



# Medway Volunteer Network's Guide For Young Volunteers



March 2021



## Info For Young Volunteers

### Getting Started

- Find out more before you start. If are not sure about volunteering, then you can talk to us MVA. We can tell you all about it and what to look out for.
- It is good to spend time thinking about what kind of volunteering you want to do. Think about what you want to get from your volunteering. This makes it easier for you to decide what to apply for and helps you to get the most out your experience.
- If you are happy to look by yourself, you can see loads of volunteering opportunities on our local volunteer opportunities page by clicking [here](#).
- Remember to check and make sure it is a suitable role for your age!
- If you know what you want to do, or where you want to volunteer, but can't see it advertised, contact the group directly and have a chat about what you are looking for.
- When are you free to volunteer and how much time have you got to give? Most adverts should have the times for volunteering. If the times don't suit you, talk to the organisation and let them know when you are free. They may be able to offer you something else.
- If you want references from your volunteering to help with job hunting or college, check what you need to do e.g. how long do you have to volunteer before you can get a reference.





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- Things you may want to look out for when you are planning to volunteer:
  - A role description – This tells you about the volunteering and what you can expect to be asked to do.
  - Do the group have a safeguarding policy and health and safety policy? These are a guide about what the organisation do to keep you safe when you are volunteering.
  - Will you be reimbursed for things like bus tickets and other expenses around your volunteering?
  - How much help you will get to do your volunteering-training and additional support?
  - Do you need consent from a parent or guardian?

Most organisations have a recruitment process, and we can help you navigate this, all you have to do is get in touch: [volunteering@mva.org.uk](mailto:volunteering@mva.org.uk) or **01634 812 850**.







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### Where To Find Volunteer Opportunities

- Medway Volunteer Network - [www.medwayvoluntaryaction.org.uk/volunteering-opportunity-listings](http://www.medwayvoluntaryaction.org.uk/volunteering-opportunity-listings)
- Do-it - [www.do-it.org.uk](http://www.do-it.org.uk)
- Charity Job - [www.charityjob.co.uk/volunteer-jobs](http://www.charityjob.co.uk/volunteer-jobs)



Sign up to Medway Volunteer Network monthly bulletin and let volunteer opportunities come to you by clicking [here](#).



### Additional Information Links For Young Volunteers

- Vinspired - [www.vinspired.com/](http://www.vinspired.com/)
- British Youth Council - [www.byc.org.uk/uk/nhs-youth-forum/youth-volunteering](http://www.byc.org.uk/uk/nhs-youth-forum/youth-volunteering)
- Red Cross - [www.redcross.org.uk/get-involved/opportunities-for-young-people](http://www.redcross.org.uk/get-involved/opportunities-for-young-people)
- CXK - [www.cxk.org/our-services/services-young-people/](http://www.cxk.org/our-services/services-young-people/)
- Government Kickstart Scheme For Young People - [www.gov.uk/government/collections/kickstart-scheme](http://www.gov.uk/government/collections/kickstart-scheme)

