

Guide to Sixth Formers : volunteering

Is volunteering work experience? Yes, it definitely counts. It requires little previous experience and gives you the flexibility to fit it around your studies, making it ideal for under 18s as well as being something you can continue if you go to university. There are opportunities in more career areas than you might expect. Whether you choose to volunteer regularly or occasionally, read on for advice about how to find voluntary work and get the most out of it.

Why volunteer? The benefits of volunteering for teens

Voluntary work allows you to 'give something back' by dedicating your time to a good cause, but there are plenty of other reasons to volunteer. Just like other forms of work experience, volunteering gives you skills and experiences that can be included on any future applications you make for jobs, apprenticeships or university. It allows you to sample a new sector or role without any commitment to carry on if you don't enjoy it. For example, you can find out whether you work better in a team or on your own, or in a large organisation or a small one. You might also gain commercial awareness by learning about how the organisation makes money and its different business areas – even if it's a charity or in the public sector. What's more, voluntary work is generally easier to get than other work experience because it requires you to have fewer existing skills and the application processes are much less competitive than for paid work or formal work experience placements.

Here is just a sample of the skill set you could gain from volunteering:

1. **Teamwork/Ability to Collaborate**
2. **Strong Work Ethic**
3. **Dedication**
4. **Persistence**
5. **Compassion**
6. **Commitment**
7. **Perseverance**
8. **Sense of Mission**
9. **Relationship Building**
10. **Project Management**
11. **Optimizing Limited Resources & Tight Budgets**
12. **Communication**
13. **Decision Making**
14. **Problem Solving**
15. **Planning**
16. **Organizing**

17. Prioritising
18. Information Processing
19. Analytics (Critical and data analysis)
20. Influence Others
21. People Management
22. Leadership

Volunteer ideas

Voluntary work doesn't have to be relevant to your career ambitions; whatever you do will increase your confidence and develop skills that you'll use in any career. However, it is especially useful if you have a particular career path in mind, or are deciding between a few.

- Charity and public service is an obvious career area in which there are lots of volunteering opportunities, such as selling donated items in a charity shop or setting up fundraising events. If you're interested in joining the police, you can volunteer as a police cadet.
- Volunteering in a hospital would be ideal experience to help you get onto a medical or nursing degree.
- You could volunteer at an animal shelter if you want to work with animals, or help run the Summer Reading Challenge at your local library if you're interested in working with children.
- If you want a career in publishing, volunteering in a public library or charity bookshop would be ideal as it allows you to familiarise yourself with different genres and authors outside of your usual reading material.
- If you think you might want to work in hospitality and tourism, volunteering at the Youth Hostel Association (YHA) will give you experience of welcoming guests, serving food and typical housekeeping tasks.
- Writing blogs, helping with social media or designing posters for an organisation you're passionate about provides you with great experience in journalism, marketing or public relations.

If you'd like to start volunteering but don't have a clear idea of what you might enjoy, use a mind map to generate ideas before narrowing it down. Start by listing any hobbies or interests you have. For example, if you have a favourite sport you might be able to help coach the younger members of your local club. If you're interested in art or history, a museum might suit you. If you love being outdoors you could help with conservation in a national park or nature reserve.

Types of volunteering opportunities: location and time commitment

Another factor to consider when choosing a volunteering opportunity is how much time it requires and where it is based. Do you want to help out around your local community or get the chance to travel further afield? Many organisations provide travel expenses to volunteers, and some residential opportunities will give you free accommodation and/or meals.

- A regular commitment (eg every Saturday afternoon) is a good way to volunteer near to where you live. Fitting volunteering around other extracurricular activities and your school work will improve your time management in addition to the skills you'll pick up from the volunteering itself.
- You might want to volunteer for a longer block of time, such as in the school holidays. This can be either locally or staying away from home in a different location in the UK; there are also some programmes offering opportunities for under 18s to volunteer abroad.
- Voluntary work can also be a rewarding way to spend your gap year after leaving school, whether you choose to do a placement abroad or something closer to home.
- Some opportunities are not exclusively a regular commitment or a long, one-off block of time. For example, the National Trust, RSPB and YHA all offer a mixture of one-day volunteer events, regular volunteer roles and residential opportunities.

How to find volunteer work

There are a number of places you can find volunteering opportunities, depending on what sort you're looking for:

- the websites for Step Up To Serve, Do-it and Volunteering Matters
- local newspapers and notice boards
- the websites of any organisations you're interested in
- websites of organised schemes that involve volunteering, such as National Citizen Service or the Duke of Edinburgh's Award.

There may be opportunities for you to volunteer at your school, such as helping younger students with maths or spelling, or running an extracurricular activity for them. Some sixth forms require students to take part in an 'enrichment' activity each week from a selection that often includes volunteering.

Here is the school's main collection of volunteering websites

Volunteering Opportunities- Web Links

Team London: Mayor of London flagship programme inspired by the 2012 Olympics. Large portal covering all types of volunteering opportunities across every London Borough

<https://volunteerteam.london.gov.uk/#s>

- [The Association of Medical Research](#) - online directory of member charities
- [blueboomerang.com](#) - the charities and not-for-profit section of blueboomerang.com provides an indispensable guide to products, services and suppliers working specifically with charities, not-for-profit and voluntary organisations
- [Charity Choice](#) - the Charity Choice A to Z lists provide links to thousands of UK charities and non-profit organisations

- [Charity Commission for England & Wales](#) - includes a register of Charities in England and Wales
- [CharityJOB4u](#) - your one stop charity job site
- [Charity People](#) - a dedicated charity jobs board and an online charity network, transforming forum into a fully integrated charity recruitment and networking resource
- [Charityworks](#) - dedicated to finding and developing the future leaders of the non profit sector in the UK. Charityworks is a unique talent initiative for charities, housing associations and social enterprises. See also, news stories and posts on [Charityworks 360](#)
- [Community Connections](#) – Imperial College Union’s service to connect Imperial students with volunteering in the community.
- [CR Search and Selection](#) - opportunities within charities and non-profit making organisations
- [Department for International Development \(DIFID\)](#) - DFID is a UK Government department, working to promote sustainable development and eliminate world poverty
- [Do-It](#) - provides listing of one million opportunities to volunteer in the UK, through which you can search and apply online
- [Eldis](#) - an online information service providing free access to relevant, up-to-date and diverse research on international development issues
- [Engineers without Borders](#) - an international humanitarian/not-for-profit engineering organisation
- [Flow Charitas](#) - a dedicated not-for-profit and, more specifically, a charity recruitment consultancy
- [Getting into International Development](#) - The Careers Group's website for students and graduates interested in careers in international development
- [Global Vision International](#) - international internships, work experience opportunities and conservation expeditions around the world
- [Global Volunteer Network](#) - community projects in China, Ecuador, Ghana, Nepal, Romania and Uganda. Volunteers have the opportunity to participate in a variety of educational and community aid programs. Volunteers can be involved in teaching English, environmental work, health and sanitation and cultural home stays
- [Government Jobs Direct](#) - providing direct links to the jobs & vacancies pages on the websites of 359 UK government and public sector organisations
- [The Guardian: Society - Voluntary Sector](#) - latest news from the public and voluntary sectors, including health, children, local government and social care

- [The Institute of Development Studies](#) - gateway site to all aspects of development including globalisation, development economics and international aid
- [Institute of Fundraising](#) - the professional membership body for UK fundraising. Its website contains information on developing a career in fundraising
- [Intercultural Youth Exchange](#) - offers a variety of volunteer placements working alongside NGOs around the world
- [International Development Organisations](#) - A comprehensive lists of links to international development organisations
- [International Organisations](#) - A list of non-governmental organisations, such as charities
- [National Council for Voluntary Organisations](#) - A body that oversees voluntary work in the UK
- [OECD](#) - helps governments foster prosperity and fight poverty through economic growth and financial stability
- [Oxfam](#) - a leading international NGO with a worldwide reputation for excellence in the delivery of aid and development work. See their [Aid Matters](#) online resource
- [Public Affairs Links](#) - provides everything you need to know about the UK and EU lobbying industry
- [Reach Volunteering](#) - national online platform where you can look for volunteering opportunities based on your professional skills
- [Scientists for Global Responsibility](#) - promotes the responsible uses of scientific knowledge
- [ThirdSector](#) - the UK's leading publication for everyone who needs to know what's going on in the voluntary and not-for-profit sector
- [Union of International Associations](#) - unique free service allows you to search the websites of all intergovernmental organizations (IGOs), comprising over 3000 bodies including the United Nations, the European Commission, the World Bank, etc.
- [United Nations Jobs](#) - find out about and apply for jobs at the United Nations
- [Volunteering England](#) - volunteering placements in your area
- [Volunteering Matters](#) - provides volunteering and practical work experience throughout the UK
- [Wateraid](#) - mission is to overcome poverty by enabling the world's poorest people to gain access to safe water, sanitation and hygiene education

- [World Service Enquiry](#) - information and advice about working overseas in developing countries
- [Worldwide Volunteering](#) - searchable database of over a thousand volunteering placements

Volunteer sector Organisation Further Weblinks (Click on heading)

Charity Commission

Established by law as the regulator and registrar for charities in England and Wales. Produce useful guidance to increase effectiveness and public confidence in the sector.

Community Development Foundation

Supports community work and carries out research, evaluation and policy analysis. Produces resources covering a range of topics in the community field.

Community Matters: The National Federation of Community Organisations

Provides a range of services to community associations and similar organisations.

Community Service Volunteers (CSV)

Large scale provider of volunteering opportunities in the UK. CSV also support training and education initiatives.

Do-it

Search through a wide range of volunteering opportunities (including mentoring and befriending) and apply online.

Directory of Social Change

Information, training publications and support for voluntary and community organisations.

Joseph Rowntree Foundation

Independent social policy research charity. Range of publications/reports are accessible from the website.

Millennium Volunteers (MV)

UK-wide initiative to encourage 16-24 years old to volunteer their time for the benefit of others.

NAVCA

The National Association for Voluntary and Community Action is the national voice of local voluntary and community sector infrastructure in England.

NCVO

Umbrella body for the voluntary sector in England.

Office of Third Sector

The Government office with overall responsibility for the voluntary sector.

TimeBank

This BBC supported campaign gives you the opportunity to share your time and skills with your community.

Volunteering England

Provides advice and information for those who work or manage volunteers as well as to

those who want to volunteer. The website also contains links to all the volunteer centres around the country where you can find volunteering opportunities.

Youth Action Network

A network organisation that supports and develops a range of youth volunteering projects across England.

Young people mentoring

Barnardo's

Barnardo's is the leading UK children's charity. We offer a wide range of support services for children, young people and their families, helping children who are young carers, for example, looking after a sick or disabled relative.

Chance UK

They provide specific and targeted solution focused mentoring for children aged 5-11 years based on individual needs.

Rainer

Rainer offers under-supported young people a range of services designed to give them the emotional and practical support they need to lead secure and fulfilled lives.

Trust for the Study of Adolescence

Provides information and training for professionals, parents and young people on issues affecting young people. Includes a range of resources for parents and those working with young people.

Educational mentoring

Department for Education and Skills – Excellence in Cities

Provides information about Excellence in Cities and information, guidance and case studies about learning mentoring. Also provides access to a learning mentor co-ordinators induction pack.

NIACE

Promotes adult learning. Range of information available from the website and publishes a range of resources to support and promote adult learning.

National Education and Business Partnership Network (NEBPN)

The umbrella organisation and national voice for Education Business Partnerships around the UK. You can search for your local BEP on the site.

Student Volunteering England

The national centre for student volunteering.

Asylum and refugee mentoring

East Midlands Consortium for Asylum and Refugee Support (EMCARS)

EMCARS works closely with the National Asylum Support Service (NASS) and other parts of the Home Office at national and regional level to ensure that asylum seekers and refugees are supported and helped to access services and integrate.

Offenders mentoring

Clinks

Supports voluntary organisations that work with offenders and their families.

Crime Concern

A not-for-profit organisation reducing crime by working with local people and community groups to create safer communities.

OJJDP (Office of Juvenile Justice and Delinquency Prevention)

US government department that contains information about mentoring and provides access to reports about the JUMP (Juvenile Mentoring Project) project, a large nationwide mentoring programme.

SOVA

They run projects around youth justice and offender rehabilitation.

Youth Justice Board

Provides information on youth justice mentoring including example documentation and guidelines.

Older people mentoring

The Experience Corps

Work to encourage and enable people aged 50 and over to volunteer and get involved in their communities. **Retired and Senior Volunteer Programme (RSVP)**

Promotes volunteering by older and matches individuals with local voluntary opportunities. **Age Concern**

Offer a range of befriending schemes to match socially isolated older people.

Mental health mentoring

Mental Health Foundation

Organisation providing a wide range of information on mental health in the UK. Includes downloadable peer support manual.

Business mentoring

Business in the Community

Promotes socially responsible business and pushes the agenda of CSR.

Business Mentoring Academy

Provides links to business mentoring support and training.

The Centre for Mentoring

Business mentoring organisation providing mentoring services. Website includes access to some case studies.

Coaching and Mentoring Network

Provides business coaching and mentoring services. Includes access to case studies, articles and references to some publications.

CSR Academy

The academy is a resource for organisations of any size or sector looking to develop their CSR skills.

Mentoring UK

Predominantly business mentoring focused, this site provides links to a range of mentoring programmes and services. Includes a discussion forum.

UK Government Gateway to CSR (Corporate Social Responsibility)

Encourages business to consider their economic, social and environmental impact.

Training

AM Training

They run a comprehensive programme of training courses for volunteer managers in association with Volunteering England.

Interchange Training

They run courses on volunteer management, recruiting volunteers, developing volunteer skills and volunteers and the law.

Virtual University for Voluntary Sector Studies

Offer a free certificate in interpersonal skills for volunteers.

European mentoring and befriending

Befriending Network Scotland

A network for befriending projects, it has existed since the late 1980s to support and give information on befriending issues.

ENCYMO (European Network of Children and Youth Mentoring Organisations)

A network of approx 100 organisations in 15 European countries. Website includes contact details of mentoring programmes and information about mentoring.

The Scottish Mentoring Network

The body and voice of mentoring in Scotland, it has been in existence since 1987 as an informal group of individuals and organisations interested in mentoring.

Volunteer Development Scotland

The Scottish national centre for volunteering.

Volunteering - Wales.Net

A website for people who want to find out about specific volunteering opportunities in Wales.

Wales Council for Voluntary Action

Supports volunteering in Northern Ireland.

Worldwide mentoring and befriending

Big Brothers Big Sisters

The US based mentoring organisation. Website contains more information about the programmes including real life stories and press releases.

International Mentoring Association

US based international organisation seeking to support mentoring and provide a forum focusing on innovative mentoring ideas and practice.

Mentoring Australia

An association of mentors, educators and researchers. Includes a list of some of the mentoring projects running in Australia.

National Mentoring Centre

US based mentoring organisation. Provides a range of mentoring services including free downloadable resources and a web based library catalogue.

Peer Resources

Canadian based not for profit organisation. Operate in education and business mentoring and also community mentoring. Provides access to a range of resources both freely available and charged.

Public/Private Ventures

US based research and public policy organisation. Provides access to a range of documents about mentoring in the US, some of which are free to download.

A large collection of excellent websites linked to Volunteering:

Vinspired

www.vinspired.com

An organisation that encourages volunteering for 16-25 year olds and holds a database of volunteering activities available all over the country. It also provides funding for community projects run by young people.

Volunteering England

www.volunteering.org.uk

Volunteering England works to support and increase the quality, quantity, impact and accessibility of volunteering throughout England.

Government based Resource bank for Work Experience and Volunteering

http://www.direct.gov.uk/en/YoungPeople/Workandcareers/Workexperienceandvolunteering/DG_066181

TimeBank

www.timebank.org.uk

TimeBank is a national charity inspiring and connecting a new generation of people to volunteer in their communities, and enabling charitable organisations and businesses to develop innovative and effective volunteer recruitment programmes.

National Council of Voluntary Youth Services

www.ncvys.org.uk

The National Council for Voluntary Youth Services is a diverse and growing network of over 170 national organisations and regional and local networks that work with and for young people. Our mission is to ensure the development and recognition of a vibrant, sound and diverse voluntary and community sector that involves, empowers and meets the needs of all young people.

Do-It

www.do-it.org.uk

Search through over 1,000,000 opportunities to volunteer and apply online.

Volunteering in Greater London

<http://greaterlondonvolunteering.org.uk/>

Greater London Volunteering (GLV) is the regional umbrella organisation for volunteering in London. Members include Volunteer Centres and Volunteer Development Agencies covering every borough of Greater London. They help 50,000 volunteers and 9,000 organisations every year. Our main focus is to generate more volunteering activity in Greater London

Redbridge Volunteering Services

<http://www.redbridgecvs.net>

Redbridge CVS is an umbrella body that works with over 800 voluntary and community organisations in the London Borough of Redbridge. Our mission is to promote a strong, effective and independent voluntary and community sector in Redbridge.

Gumtree Volunteering Directory

http://www.gumtree.com/london/london-voluntary-work_1584_1.html

A daily updated online directory for London and beyond of volunteering opportunities

Community Service Volunteering

<http://www.csv.org.uk/volunteering>

CSV volunteers come from all age-groups and all walks of life. They touch the lives of over a million people across the UK each year. At the core of what we do is the belief that anyone can be a volunteer no matter who they are or where they come from.

Volunteer Centre (Westminster)

<http://www.volunteer.co.uk/>

Anyone who wants to volunteer in the City of Westminster and beyond (our services cover the seven boroughs that make up Central London)

Youth Action Network

www.youthactionnetwork.org.uk

Youth Action Network is a national organisation with unique experience and expertise in the Youth Action approach to volunteering. It promotes nine principles of Youth Action and offers specialist support to organisations that support youth led volunteering. It offers training, capacity building support, networking opportunities and awards and funding to voluntary organisations that support young people to develop their own volunteering opportunities.

Gaining Additional Awards for Community Based Service The Duke of Edinburgh's Award

www.dofe.org

- One of the 4 sections is 'service' (helping people in the community)
- There are 3 levels of award; Bronze (14+); Silver (15+) and Gold (16+).

AQA Unit Award Scheme

www.aqa.org.uk

- Enrichment activities, personal development and PSHE
- Short units contributing to a record of achievement
- Can be approved as part of a qualification

Youth Achievement Awards: UK Youth with ASDAN

www.ukyouth.org

a) These awards may be well suited to youth services who can gain Resourcing Excellent Youth Services (REYS) accreditation through young people's participation.

- A peer group approach to recognition
- Young people progress levels of responsibility through involvement in a wide range of self-identified activities

b) Youth Challenges: Bronze, Silver, Gold: 14+ : Platinum: 16+

ASDAN awards in non-formal learning

www.asdan.org.uk

a) Community Volunteering Qualification (CVQ)

- A flexible scheme for recognising and accrediting voluntary and community activities (Levels 1-3)

b) Accreditation of Positive Activities

- Short courses comprise peer mentoring, sports and fitness, environmental and expressive arts activities

- Can contribute to:

o CoPE (Certificate of Personal Effectiveness (120 hours)

o Award of Personal Effectiveness (60 hours)

o Wider Key Skills (60 hours)

c) Universities Award

Provides a framework for the development, assessment and accreditation of personal and social skills (Level 3).

Prince's Trust xl Awards

www.princes-trust.org.uk

- For those facing difficulty in formal education
- Enhance citizenship and community awareness and wider key skills

Trident Trust: Skills for Life

www.trident-edexcel.co.uk

- Develops skills for life through personal challenge and community involvement (+ work experience).

Sports Leaders Awards

www.sportsleaders.org

- CSLA (Community Sports Leadership Award): post-16
- JSLA (Junior Sports Leadership Award): 14-16

St John Ambulance Awards

www.sja.org.uk

- First aid and health and safety training courses

John Muir Awards

www.jmt.org/john-muir-award

- An environmental award scheme focused on wild places and including a number of challenges.

Open University Courses

www.open.ac.uk/yass/index.php or <http://openlearn.open.ac.uk>

Free University modules you can complete with certification whilst still at school

Philosophy Courses/ Modules

<http://www.sapere.net>

www.p4c.net

Other Ways of Getting Involved in your Community

Active Citizenship Centre

www.active-citizen.org.uk

The ACC website was launched to promote and exchange information on increasing community involvement. It has ideas/ organisations to help young people make a difference

British Youth Council

www.byc.org.uk

The British Youth Council (BYC) is led by young people for young people, aged 25 and under, across the UK. We connect with our community and network of Local Youth Councils to empower young people to have a say and be heard.

Changemakers

www.changemakers.org.uk

An organisation that focuses on helping young people achieve change in their communities.

Citizenship Foundation

www.citizenshipfoundation.org.uk

The Foundation runs major competitions for young people e.g. the Youth Parliament, the Bar National Mock Trial Competition and the Magistrates' Court Mock Trial competition.

CommunityService.org

www.communityservice.org

Volunteer opportunity search engine and a forum for community service related topics for volunteers and non-profits.

Continyou

www.continyou.org.uk

Continyou aims to open up opportunities for learning that help people to change their lives, improving the well-being of individuals, families and communities.

DEA

www.dea.org.uk

DEA is an education charity that promotes global learning.

Envision

www.envision.org.uk

The programme supports 16-19 year olds to develop their own social and environmental projects in their schools, colleges and local communities.

ESSA Student Voice

www.studentvoice.co.uk

ESSA is working to become the representative body for secondary students in England. It aims to support students in expressing their views about education by providing workshops and a network of support with other secondary school students.

Giving Nation

www.g-nation.org.uk

G-Nation supports UK teenagers to get involved in charity, community, social enterprise and campaigning action.

Groundwork

www.groundwork.org.uk

Groundwork supports communities in need, working with partners to help improve the quality of people's lives, their prospects and potential and the places where they live, work and play.

HeadsUp

www.headsup.org.uk

Run by the Hansard Society, HeadsUp is a moderated, online space for under 18s to debate the political issues important to them. Young people share viewpoints with their peers and decision-makers up and down the country.

Healthy Schools

www.healthyschools.gov.uk

A national scheme promoting projects and curricula to improve the learning environment, by diet, physical exercise, emotional well being, relationships, etc.

Institute for Citizenship

www.citizen.org.uk

Aims to promote informed, active citizenship and greater participation in democracy and society through a combination of community projects, research, education and discussion and debate. Provides practical resources, case studies, videos, and links

to other citizenship related sites.

Volunteering in Learning outside the Classroom Activities

http://outdoor-learning.org/jobs/volunteer_training.htm

Advice and resources that help provide high quality voluntary experiences for young people outside the classroom.

National Youth Agency

www.nya.org.uk

The NYA supports those involved in young people's personal and social development and works to enable all young people to fulfil their potential within a just society.

Participation Works

www.participationworks.org.uk

A consortium of six national children and young people's agencies that enables organisations to effectively involve children and young people in the development, delivery and evaluation of services that affect their lives.

Save the Children

www.savethechildren.org.uk

This organisation highlights global issues of children's rights. The website offers up to date news and information about campaigns and how young people in the UK can get involved.

The Big Challenge

www.bigchallenge.org.uk

A funding organisation which challenges young people to come up with ideas around specific issues and bid for funding to make their ideas happen.

The Electoral Commission

www.electoralcommission.org.uk

This is an independent body that aims to increase public confidence in the democratic process and encourage people to take part.

The Mentoring and Befriending Foundation

www.mbandf.org.uk

National organisation supporting mentoring and befriending projects.

UK Youth Parliament

www.ukyouthparliament.org.uk

The UK Youth Parliament (UKYP) enables young people to use their energy and passion to change the world for the better. Run by young people for young people, UKYP provides opportunities for 11-18-year-olds to use their voice in creative ways to bring about social change.

Who Do We Think We Are?

www.wdwtwa.org.uk

The *Who Do We Think We Are?* educational programme engages primary and

secondary school students in the exploration of identity, diversity and citizenship with teachers and young people - in their schools, local communities and nationally. The project follows the Curriculum Review on Diversity and Citizenship, undertaken by Sir

Keith Ajebo, which recommended that all schools participate in a high profile, national event -titled Who Do We Think We Are?

Young Citizen's Action Agenda

<http://www.ycaa.org.uk/>

The Young Citizens' Action Agenda (YCAA) is a series of high-profile regional projects that aim to give young people (14-19 years old) the skills to take an active role in society and produce solutions to their 21st century challenges.

A Sample of some of the Good Causes and Human Rights Organisations:

- Age Concern – www.ageconcern.org.uk
- Amnesty International – www.amnesty.org.uk
- Oxfam UK – www.oxfam.org.uk
- Medecins Sans Frontieres – www.msf.org.uk
- National Aids Trust – www.nat.org.uk
- One Laptop Per Child – <http://laptop.org/en/>
- One World Action – www.oneworldaction.org
- Plan UK – www.plan-uk.org
- Sparks – www.sparks.org.uk
- Water Aid – www.wateraid.org/uk
- UNICEF – www.unicef.org.uk
- Abortion Rights – www.abortionrights.org.uk
- Campaign for Nuclear Disarmament – www.cnduk.org
- Children's Rights Alliance for England – www.crae.org.uk
- Dignity in Dying – www.dignityindying.org.uk
- Fairtrade Foundation – www.fairtrade.org.uk
- Foundation for International Environmental Law and Development – www.field.org.uk
- Friends of the Earth – www.foe.co.uk
- Republic – www.republic.org.uk
- United Nations Association – www.una-uk.org

Debating/ Communication/ Public Speaking Links

Debating Matters

www.debatingmatters.com

Cambridge Union School Debating Competition

<http://www.cus.org/schools>

Debate Wise

<http://debatewise.org>

Debate Mate

<http://www.debatemate.com>

Debate Chamber

(Substantial Fees involved in course participation (Please see Mr. Moloney for funding support))

www.debatechamber.com

UCL's Debating Society

www.debating.org

English Speaking Union

www.esu.org

Home of the debating competition calendar, and the English Speaking Union's debating programme

Speakers Bank

(National team of Experts who co-ordinate Public Speaking Training)(Please see Mr. Moloney if you wish for a training session to be organised at school)

www.speakersbank.com

Speak Out Challenge

This is a London-based Public Speaking Competition mainly for 14/15 years run by Speakers Bank (Please see Mr. Moloney for details)

www.speakoutchallenge.com

Work Experience / Internships/ Job Shadowing Links for 15-18 year olds

www.prospects.ac.uk

A dedicated work experience community containing invaluable work experience information for students.

www.animaljobsdirect.com

The site for information and advice about working with animals. We have details of all types of jobs with animals worldwide, including current animal care vacancies

www.bigwee.com

The Big Work Experience Exchange allows teenage children to find valuable, enriching work-experience opportunities that will help develop their skills and capabilities for future University applications, long term career choices .and even adult life in general.

<http://www.studentastic.co.uk/WorkCategory.html>

Studentastic website offering useful advice on finding a part-time or weekend job for the first time

www.thescheme.org.uk

The Engineering Education Scheme (England) provides talented Year 12 students with an insight into the exciting world of engineering.

www.yini.org.uk

The Year In Industry-A website dedicated to helping A-Level students find a placement for the year before they go to university

www.student-jobs.co.uk –

Search for part time work along with holiday and gap year job

www.4mp.org

The 'Working for an MP' website is an invaluable source for discovering paid and unpaid opportunities currently available in parliament, think thanks, consultancies and other public affair organisations.

Other Volunteering Guidance

If you don't see an advertised opportunity that interests you, there's no harm in asking an organisation if it has any vacancies available. Either pop in (if it's a customer-facing organisation such as a charity shop), phone, email or contact the organisation on social media – whichever method you're most comfortable with. Even if it is not actively looking for volunteers, it may be grateful for the extra help. Don't be put off if the answer is no; the organisation might not currently be able to provide training for a new starter.

There's no law against under 16s volunteering but it is sometimes not covered by an organisation's insurance policy, and some volunteering roles are unsuitable for under 18s. However, if you're too young for one role there may be another that is suitable.

Does volunteer work count as work experience in applications?

Absolutely; volunteering is as valuable as other work-related experience. Make sure you keep a record of your volunteer experience so that you'll be able to emphasise the benefits of volunteering work on your CV and in any future applications for apprenticeships or university.

Keeping a record of skills gained from volunteering

Noting down what you gain from volunteering will make it easier for you when the time comes to begin an application, and help you remember more detail in case you're asked about your volunteering at an interview. Find out more here about making the most of work experience.

Make a note of any transferable skills from volunteering (such as communication skills or problem-solving) that you develop, as well as:

- any positions of responsibility, such as training new volunteers
- achievements that you're especially proud of, such as overcoming a personal weakness
- any examples of you being creative or innovative, such as suggesting a new way of doing things and putting it into practice
- things that have strengthened your commercial awareness and familiarity with being in a workplace, such as attending strategy meetings or volunteer conferences.

The more specific your examples, the easier it will be to convince recruiters that you have what they're looking for. Georgina Naylor is a graduate manager at the law firm Irwin Mitchell, which offers apprenticeships for school leavers as well as jobs for those who have a degree. She told us: 'Voluntary work can make your application stand out as it allows you to use a range of examples to evidence your skills. We don't have to rely on what you would do in a certain situation; you can detail what you did do!'

Where to put volunteer experience on your CV

Where you include volunteer work on your CV is up to you. You might put it in a general 'work experience' section, or as a separate 'volunteering' section. If you have some experience that is relevant to a particular career (eg media) you could make that a separate section (eg 'media experience') and divide your volunteering up accordingly.

You can either list what you learn from volunteering next to the details of what the placement was or have a separate 'skills' section on your CV where you list the skills you have developed in all aspects of your life and briefly note which experience(s) have helped you to develop each one.

Further Guidance from a Telegraph Article

There is a lot of pressure on young people to have a clear focus on what they want to do. But where do they research their career ideas? Type the word 'career' into Google and you get over one million results.

Most students tend to choose a career they are familiar with and know about; this is why career research is so essential. The obvious choice if you're interested in Maths may be to become an accountant, but do teenagers understand professions such as actuary or quantity surveyor?

If your son or daughter is in Year 12 then this summer they need to be planning what they want to do with their future: UK or overseas university? Apprenticeship or a gap year? Summer is the time to start making those life-changing decisions - when you return to college or sixth form next year you need to be in a position to actually make those vital applications. Here are some helpful resources to give you a competitive advantage.

Get on the ladder

Go Think Big is a way for students to get on the career ladder - it provides information about new placements, internships and events to help build your career. The website is even currently accepting applications to be one of the crew that makes the next Rizzle Kicks music video.

Student Ladder is another fantastic online resource which showcases work experience opportunities from Year 11 to undergraduate level at blue chip companies such as Royal Bank of Scotland.

The play's the thing

Pupils who love Drama or Music have the perfect chance to get involved over the summer. They will learn transferable skills such as confidence, the ability to meet new people and commitment - all qualities any employer would want to see. However for those looking for a career in the area, this type of experience is essential. It can help improve performance, learn to accept constructive criticism and be better prepared at auditions.

National Association of Youth Theatres has over 1,300 groups and individuals to support the development of young people through youth theatre.

To boost CVs further, teenagers might also consider **The Royal Welsh College of Music & Drama**, which is offering a number of summer school placements in Music and Drama, and offers financial assistance. Finally, musician can also join the prestigious **National Youth Orchestra**.

Science camp

The STEM (science, technology, engineering and maths) sector is a growing industry for the UK. Getting involved in activities such as the ones listed below can help test your career ideas.

Students who love IT should consider learning how to code - you can learn online by visiting **Code Academy** or **Decoded**. Alternatively the **Salters Camp** is great for students who are in Year 10 and love chemistry - they help motivate students by developing a long-term interest in the subject and its applications in modern life. Two other schemes offer fantastic residential courses which aim to provide students with a taster of Engineering at a subsidised rate. **Smallpeice Trust** still has courses available from Year 8 onwards and some courses are still available this summer. **Headstart** is full but it is definitely worth a mention and may be something to plan for the following year if you have an interest in Engineering.

Love to learn

For those with a broad intellectual interest, why not expand your knowledge or learn a new language? This is fantastic for your CV, but more impressive for your application to university. This shows an admissions officer that you have gone above and beyond your curriculum at school or college to specialise further in the subject of your choice - something definitely worth considering if you're a potential Oxbridge candidate.

Take a look at some of the free online courses available. **OpenLearn** is a great place to get an idea of what to expect from university study with over 650 free courses on a range of subjects. **Coursera** offers 300+ courses in over 20 categories created by 62 universities from 16 countries. And **Khan Academy** allows you to learn almost anything for free, with a library of over 4,100 videos on everything from arithmetic to physics, finance, and history and more.

Think community

Doing for other people not only makes you feel great but adds a wealth of experience to your own CV. Getting involved in the scheme called **02 Think Big** shows to a prospective employer you are creative, able to project manage, disciplined, motivated, dependable and much more. It is open to anyone who is 13-25 years of age and needs money, support or training to help improve your community, and helps young people launch ideas and programmes that benefit the places where they live. You provide the idea and they will fund you £300 to help make it happen.

Volunteering opportunities are also available in a range of areas from working with children or animals, to health, politics, art and sport. Volunteers need to be 16 for most opportunities, though some require you to be 18. No formal qualifications are needed, just a willingness to help.

For those who enjoy History or Classics, **CSV Heritage Camps** provide the opportunity to add to your CV or university application. Volunteers spend a week camping out at a famous church or cathedral doing their bit to protect our architectural heritage.

There's also the option of "**virtual volunteering**" - all you need is a computer with internet access and you're good to go. It could be anything from writing a letter to a sick child to taking part in surveys.

Care Homes within Barking and Dagenham who are keen to have volunteers

1. Bluebird Care Barking and Dagenham
Wigham House
16-30 Wakering Road
Barking
Essex
IG11 8QN

Phone: 0208 5911 200

Fax: 0208 59466266

Email: barkinganddagenham@bluebirdcare.co.uk

2. Ryedale Care Centre

Roman Road
Ilford
Essex
IG1 2NY
ryedale@ehguk.com

Contact details: Frances Mallett
020 8514 2525

3. Allied Healthcare Group,

415 High Street,
Stratford,
London, E15 4QZ.
Tel: 0208 221 9760

4. Blue Ribbon Community Care - East London),

Fortis House,
160 London Road,
Barking,
London, IG11 8BB.
Tel: 020 8214 1122.

5. Red Cross Society Charity Shop

Barking

34 Ripple Road

Barking

Essex

IG11 7PG

020 8594 8777

Monday to Saturday 9am-5:30pm

6. Care And Support Shop Limited,

496a Barking Road,

London, E13 8QB.

Tel: 020 74 73 30 18.

7. Caremark,

19B Mill Lane,

Woodford Green,

Redbridge, Essex,

IG8 0UN.

Tel: 0208 5040 111.

8. East Living,

29-35, West Ham Lane,

Stratford,

London, E15 4PH.

Tel: 02085222000.

9. Social Care Consortium (SCC),

Citibase, 246-250 Romford Road,

Stratford, Newham ,

London, E7 9HZ.

Tel: 020 8221 4511.

CARE HOMES

1. Bennetts Castle Care Home

Bennetts Castle Lane,

Dagenham, Essex

RM8 3UU.

020 8517 7710

2. Dury Falls

35 Upminster Road,

Hornchurch,

Essex

RM11 3XA.

01708 447786

3. George Brooker House

100 Dagenham Avenue,

Goresbrook Park,

Dagenham

Essex RM9 6LH.

0208 984 8983

4. Kallar Lodge

75 Gregory Road,

Chadwell Heath,

Romford,

Essex RM6 5RU

5. Lisnaveane House

790 Longbridge Road,

Dagenham

Essex RM8 2AA.

020 8592 0022

CARE HOMES WITH NURSING

1. Alexander Court Care Centre

320 Rainham Road South,
Dagenham,
Essex RM10 7UU.

2. Chaseview Care Centre

Off Dagenham Road,
Rush Green, Romford,
Essex RM7 0XY.

3. Cherry Orchard Nursing Home

Dagenham Avenue,
Behind Castle Green Flats,
Dagenham,
Essex RM9 6LG.

4. Chestnut Court Care Home

Frizlands Lane,
Dagenham,
Essex RM10 7YD.

5. Hanbury Court Care Home

Dagmar Road,
Dagenham RM10 8XP.

6. Park View

1-2 Morland Road,
Dagenham,
Essex RM10 9HW.

020 8593 7755

7. Ryedale Court Nursing Home

Victoria Road,
Barking
Essex
IG11 8PE.

Volunteers needed

- UCH Macmillan Cancer Centre

https://www.macmillan.org.uk/get-involved/volunteering/why-volunteer.html?qclid=CiwKCAjw85zdBRB6EiwAov3RilHFw9OMur9BRy5xPFmae15FCQl5D1HeG1PmFXrG-cxrz5O-KSEwrBoCH_YQAvD_BwE&qclsrc=aw.ds

- Teenage Cancer Trust

<https://www.teenagecancertrust.org/support-us/volunteer>

Two useful hyperlinks associated with the NHS:

http://www.medicalcareers.nhs.uk/considering_medicine/widening_participation.aspx

http://www.medicalcareers.nhs.uk/considering_medicine/work_experience.aspx