

# Volunteering Opportunities



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## Volunteering Opportunities



A scale of 1 to 5 stars has been added to the volunteering opportunities to show if a role is more or less, **lockdown friendly, interactive and challenging**.



# Volunteering Opportunities

Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>The Children's Trust - Retail Opportunity</b>	Your role would involve supporting the Shop Manager to maximise shop sales through such tasks as organising and sorting stock, operating the till (training provided), and developing excellent customer service skills. Various locations across Reigate & Banstead	*	Minimum 4 hours a week	*****	***
<b>Active Prospects - Retail Assistant</b>	We're looking for volunteers to help at our charity shop called Re.Work.It on Reigate High Street. We're looking for help with managing stock, helping customers, processing online orders, and contacting suppliers.	*	Times can be flexible. Minimum of 4 hours a week	*****	***
<b>Active Prospects eCommerce Support</b>	Volunteers needed to help develop a brand new eCommerce solution at our charity shop called Re.Work.It on Reigate High Street. This would involve supporting the initial set up of the online market places and helping to develop processes for the day to day management of the eCommerce platform(s).	****	Times can be flexible. Hours to be agreed with volunteer.	****	****
<b>British Heart Foundation - Retail Opportunity</b>	Help raise funds for cardiac research, education and support. There are a variety of roles within our charity shop you can help with till cover, tagging, sorting clothes, sorting music, DVD/videos and books. Our opportunity could suit anyone interested in fashion and antiques. Volunteers need to be aged 18+ to use the till or steam iron. Redhill & Reigate Shops.	*	Minimum 4 hours a week	*****	**
<b>Friends of Merstham Parks &amp; Greens</b>	Our aim is to improve the green space and woods of Merstham for people and wildlife. We plant trees (mainly fruit) and hedges, create wildflower area, cut down overly dense woods to encourage woodland flowers, create habitat woodpiles, put up bird and bee boxes etc.	*	Usually the 1st & 3rd Saturday of each month	*****	**
<b>Headwrappers Creative Accessories Provider</b>	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 and a wide knitted headbands.	*****	Flexible hours	*	**

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Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>The Include Choir Animator</b>	We need to find different ways to tell the stories of people with understanding and speaking difficulties. So we want to create 30 second to 2-minute animations which help explain what we do and why. These will be shared in training / on our website and social media platforms.	*****	Flexible times, hours to be agreed with volunteer	***	****
<b>The Include Choir Video Editor</b>	The Include Choir sings, signs and shares a weekly song video on our YouTube Channel as part of its awareness-raising activity. This role is perfect for anyone with a passion for using video to tell a story and give people a voice. Our weekly videos are around 2 minutes long, combine a range of film, photographic and audio elements and are created to a weekly deadline.	***	Flexible times, hours to be agreed with volunteer.	****	****
<b>MHA Communities - East Surrey Knitted Christmas Decoration</b>	We would like to include a simple knitted Christmas decoration in each of our care packs in December. Please let us know if you can help us as we have 220 to make and no-one in the office can knit.	*****	Flexible hours	*	**

During these unprecedented times, many care homes have been forced to close their doors to visitors to protect their residents from COVID-19. Unable to see loved ones, some residents are more isolated than ever. In these challenging and uncertain times, it is even more important to promote intergenerational connections and keep young and older people connected. These are some ways in which you can help.

Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Adopt a Grandparent Campaign</b>	- Having phone calls/video calls with your new friend - Sending cheerful pictures/stories/poems (post or email) for them to enjoy.	*****	Flexible hours	*****	*
<b>Bird Feeders</b>	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.	**	Flexible hours	***	**
<b>Crossword</b>	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.	*****	Flexible hours	**	**
<b>Skill Swap</b>	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.	*****	Flexible hours	***	**
<b>One Page Profile</b>	Fill in a one page profile to introduce yourself to a care home resident. One page profiles are a great way to get to know each other better and find common interests. Perhaps they will send one back to you.	*****	Flexible hours	***	*
<b>One Letter One Smile</b>	It's fun to make new friends. 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 you pen pal friendship develops.	*****	Flexible hours	***	*
<b>Newspaper</b>	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!	*****	Flexible hours	*****	***
<b>Pots of Love/ Rock Art</b>	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.	*	Flexible hours	**	*
<b>Story Exchange</b>	Write a story for residents at your local care home to enjoy.	*****	Flexible hours	***	**
<b>Postcard of Kindness</b>	Write and send a postcard of kindness to a care home resident who may be feeling lonely. Your thoughtfulness will brighten their day.	*****	Flexible hours	**	*
<b>Word Search</b>	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.	*****	Flexible hours	**	***

Be My Eyes is a free mobile app with one main goal: to make the world more accessible 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.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Be My Eyes</b>	As a sighted volunteer you can help just by installing the Be My Eyes app. A blind or a low-vision user may need help with anything from checking expiry dates, distinguishing colours, reading instructions or navigating new surroundings.	*****	Flexible hours	****	**

The Zooniverse is the world's largest and most popular platform for people-powered research. This research is made possible by volunteers. 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.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Zooniverse</b>	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.	*****	Flexible hours	***	***

The Energy Envoys volunteering opportunity is provided by the National Energy Foundation for young people looking to complete the Volunteering section of their Bronze, Silver or Gold Duke of Edinburgh's Award.



Energy affects all of us every day in almost everything we do. In the UK, our demand for energy is on the verge of overtaking the rate at which we can generate it. Experts are predicting there is a real risk of significant power cuts in the near future as a result.

Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Energy Envoy</b>	That's where you come in as an Energy Envoy. 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!	*****	Flexible hours.	****	*****

# Volunteering Opportunities

The John Muir Award is an environmental award scheme focused on wild places. It helps people connect with, enjoy, and care for wild places. It's non-competitive, inclusive and accessible.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>The John Muir Award</b>	<b>Discover a wild place</b> - This can be your school grounds, a local park, a beach, woods, a river, a mountain or a national park. <b>Explore its wildness</b> - Experience, enjoy and find out more about your wild place(s). <b>Conserve it</b> - Take some practical action and personal responsibility. <b>Share your experiences</b> - Let others know what you've been up to, what you've achieved and what you've learned.	*	Flexible hours.	****	****

What we do goes far beyond providing social care. We work in local communities to provide people with opportunity, choice and support.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Leonard Cheshire 12 Week Fundraising Plan</b>	Our guide gives you an example of a 12-week plan for different volunteering activities you can do from your own home.	*****	Flexible hours.	***	***

We are the charity that steps forward in the moments that matter, to save lives and keep communities safe. All our charitable work is entirely funded by donations, and we are a market leader in the provision of workplace training, first aid supplies and event and ambulance services.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>St John Ambulance - Social Media Volunteer - DofE Bronze</b>	Social Media Volunteer for St John Ambulance Suggested volunteering activity plan for a Bronze Duke of Edinburgh's award	*****	Flexible hours.	***	***

# Volunteering Opportunities



KiB is a healthcare charity and training provider, working to end the isolation of old age by bringing the generations together.

Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Kissing it Better (KiB)</b>	Older people feel more alone and isolated than ever before now that care homes and most hospitals have cancelled visits. The crisis hasn't stopped KiB: our singers are spreading cheer at a safe distance – on doorsteps, through windows, and in the streets.	**	Flexible hours.	*****	**

The United Nations Volunteers (UNV) programme contributes to peace and development through volunteerism worldwide. Online volunteering allows organizations and volunteers to team up to address sustainable development challenges – anywhere in the world, from any device.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>United Nations Volunteer</b>	A range of different roles are available, these may change from time to time:- ✓ Art and design ✓ Writing and editing ✓ Translation ✓ Project development and management ✓ Research ✓ Technology development ✓ Outreach and advocacy ✓ Teaching and training	*****	Flexible hours.	***	****

YHA believe that everyone should have the opportunity to discover, explore and experience something new and what better way than through volunteering.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>YHA Virtual Volunteering - DoFE</b>	Many (but not all) of the following roles are self-led where you get to choose when and how you volunteer. They are supported with downloadable 12-week schedules that you can use to help plan your volunteering activity. Our self-led volunteer roles have been developed to meet the requirements of the Duke of Edinburgh (DoFE) Award Scheme. <ul style="list-style-type: none"> <li>• <b>Social Media Volunteer</b></li> <li>• <b>Volunteer Videographer</b></li> <li>• <b>Virtual Fundraising Volunteer</b></li> </ul>	*****	<b>Flexible hours</b>	****	****



# Volunteering Opportunities

Take part in a digital personal safety campaign with Resolve It. RESOLVEit has teamed up with the DofE to become an Approved Activity Provider for the volunteering section of the **Bronze**, Silver and Gold Awards.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Resolveit Challenge</b>	<b>Bronze:</b> the aim of the RESOLVEit Bronze Digital Safety Campaign is to encourage young people who are digital natives and comfortable with the use of technology, to raise personal safety awareness in their local school communities. As part of their twelve weeks volunteering, they will be expected to run a one-hour safety event of their choice, either online or face to face.	*****	<b>Flexible hours</b>	***	***

Take part in a digital personal safety campaign with Resolve It. RESOLVEit has teamed up with the DofE to become an Approved Activity Provider for the volunteering section of the Bronze, **Silver** and Gold Awards.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Resolveit Challenge</b>	<b>Silver:</b> the aim of the RESOLVEit Silver Personal Safety Campaign is to offer participants the opportunity to spread safety messages within their local community. As part of their six months volunteering, they will be expected to deliver at least one personal safety assembly to either primary or secondary age students.	*****	<b>Flexible hours</b>	***	****

Take part in a digital personal safety campaign with Resolve It. RESOLVEit has teamed up with the DofE to become an Approved Activity Provider for the volunteering section of the Bronze, Silver and **Gold** Awards.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Resolveit Challenge</b>	<b>Gold:</b> the aim of the RESOLVEit Gold Personal Safety & Self-Defence Campaign is to offer participants the opportunity to create a digital personal safety campaign as well as delivering at least one personal safety assembly and running a half-day personal safety and self-defence event. At this level, participants are expected to focus on reaching as many people as possible, through whatever means they choose, over the course of their twelve months volunteering. Gold participants will achieve a Level 2 BTEC in Self-Defence.	*****	<b>Flexible hours</b>	***	*****

# Volunteering Opportunities

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. We support children aged 3 to 17 in the UK.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Post Pals</b>	<p>There are many ways to get involved in Post Pals and it couldn't be easier! In less than 5 minutes you can make a child smile... and for some of the children it might be their only smile that day.</p> <p>You are welcome to send something as a one off or on a regular basis. You can send a hand written card/note, make one or order one from sites like MoonPig and Funky Pigeon. Pop it in the post to the address on the child's page and know that you have made a child smile!</p>	*****	<b>Flexible hours</b>	**	*



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.

OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Fcancer Projects</b>	<p>Donate your skills by the hour to support cancer charities. Examples can include photography, coding, writing and design to help beat cancer. You can search charity projects in need of your skills. Be a part of our fight against cancer!</p>	*****	<b>Flexible hours</b>	***	***

If there is no home for nature, there is no nature. Homes are where we eat, where we sleep, and where we bring up our families. It is just the same for birds and wildlife.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Give Nature a Home Where you Live - RSPB</b>	<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. You will be able to download a free guide, add your pledges and share photographs of your homes for nature. You can help the RSPB save nature and make a valuable contribution to their goal of halting the loss of biodiversity by 2020</p>	*****	<b>Flexible hours</b>	**	**



# Volunteering Opportunities



Loving Hands bring together like-minded crafters to knit, crochet and sew for charities and groups from all over the world.

Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Loving Hands</b>	Through careful vetting Loving Hands makes sure that every charity, group or individual we recommend is taking the items directly to the areas of most need and hand delivering them to the people in crisis or animals in need.	*****	<b>Flexible hours</b>	***	**

Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Fundraising</b>	Several charities have some fun fundraising ideas, which we can share with you. But why not create your own fundraising campaign with your friends and be in with a chance to pitch your ideas to a panel of judges. The best fundraising ideas will be selected, and you could run your fundraising campaign.	***	Flexible Hours	*****	*****

“Level Up” Project is a community project that was set up to address the issue of restricted access to computers and online learning. Its aim is to collect, refurbish and distribute laptops to disadvantaged children in the Reigate & Banstead area.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Collection Campaign</b>	<b>Collecting laptops</b> – this could be running a local campaign within your school or among your family and contacts. Or it could be about approaching local businesses or running a campaign in the wider community. (Laptops can be dropped off at the Woodhatch Centre Monday to Friday 9am to 5pm or collected and stored at the school for one big delivery).	***	Flexible hours.	*****	****

“Level Up” Project is a community project that was set up to address the issue of restricted access to computers and online learning. Its aim is to collect, refurbish and distribute laptops to disadvantaged children in the Reigate & Banstead area.



Opportunity	Description	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Refurbishment Campaign</b>	<b>Refurbishing laptops</b> – this needs a bit of technical knowledge and some parts (and a teacher/adult supervisor). We can provide guidance and if there are enough people interested could run a training session in a school to get a group started. Ideally the group would refurbish laptops they/someone else in the school have collected.	*	Flexible hours.	*****	*****

# Volunteering Opportunities

Founded in 1982 the British Hedgehog Preservation Society offers help and advice to those with sick, injured or orphaned hedgehogs and maintains a list of rehabilitators in the UK.

OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Hedgehog Homes</b>	Help hedgehogs when they go into hibernation by creating permanent structures in your garden for hedgehogs to make their homes from.	*****	<b>Flexible hours</b>	**	**

**Médecins Sans Frontiers (MSF) Missing Maps** is a volunteering project where students help map areas of the world where aid organisations, like MSF, need information on an area where there has been a natural disaster or a disease outbreak.



OPPORTUNITY	DESCRIPTION	Lockdown Friendly	Time Commitment	Interactive	Challenging
<b>Mapping for Missing Maps</b>	Médecins Sans Frontières is one of the founders of the Missing Maps Project. 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.	*****	<b>Dependent on school club</b>	*****	*****



## I want to volunteer

Register to volunteer. Where possible, we will match you individually with local volunteer requests. We will also send you our Volunteer Newsletter.

[REGISTER TO VOLUNTEER](#)

## I want more information

Register for our Volunteer Newsletter. You will receive details of new volunteer opportunities once a fortnight. (You can unsubscribe at any time).

[I WANT VOLUNTEER NEWS](#)



DofE With A Difference: information, activity ideas and resources to help you do and run DofE during the coronavirus outbreak.

[DofE.org/DofEWithADifference](https://DofE.org/DofEWithADifference)

#DofEWithADifference

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[Basic information and FAQs](#) [Activities](#) [Parents and carers](#) [Award achievement](#)

## Activities

Own your DofE and create your personal programme of activities helping others, pushing yourself physically, gaining skills, exploring the countryside and far God, going on a residential.



# Volunteering – Help!

## Questions



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#NeverMoreNeeded

