

# Volunteering



**Volunteering is a great way to build your skills, make new friends, improve your community or help someone in need. Whatever you do, make sure you add the experience and skills to your CV or your next application form.**

## **Lots of organisations depend on volunteers:**

- Care homes
- Conservation and nature groups
- Hospitals
- Sports organisations
- St. John Ambulance
- Youth and community groups

## **Volunteering could mean doing a range of things like:**

- Befriending/mentoring other young people
- Clearing a canal
- DJ-ing on a hospital radio station
- Doing an elderly person's shopping
- Sports coaching
- Walking a dog

You could even consider getting involved with your local Connexions service. It's run for you, so we need to know if we are getting it right.

We need volunteers to:

- Plan the re-decoration of the Connexions Centres so that young people feel more welcome and comfortable in them
- Come along to meetings where decisions are made. Give us your views and also represent the views of other young people.

- Tell us what you think of our services
- Interview staff

"We had a great time trying out different colour combinations for the Connexions Centre. The result was fantastic."

"I go into council meetings and get the voice of young people heard. The training and support I got helped me feel less nervous."

If you are interested, contact your local Connexions Centre where staff will be able to offer you support and training. You can also contact us through:  
[enquiries@connexionswest.org.uk](mailto:enquiries@connexionswest.org.uk)

This leaflet signposts to both local and national websites. Talk to your Connexions Personal Adviser or visit your local Connexions Centre for details of other possibilities.

## **Local organisations**

If you're keen you do something in and for your local community try one of these organisations.

- **Volunteer Centre (Bath & North East Somerset Council)** – opportunities in B&NES to volunteer as sports coaches, officials and administrators.  
[www.bathnes.gov.uk](http://www.bathnes.gov.uk) go to Leisure & Culture>Sports, Clubs, Centres>Volunteering
- **Volunteering Bristol** – opportunities in Bristol.  
[www.bristolvolunteers.org.uk](http://www.bristolvolunteers.org.uk)

- **Voluntary Action** – North Somerset – opportunities in North Somerset.  
[www.nsva.org.uk](http://www.nsva.org.uk)
- **Volunteer Centre Yate** – serving the Frome Vale area, which includes Yate, the Sodburys, Frampton Cotterell, Coalpit Heath and the surrounding rural communities.  
[www.yatevoluntarylink.org.uk](http://www.yatevoluntarylink.org.uk)
- **Millennium Volunteers South Gloucestershire** – for 16-24 year olds.  
[www.yatevoluntarylink.org.uk/mv/mvmain.asp](http://www.yatevoluntarylink.org.uk/mv/mvmain.asp)

## **Opportunities for those aged 14 and younger**

Here are some opportunities for younger people. Also, speak to your Connexions Personal Advisers for other ideas.

- **Duke of Edinburgh Award** – activities and volunteering opportunities for 14-25 year olds.  
[www.theaward.org](http://www.theaward.org)
- **Prince's Trust** – If you're aged 14 to 30 and feel stuck, bored, frustrated or held back. Projects to boost confidence, motivation and team-building skills. Projects last between 4 and 24 weeks.  
[www.princes-trust.org.uk](http://www.princes-trust.org.uk)
- **United Kingdom Youth Parliament** – gives 11-18 year olds a national voice that is listened to by politicians. You could be one of 400+ members of the Youth Parliament.  
[www.ukyp.org.uk](http://www.ukyp.org.uk)

## UK and worldwide

There are a huge number of organisations with exciting and worthwhile volunteering opportunities. Your Connexions Personal Adviser will be able to help you decide which one will suit you the best. Here is a small example of those organisations to get you thinking.

- **The British Trust for Conservation Volunteers (BTCV)** – try out their Green Gym option. Get working – get fit!  
[www.btcv.org.uk](http://www.btcv.org.uk)
- **Vinspired** – volunteering opportunities for 16-24 year olds.  
[www.vinspired.com](http://www.vinspired.com)
- **Community Service Volunteers** –  
[www.csv.org.uk](http://www.csv.org.uk)  
T: 0800 374 991
- **Worldwide Volunteering For Young People** – UK and worldwide based opportunities.  
[www.www.org.uk](http://www.www.org.uk)

## Want to do something great?

Want to improve or learn a sport, art or creative activity and make new friends? Positive Activities for Young People could be for you. Taking part will also give you new skills and improve your confidence. Interested? Talk to your Connexions Personal Adviser.

## Connexions Centres in the West of England

### Bath and North East Somerset

28 Southgate, Bath BA1 1TP  
T: 01225 461 501

### Bristol

4 Colston Avenue, Bristol BS1 4ST  
T: 0117 987 3700 Minicom: 0117 907 4514

### North Somerset

45 Boulevard, Weston-super-Mare BS23 1PG  
T: 01934 644443

### South Gloucestershire

21-23 High Street, Kingswood,  
South Gloucestershire BS15 4AA  
T: 0117 961 2760

28-30 Gloucester Road North, Filton,  
South Gloucestershire BS7 0SJ  
T: 0117 969 8101

Connexions Centres are open Monday – Friday.  
Please contact for opening times.

[enquiries@connexionswest.org.uk](mailto:enquiries@connexionswest.org.uk)  
[www.connexionswest.org.uk](http://www.connexionswest.org.uk)

- **1Big Database** – [www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)  
Online directory of services, organisations and groups for people in Bath & North East Somerset, Bristol and South Gloucestershire.
- **MyPlan4Life** – [www.myplan4life.org](http://www.myplan4life.org)  
Provides young people with information they can use to make informed decisions about where they are now and where they want to go.



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Projects to take part in at home  
and abroad