



My Volunteer Story Submission Pack



Guidance Notes On Telling Your Volunteer Story



On the following pages you will find a series of questions which you can use as a guide to help you to share your volunteer story with us.

This is just to give you an idea of the sort of things we want to hear about but please free to share in your own words – it’s your story.

Remember the most compelling volunteer stories are written in the first person EG: “I really enjoy...because it makes me feel...”

Photos – Please remember to send us a few!

As the saying goes ‘a picture tells a thousand words’, please remember to send us a couple of photos of you volunteering or just of you (ensuring you also have permission from anyone else in the photo to share it).

Media Release Agreement Form

Please note we cannot use and share your volunteer story without this form (at the end of this pack) being completed, signed and returned to us alongside your photos, which gives us your permission to share them.

Accessibility

If anyone needs a copy of any of these notes in a different format, such as in large print, please contact us on volunteering@mva.org.uk.

We want as many Volunteers in Medway as possible to be able to share their stories so if you would like any additional support to do this then please do get in touch so we can help.



volunteering@mva.org.uk



01634 812 850

| | |
|--------------------------------------------------------------------------------------|--|
| Your Full Name | |
| Your Age | |
| Name of the Organisation/Group You Volunteer With | |
| Location You Volunteered at | |
| How long have you been volunteering and what does it involve? (including dates when) | |
| What were you doing before you started volunteering? | |
| How did you find out about the volunteering role? | |
| What first inspired you to volunteer? | |

How does volunteering make you feel and how has it impacted on your life and wellbeing?

What do you gain from volunteering and what do you enjoy most about it?

What is your favourite volunteering moment?



What skills do you think you have developed through volunteering?

Why does volunteering matter to you?

What would you say to someone thinking about volunteering?



Medway Voluntary Action (MVA) Media Release Consent Agreement Form



Medway Voluntary Action would like to use your photograph, images, quotations and volunteer story for promotional purposes. Your photograph/quotations/images may appear in our printed publications, verbal presentations, our website and social media platforms and to accompany press releases for use by the media.

Please note that websites and social media platforms can be seen throughout the world, and not just in the United Kingdom, where UK law applies.

To agree to the use of the above and to comply with the Data Protection Act 2018, we need your permission before we use any of the content you send us for these purposes. **Please read, complete, sign and date and return this form to us at volunteering@mva.org.uk.**

Media Release Subject: Sharing Volunteer Stories Promotional Activities (including Photos, Images & Videos)

By signing this form I agree that:

1. I agree that any of my volunteer story content can be quoted directly in MVA promotional materials as per above.
2. I agree to my real first name being quoted in MVA promotional materials.
3. I am happy for the attached photos, images and volunteer story content to be used in MVA's promotional materials as detailed above
4. I am voluntarily taking part in this activity; and that I understand that I don't have to take part, and I can stop at any time.
5. I don't expect to receive any benefit or payment for my participation.
6. I understand that this permission is granted indefinitely and that I may revoke my permission at any time by contacting Medway Voluntary Action (MVA) on 01634 812 850 or on email comms@mva.org.uk.

| | |
|----------------------------------------|--|
| Your Full Name | |
| Organisation You Volunteer With | |
| Your Contact Number | |
| Your Email | |
| Date | |

