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Volunteering UK Factsheet

How to Get Involved?

There are loads of ways to volunteer in your area - all you need to do is find your passion and then get in touch with an organisation that can help. If you want to volunteer, your first point of call could be a national volunteering organisation who can talk through the kinds of opportunities that are available to you in your area which suit your needs, expertise or hobbies. Before making contact with an organisation, think about what you want to know from them, and what they are likely to ask you. How much time can you give? At what time of day? What do you want to get from volunteering, e.g. meeting people or gaining new skills? What skills or experience can you offer?

Volunteer Opportunities Near Your Home or Work

Do-it.org.uk

Do-it.org.uk provides a free national database of volunteering opportunities in the UK. Just log on, enter your postcode and an area of interest and Do-it will come up with volunteering opportunities in your area.

Website: www.do-it.org.uk

Volunteering England

Volunteering England aims to increase the quality, quantity, and accessibility of volunteering throughout England. Contact them to find where your nearest centre is. They act as a volunteers' "job shop" and can tell you what voluntary work is available locally and put you in touch with local organisations.

Address: Regent's Wharf, 8 All Saints Street, London N1 9RL

Tel. 0845 305 6979

Email: volunteering@volunteeringengland.org

Website: www.volunteering.org.uk



TimeBank

TimeBank is a national campaign inspiring and connecting people to share and give time. TimeBank appeals to people who know that their time and skills are in

demand - but just don't know what to do about it or where to start. Even just an hour of your time can make so much difference. Register online or give them a call and you'll be given information and a local contact to help you turn your ideas into practical action.

Address: 3 Downstream Building, 1 London Bridge, London SE1 9BG
Tel. 0845 456 1668
Website: www.timebank.org.uk

Business in the Community

If you don't think you've got time to volunteer due to work commitments, why not get your business involved? Business in the Community operates through a network of 98 local business-led partnerships, as well as working with 45 global partners.

Address: 137 Shepherdess Walk, London N1 7RG
Tel: 020 7566 8650
Email: information@bitc.org.uk
Website: www.bitc.org.uk



CSV Community Service Volunteers

CSV works to reconnect people to their community through volunteering and training, with the aim of enriching people's lives. CSV can put you in touch with all kinds of volunteering opportunities from part time work based volunteering to full time year long projects.

Address: CSV Head Office, 237 Pentonville Road, London N1 9NJ
Tel. 020 7278 6601
Email: information@csv.org.uk
Website: www.csv.org.uk



Northern Ireland

VSB

VSB (Voluntary Service Bureau) is a local development agency with almost 40 years of experience providing the infrastructure to support, encourage and promote citizenship and participation through voluntary activity. As the Volunteer Bureau for Belfast, Castlereagh, North Down and Ards, VSB provides the support mechanisms to match volunteers with the right voluntary placement for them.

Address: 34 Shaftesbury Square, Belfast BT2 7DB, Northern Ireland
Tel. 028 9020 0850
Email: info@vsb.org.uk
Website: www.vsb.org.uk



Volunteer Development Agency

The Volunteer Development Agency is committed to producing and disseminating high quality, up to date information about volunteering. The VDA can help you find volunteering opportunities across Northern Ireland, and also provides training in many aspects of volunteering, volunteer management, and related disciplines.

Address: 129 Ormeau Road, Belfast, BT7 1SH

Tel. 028 90236100

Email. info@volunteering-ni.org

Website: www.volunteering-ni.org



Scotland

Community Service Volunteers (CSV) Scotland

Community Service Volunteers works to reconnect people to their community through volunteering and training and so enrich people's lives. They pride themselves on pioneering new solutions and innovative ways to tackle society's needs. They have over 40 years of experience in the voluntary sector and know where to focus energy and ideas so that it can really make a difference to people's lives.

Address: Wellgate House, 200 Cowgate, Edinburgh EH1 1NQ

Tel. 0131 622 7766

Email: information@csv.org.uk

Website: www.csv.org.uk/Scotland

Council for Voluntary Service (CVS)

CVS is the generic name for the local infrastructure bodies for the voluntary sector in Scotland. They strengthen the contribution local voluntary organisations make to the economic, social and cultural development of the community and provide a bridge between the sector and key public agencies at a local level.

Address: Mansfield Traquair Centre, 15 Mansfield Place, Edinburgh EH3 6BB

Tel: 0131 556 3882

Email: enquiries@scvo.org.uk

Website: www.scvo.org.uk

Volunteer Centre Network Scotland (VCS)

These are one-stop shops where people interested in volunteering can access information, advice and support on volunteering. Volunteer Centres also provide advice and training to organisations that use volunteers. There is Volunteer Centre coverage in each local authority area in Scotland and each centre is a locally managed independent voluntary organisation.

Email: info.volunteerscotland@vds.org.uk

Website: www.volunteerscotland.org.uk

Wales

CSV – Community Service Volunteers Wales

CSV –Wales works to reconnect people to their community through volunteering and training and aims to enrich people's lives. They pride themselves on pioneering new solutions and innovative ways to tackle society's needs. With over 40 years' experience, they know where to focus energy and ideas so that they can really make a difference to people's lives.

Address: CSV House, Williams Way, Cardiff CF10 5DY

Tel: 029 20 415717

Email: csvgymru@csv.org.uk

Website: www.csv.org.uk/Wales

Volunteering Wales

Volunteering Wales is an organisation designed to help you find out what options you have to volunteer in Wales. It's made up of information provided by the 33 volunteer bureaux based across Wales. Volunteer bureaux are voluntary organisations that can provide information and advice on volunteering. There is a volunteer bureau in each local authority area and twelve community support groups in Powys. Each will keep information on what opportunities are available in the area. Try it out at their website www.volunteering-wales.net

Website: www.volunteering-wales.net

WCVA

WCVA - Wales Council for Voluntary Action is the voice of the voluntary sector in Wales. It represents and campaigns for voluntary organisations, volunteers and communities across Wales. If you think you might benefit from the advice and training they offer, contact them using the details below.

Address: Baltic House, Mount Stuart Square, Cardiff Bay, Cardiff CF10 5FH

Tel: 029 20 431700

Email: enquiries@wcva.org.uk

Website: www.wcva.org.uk

Volunteering for Young People and Children

If you're still studying or at school it doesn't mean that you can't be a volunteer, there are loads of volunteering opportunities for young people out there.

The Youth Action Network

The Youth Action Network enables thousands of young people across the country to become active in their free time, meet other young people, gain skills, have fun and put into reality their ideas to benefit their own communities. There's a Youth Action Agency near you which can help you find the right opportunity - either call them or log on to their website to find your local agency.

Address: Crest House, 7 Highfield Road, Edgbaston, Birmingham B15 3ED

Tel. 0121 455 9732

Email: info@youth-action.org.uk

Website: www.youthactionnetwork.org.uk

Student Volunteering England

Student Volunteering England works towards ensuring every student has the opportunity to volunteer and make a positive difference in their community and beyond. SVE provides access to relevant volunteering opportunities across England, and aims to make sure all volunteers receive effective support in their chosen volunteering area.

Tel. 0845 305 6979

Email: info@studentvolunteering.org.uk

Website: www.studentvolunteering.org.uk



Vinspired.com

vinspired is the volunteering site for 16-25 year olds in England. v is an independent charity set up in 2006 to inspire a new generation of young volunteers. They can help you find your perfect volunteer placement.

Email: info@vinspired.com

Website: www.vinspired.com

Volunteering older people

Volunteering opportunities are available from many of the organisations listed already, but in addition there are two organisations that specialise in finding voluntary work for older people:

The Experience Corps

The Experience Corps encourages people over the age of 50 who wish to give some of their time to work voluntarily in their local community. They have a massive database of volunteering opportunities to suit the experience that you've gained throughout your life.

Address: 117 Waterloo Road, London SE1 8UL

Tel. 020 7921 0565

Website: www.experiencecorps.co.uk



Retired and Senior Volunteer Programme (RSVP)

RSVP is part of Community Service Volunteers (CSV). It actively encourages and offers retired people over 50 the opportunity to participate in a number of projects for the benefit of the community tapping the vast pool of experience and commitment that you have to offer.

Address: Shahina Bibi, 237 Pentonville Road, London, N1 9NJ

Tel. 020 7278 6601

Email: rsvpinfo@csv.org.uk

Website: www.csv-rsvp.org.uk

Active Volunteering – some examples

If you love the outdoors and being active then why not incorporate that into your volunteering?

CHICKS (Country Holidays for Inner City Kids)

CHICKS provides holidays for disadvantaged and abused children and child carers who have to look after disabled or sick parents themselves. In their normal lives the children have little opportunity to act as children and enjoy their youth and none have the opportunity to experience the enjoyment of a holiday. By volunteering you would help the kids enjoy life again, play and have the freedom to express themselves in a stress-free and friendly environment.

Address: Moorland Retreat, Bonnaford, Brentor, Tavistock, Devon PL19 0LX

Tel. 01822 811020

Website: www.chicks.org.uk

Vitalise

Vitalise is a national disability charity providing breaks for disabled adults, children and their carers. They provide great volunteering opportunities where the volunteers have as much fun as the people on the actual holiday! There are centres around the country so get in touch to find out where the nearest branch is.

Address: Head Office, 12 City Forum, 250 City Road, London, EC1V 8AF

Tel. 0845 345 1972

Website: www.vitalise.org.uk

Sports Leaders UK

Sports Leaders UK works to help people discover their potential and provides an opportunity to share those abilities with others. You don't need to be a sports superstar to get involved – just some 'get up and go' spirit and an interest in helping others in a great and fun way.

Address: 23-25 Linford Forum, Rockingham Drive, Linford Wood, Milton Keynes MK14 6LY

Tel. 01908 689180

Email: contact@sportsleaders.org

Website: www.sportsleaders.org

BTCV

Make friends, get fit and save the planet! Hundreds of environmental volunteering opportunities, conservation holidays, green gyms, local days out, spring action happenings. Volunteering opportunities across UK.



Address: Sedum House, Mallard Way, Doncaster DN4 8DB

Tel: 01302 388 833

Email: information@btcv.org.uk

Website: www.btcv.org

The National Trust

The National Trust are always looking for volunteers, wherever you live, whatever your interests - there are hundreds of rewarding ways to participate in caring for Britain's finest natural and built heritage. Anyone can help out!

Address: Volunteering & Community Involvement Office,
Heelis, Kemble Drive, Swindon SN2 2NA

Tel. 01793 817400

Email: volunteers@nationaltrust.org.uk

Website: <http://www.nationaltrust.org.uk/volunteering>



Can't make up your mind?

If you're still undecided as to what kind of volunteering would suit you here are a few more ideas...

Voluntary Service Overseas (VSO)

Voluntary Service Overseas offer a huge range of opportunities in all professional walks of life, to share skills, ideas and experience with communities in the developing world. You'll have to work hard but you'll also be able to experience a new way of life in a new country. You'll get as much out of the experience as you put in.

Address: 317 Putney Bridge Road, London SW15 2PN

Tel: 020 8780 7200

Website: www.vso.org.uk

The Prince's Trust

The Prince's Trust aims to help 14 - 30 year olds to develop confidence, learn new skills and get into work. If you would like to be involved with the Prince's Trust you may be able to benefit from their personal development programmes that help young people improve their skills, confidence and employability through teamwork in the community.



Address: 18 Park Square East, London NW1 4LH

Tel. 0800 842 842

Website: www.princes-trust.org.uk

Mentoring and Befriending Foundation

Mentors provide guidance and support; MBF are able to provide advice and support to individuals and organisations wishing to set up or develop a mentoring programme. It can also assist individuals to find a suitable scheme if you wish to volunteer as a mentor.

Address: 1st Floor, Charles House, Albert Street, Eccles, Manchester M30 0PW
Tel. 0161 787 8600
Email: info@mandbf.org.uk
Website: www.mandbf.org.uk

Time Banking UK

Time Banking UK is a way to link people locally to share their time and skills. Everyone's time is equal, whether you're a plumber or a babysitter: one hour of your time earns you one time credit to spend when you need a helping hand. You can find out more about time banking by contacting them.

Address: The Exchange, Brick Row, Stroud GL5 1DF
Tel. 01453 750952
Email: info@timebanks.co.uk
Website: www.timebanking.org

WRVS

WRVS help people in need who might otherwise feel lonely and isolated. Volunteers play a vital role in everything they do, giving up their time to help other people and to make life better in their communities. You can make a difference to the lives of people in your community and help them to live independently and with dignity. A few hours a week is all it takes to make a real difference.

Tel. 0845 601 4670
Email: enquiries@wrvs.org.uk
Website: www.wrvs.org.uk

Been Inspired to Get Involved?

Thank you for requesting this factsheet - it's great that you've been inspired to consider volunteering - keep watching Community Channel for more ideas. For more information you can always give us a call on our audience hotline on 08708 505 500.

Community Channel, 2ndFloor, Riverwalk House,157-161 Millbank, London, SW1P 4RR
www.communitychannel.org info@communitychannel.org

January 2010