example from a teacher or lecturer.

Most organisations will ask you to come in for an informal chat before you start volunteering. This is not a formal interview like a job interview and you are under no obligation to volunteer after meeting with an organisation if you decide it is not for you.

Some roles may require you to have a Disclosure & Barring Service (DBS) Check, for example if you are working with vulnerable people or children. This can take a few weeks. If a role requires a DBS check is it advisable to apply a month in advance of when you want to start volunteering.

Happy Volunteering!



The Value of Volunteering

- Develop your skills, confidence, understanding and aspirations!
- Gain valuable experience of working with a range of people, whom you otherwise may never have met!
- Become involved in making a positive difference in your local community
- When added to your CV the experience could make the difference when you apply for your dream job!
- Access interesting training opportunities and receive your expenses
- Make new friends and have fun!

"I've enjoyed coming into contact with people from my local community of varying ages and backgrounds. I have felt a sense of personal achievement as well as improving different skills. Any sort of volunteering is worth your time and effort. It is good to realise when you are young how much of an influence and sense of purpose you can feel if you get involved with your local community."

Rebecca, a HELP volunteer

Some volunteering opportunities for under 18's

A recent study by the Royal Voluntary Service explores the potential of volunteering to improve life chances.

The report found that out of 1,000 volunteers aged between 16 and 65, more than half credited volunteering with improving their job prospects. This rose to 73 per cent among 16 to 19-year-olds. More than a third of volunteers aged 16-19 said that volunteering helped them get their first job. So what are you waiting for?!

What do you enjoy? What causes do you support?

Try something different. Learn new skills. Some ideas....

- Help in a charity shop which supports a cause you care about and learn retail skills
- Join weekly crafts based activity sessions for adults with disabilities / learning differences
- Join the Summer Reading Challenge at your local library and develop a love of reading in children
- Become a befriender or buddy
- Help with fundraising ideas or social media skills
- Join Young HealthWatch to improve health & care services (be a mystery shopper!)
- Be active outdoors with tree planting, conservation work or gardening



Volunteering Opportunities in Charity Shops

Friendly teams across Harrogate district would love to hear from you!

Whether you're a 'people-person' who would enjoy greeting and serving customers, or you're more suited to a behind-the-scenes role, where you would sort and prepare donations, there are opportunities listed in the Directory to get involved!

Training and support is given for your role and it will give you valuable retail experience. You will be helping to raise vital funds for a good cause which may be important to you. In some roles you will be able to use your interest and knowledge of music, books and fashion.



Woodland Activities with Make It Wild

You can help with a variety of woodland maintenance tasks, including tree tube removal, clearing of Himalayan Balsam, gorse management, seed gathering, construction of leaky dams, bracken control. There are usually sessions once or twice a month.

Some volunteering opportunities for under 18's

Ripon Museums Trust

Ripon Museum Trust runs 3 museums in Ripon the Old Workhouse, the Police Museum and the Courthouse Museum. Young people can get involved and learn new skills such as customer care, handling artefacts or researching history in a number of different volunteer roles.

Artizan International

Do you enjoy working with people and making things - then you could join weekly crafts based activity sessions for adults with disabilities / learning differences. You will be shown exactly what is needed and there is a qualified craft instructor at each session.



Summer Reading Challenge and Library volunteering

It is more important than ever to encourage primary aged children to call in to collect their books and challenge pack and to enjoy reading for pleasure again.

Local libraries would love to hear from young people aged 13 and over who would like to volunteer to help with this. Young volunteers help children to choose fun books, get involved with planning and delivering children's events and writing competitions, help people to get online and much more.

It's a great opportunity if you enjoy reading and love books. Training and support is given and volunteering can be done in a flexible way around other interests and commitments.



Harrogate Easier Living Project (HELP)

Do you have lots of enthusiasm and creative ideas for raising funds?

HELP are looking for people to join them to raise much needed funds to provide practical and emotional support for people to remain safe and well, living independently at home.

Volunteers can give as much or as little time as they want and will be supported by the team at HELP.

There are also opportunities for groups to help with garden tidy-ups.



Some volunteering opportunities for under 18's

Supporting Older People

Supporting Older People aims to alleviate isolation and loneliness for older people who have little or no contact with others. Volunteer befrienders (aged 16+) are needed to offer support and friendship, usually on a weekly basis.

This contact makes a lasting difference, raises self-esteem, maintains independence and greatly improves quality of life for the older person, and the volunteer too!



Youthwatch Volunteer

There are so many reasons to volunteer with Youthwatch North Yorkshire including to engage with your community to ensure everybody's needs are being met and to support improved health and wellbeing for young people

It might be that you've got personal experience of accessing health services or having a social worker or maybe you're interested in going into a career in health and social care.



Follifoot Park Disabled Riders Group

Volunteers (aged 15+) help riders enjoy their experience safely and securely. Your role could include helping riders to mount and dismount and walking alongside during the rides, to leading the horses or helping to tack and untack them. Experience with horses is not needed as full training is given, with experienced leaders supervising each ride.

If you would prefer not to work with live horses then your help would be welcome with disabled people who ride STORM the mechanical horse.



Already turned 18?

Then the opportunities are endless! Our online searchable Volunteering Directory has many roles in the Harrogate District, and we share more opportunities on social media too.

Visit www.hadca.org.uk/volunteer

Volunteer Stories

***'I volunteer because of something that touched me personally.'** Kirstie*

"I started volunteering when I was recovering from being poorly and spending a lot of time on my own. I had done a short counselling course at college and I wanted to keep busy doing something which used those skills. I also had a sister who was housebound at age 25 so when the Volunteer Centre suggested I could help others who are isolated I knew what it was like personally. Through 'Carers Time Off' I've been linked to a number of people over the years, giving whatever time I can. Currently I support a lady who lives alone who can't walk unaided. Sometimes we just chat and drink tea, other times I'll walk round the block with her. My visits just break her day up. I visit about once a week for an hour. I keep in touch with all the people I've visited in the past, or their families. I think volunteering has got to be something you feel personally about. I feel, even though what I do is small, I'm helping people and I like to keep busy."

***"I used my interest in building conservation to volunteer towards my Duke of Edinburgh Gold Award"** Ed*

"After researching various places to do the residential element of the Gold Duke of Edinburgh award I came across Cathedral Camps which are week long conservation camps for young people. We were a team of ten 16 - 20 year olds from all over the UK, with one from Belgium too. We slept in the cathedral hall and carried out indoor and outdoor conservation tasks, like clearing gravestones hidden by turf, painting the railings and dusting the crypt and towers wearing face masks. Besides being useful for the award I made some good friends as we lived and worked together 24/7 for the week and also had a trip to Lightwater Valley. It was interesting to see behind-the-scenes at the cathedral and it has been useful for my application to university."

Read more volunteer stories at

www.hadca.org.uk/Volunteer/volunteers-stories

Harrogate & District Community Action is an independent charity supporting and promoting volunteering in the community. We rely on the generous support of individuals and funders who make voluntary donations towards our service.

If you have found the information we provide on volunteering helpful and would like to make a donation towards our services please visit

⇒ www.hadca.org.uk/Donate



volunteer@hadca.org.uk



[/VolunteerHADCA](https://www.facebook.com/VolunteerHADCA)



[@VolunteerHADCA](https://twitter.com/VolunteerHADCA)

Volunteering Directory

Browse a wide range of opportunities and search by interest area, age, availability, wheelchair access and location.

www.hadca.org.uk/Volunteer

Where to Turn

This free online directory makes it easy to access up to date information about hundreds of community activities and services.

www.hadca.org.uk/Wheretoturn