

SALFORD CVS & VOLUNTEER CENTRE YOUTH VOLUNTEER GUIDANCE

Interested in volunteering? Under 18 years of age?

If you are a young person, looking for opportunities to make a difference, then there are a number of ways you can get involved within the Salford community

It can be a little harder to get involved in volunteering if you are under 18 because not all opportunities may be available to you and there are certain legal and time limitations/commitments you need to consider before making a decision.

However there is no denying that young people add value to the work of various charities. So as a start, why not take a look at our dedicated online portal, which promotes opportunities in Salford for young people under 18 years of age.

If there are no suitable roles on the portal, we hope that this factsheet will in help in signposting you to some additional resources. Please check with the individual organisations for information and advice on whether their roles are operating during the current COVID19 pandemic.



Volunteer Centre

Salford

VOLUNTEERING DATABASES

OUR DEDICATED SALFORD CVS & VOLUNTEER CENTRE PORTAL

Our volunteering portal is for people who live in Salford who are interested in volunteering. Volunteers can browse local volunteer opportunities and find roles that fit their needs and interests using the simple search function. Salford CVS and Volunteer Centre Salford are committed to making volunteering as accessible as possible for all, promoting opportunities that include volunteers under age 18.

To search our roles, visit <https://www.salfordcvs.co.uk/want-volunteer> . You will need to be aged 14 and over to register on our portal. If you wish to have a chat first, you can contact us on 0161 787 7795 or via volunteer@salfordcvs.co.uk

ADDITIONAL DATABASES

Do-it.org is a volunteer recruitment website. It is essentially a national database of voluntary opportunities. Charities, volunteer centres, individuals and a **huge range of other groups advertise for people to volunteer for specific activities, events or organisations**. Although it is not a dedicated site for young volunteers, there are opportunities available from aged 14 and upwards. <https://do-it.org/>

V-Inspired - is a brokerage site that connects young people with volunteering opportunities. It is UK's leading youth volunteering charity providing 14-30 year olds with volunteering and social action opportunities. Young people can learn new skills and get involved in their local communities. <https://vinspired.com/>

THROUGH OUR SALFORD CVS PORTAL

Community Outreach – this is an opportunity to become involved in helping older people within Salford to improve their wellbeing by information sharing; signposting residents to appropriate activities, projects and community organisations. The role involves engaging residents in wellbeing conversations at local community venues and events with the aid of promotional pop up stalls; wellbeing literature and tools such as wellbeing plans and malnutrition awareness tools. <https://www.salfordcvs.co.uk/want-volunteer>

Tech and Tea - A fantastic opportunity to empower older people through your IT and digital skills, enabling them access to digital technology. It may also involve helping older people complete Salford Together Wellbeing Plans online. You will be directed and supervised by a member of staff, to assist in the delivery of IT classes by demonstrating digital skills to residents. <https://www.salfordcvs.co.uk/want-volunteer>

Wheels for All - are looking for friendly and enthusiastic cycling activators to deliver accessible disability cycling sessions in Salford. There are several volunteering roles which fall within the title of Wheels for All - Cycling Activator. To find out more, visit <https://www.salfordcvs.co.uk/want-volunteer>

CHARITY SHOPS

British Heart Foundation – you must be aged 16+ to volunteer in a shop and 18+ to help with fundraising activities and events. You can search for local, available BHF opportunities by visiting our portal.

<https://www.salfordcvs.co.uk/want-volunteer>

Sue Ryder – they can support young people starting out in the world of work, or helping them to boost their CV and personal statement with practical experience. The minimum age for volunteering with them in a shops is 17 years old. <https://volunteering.sueryder.org/SueRyderVolunteer/Home>

Emmaus Salford - You must be at least aged 16 to volunteer in one of their three charity shops. You can find available roles via our portal <https://www.salfordcvs.co.uk/want-volunteer> or through their website at <https://emmaus.org.uk/salford/volunteer-role/retail-volunteer/>

British Red Cross – they accept young volunteers from age 14 with parental consent. Young volunteers (aged 15 - 25) can also complete a development pathway, SWAP. This pathway takes volunteers on a self-guided journey to achieve not only retail skills, but also life skills, confidence and basic employability skills. You can find available roles via our portal <https://www.salfordcvs.co.uk/want-volunteer> or speak to the local shop manager to find out more. <https://www.redcross.org.uk/shop/find-a-charity-shop/eccles>

Royal Voluntary Service - supports older people in the community and can take young volunteers from aged 14+ to help in their retail shops. From 17+ volunteers may be able to support the befriending service alongside a supervisor. Further details can be found by visiting their website at RVS Volunteering

CADET PROGRAMMES

St John's Ambulance youth programmes operate across England, enabling young people to learn first aid, build their confidence, and gain important life skills. They take young people from aged 7 to 18 to join one of their cadet units, which operate nationally throughout England:

Badgers (7-10) <https://www.sja.org.uk/get-involved/young-people/badgers-ages-7-10/>

Cadets (10-17) <https://www.sja.org.uk/get-involved/young-people>

NHS Cadets (14-18) <https://www.sja.org.uk/get-involved/young-people/nhs-cadets/>

Volunteer Police Cadets - develop your volunteering and personal development opportunities through the VPC. Have fun, exciting experiences and learn about policing. The Mini Police (8-11) and Junior VPC (9-13) are growing schemes that do not currently operate across every Police Force, so please contact your local force to find out more. <https://vpc.police.uk/be-a-cadet/>

Community Fire Cadets - is a one year programme aimed at 14-year-olds who live in Greater Manchester. It offers young people an opportunity to learn basic firefighting skills while working towards both accredited and non-accredited qualifications. Young people will then have the opportunity to stay on with a cadet unit and become a Junior Instructor, with the further opportunity to become a Volunteer Instructor after the age of 18 years old.

<https://www.manchesterfire.gov.uk/community/youth-engagement/community-fire-cadets/>

YOUTH COUNCILS

British Youth Council aims to empower young people aged 25 and under to influence and inform the decisions that affect their lives. They support young people to get involved in their communities and democracy locally, nationally and internationally, making a difference as volunteers, campaigners, decision-makers and leaders. To find out more visit [British Youth Council](#)

European Youth Parliament United Kingdom (EYPUK) is a politically unbound charity organisation, open to young people aged 14-24. EYPUK works across the country, operating a wide range of events and forums for young people. EYPUK is not dependent on the UK's membership. They are part of a wider network of 40 countries in Europe and work as a leading youth empowerment charity to engage and educate young people on European and EU issues. <https://www.eypuk.co.uk/join-eypuk>

YOUTH PROGRAMMES AND PROJECTS

Duke of Edinburgh is a programme of self development where young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and university/job applications. Volunteering plays a key part. The programme is open to 14-24 year-olds. <https://www.dofe.org/>

National Citizens Service (NCS) is a youth programme designed specially for 16 and 17 year olds. The NCS experience can give you a clearer idea of who you are, what you can do and what you want from your future. Visit <https://wearencs.com/> to find out more.

Raleigh International offers some overseas expeditions for 17-24 year olds. However you may be asked to fundraise before you go. <https://raleighinternational.org/volunteer/>

Prince's Trust helps young people from age 13 years to change their lives through free courses, grants, programmes and enterprise.

The #iwill campaign aims to inspire social action among 10-20 year olds, including becoming an #iwill ambassador. Visit <https://www.iwill.org.uk/young-people/opportunities-for-young-people> for more information

GUIDES AND SCOUTS

Girl Guiding UK - provides girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities across the UK. <https://www.girlguiding.org.uk/>

The Scout Association - offers 6- to 25-year-olds fun and challenging activities, unique experiences, everyday adventure and the chance to help others so that we make a positive impact in communities. <https://members.scouts.org.uk/>

THANK YOU!

We hope that you have found this guide useful and wish you every success with your volunteering journey

If you would like to speak to someone in our volunteer centre about any of the roles on our volunteering portal, please send an email to Claire Roberts or Grace Kennedy at volunteer@salfordcvs.co.uk

Good luck!



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