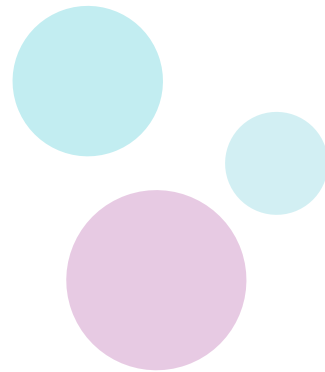
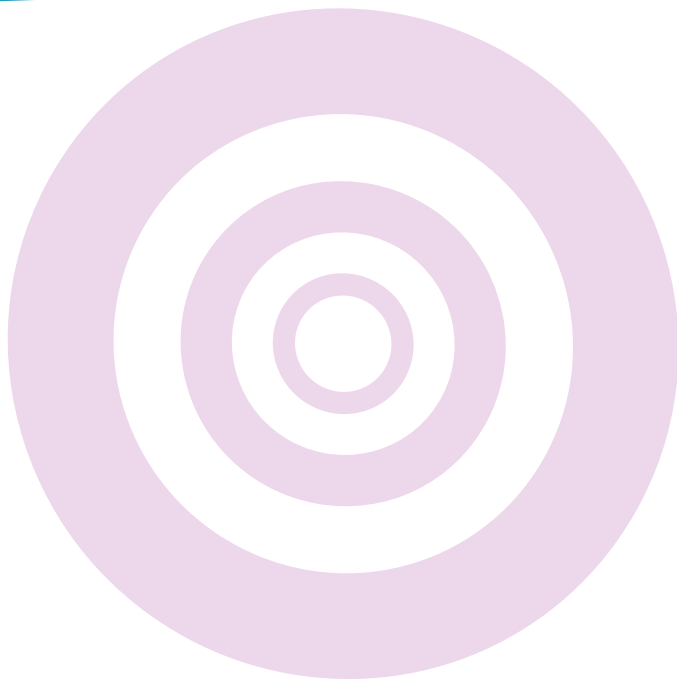




Volunteering

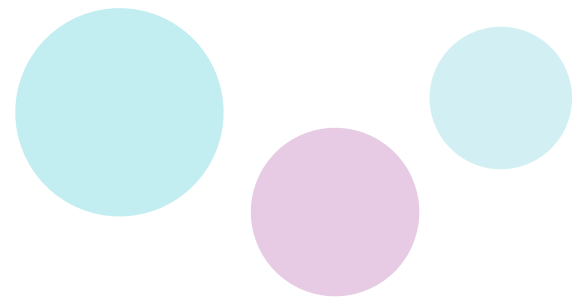


RUNSHAW



Student Services

RUNSHAW COLLEGE



What is Volunteering?

Volunteering is classed as any form of work where a person willingly gives up their time and effort for free, in order to help those around them. It comes in many different forms, whether that be offering a service or supporting people in need.

So Why Volunteer?

Volunteering provides the opportunity to use your skills to make a difference to people's lives in the local community. Not only can it be very rewarding, it can give you valuable experience to mention on your CV or university application, enhancing your future prospects.

Working with people who depend on you can be good for your own self-esteem and confidence. You may also meet new friends through volunteer work.

Where Can You Volunteer?

- Charities
- Local businesses
- Community Groups
- Voluntary organisations
- Public sector organisations e.g. hospitals

Who Can Volunteer?

Anyone! There are volunteering opportunities for everyone, although the following factors may affect the type of volunteering you can do:

- Age – if you are under 18 then there may be some opportunities that are not suitable for you for insurance reasons.
- Time – you may find it difficult to fit volunteer work around other commitments, such as studying, in which case there will be smaller roles that can fit around you. There is always someone in need who will benefit from you volunteering your time.
- Transport – some roles may be too far for you to get to so you might need to reduce your search to local opportunities instead.

How long will it take to start Volunteering?

Some opportunities may allow for you to start right away, whilst some you may need to wait for a reference or a DBS check (Disclosure and Barring Service). This check is a way for employers to check your criminal record, to help decide if you are a suitable person to volunteer for them.

What type of volunteering would suit me?

To help you decide which roles might be best for you, consider the following questions:

- What skills do I already have?
- What skills would I like to develop?
- How much time am I willing to commit?
- What areas of work am I interested in?
- What causes are important to me?
- How much responsibility do I want to take on?

Can volunteering help me to get a paid job?

Volunteering can often be excellent preparation for a paid job. It gives you valuable transferable new skills and experiences which can be applied in the future.

Volunteer experience shows employers that you can manage your time, complete tasks, get along with others and make a commitment. Volunteer experience in a specific field or industry can make your CV or application stand out when you're competing for a job in that field and can also give you a taste of what a career in that industry might be like. For example, volunteer experience at an animal shelter might increase your chances of being admitted to a veterinary medicine degree.

Where can I find volunteering roles?

Student Services have a board advertising local volunteering opportunities and they are also communicated through the Student Bulletin.

The following websites may also be useful:

- **Lancashire Volunteer Partnership** - <https://lancsvp.org.uk/>
- **Manchester Volunteer Centre** - <https://manchestercommunitycentral.org/volunteer-centre-manchester>
- **West Lancs Volunteering Information** - <https://www.westlancs.gov.uk/more/your-community/volunteer.aspx>
- **Fylde Council Volunteering** - <https://new.fylde.gov.uk/volunteering-opportunities-in-fylde/>

Did you know that you can receive a certificate for Volunteering?

Runshaw will award a Bronze certificate for 10 hours of volunteering, Silver for 30 hours, Gold for 50 hours and Diamond for 100 hours of volunteering. These are issued termly.

To work towards any of the certificates you simply need to log your hours through your Student Portal. This is found in Runshaw Xtra – simply log your hours under the category Unpaid Work Experience, Types – Volunteering! (You can even backdate any activity you have been involved in over the past 12 months).



Volunteering



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