

# VOLUNTEER INFORMATION



## ARE YOU:















- ENTHUSIASTIC AND MOTIVATED?
- NON-JUDGEMENTAL?
- COMPASSIONATE?
- LOOKING FOR A VOLUNTEER OPPORTUNITY?

**THEN WE COULD HAVE THE PERFECT  
VOLUNTEER OPPORTUNITY FOR YOU!**





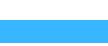

# WHAT IS THE YOUTH WORK SERVICE?

Dumfries and Galloway Council's Youth Work Service deliver activities, programmes, support and events alongside young people aged 12-25 throughout Dumfries and Galloway. We do this in a wide range of settings including online, in schools, outdoors, and within youth centres and community spaces.

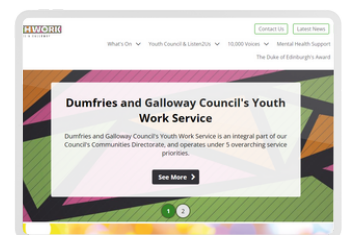
**There are 7 National Youth Work Outcomes that outlines the purpose of Youth Work as activities that support young people to::**

-   Be confident, resilient and optimistic for the future
-   Manage personal, social and formal relationships
-   Create, describe and apply their learning and skills
-   Participate safely and effectively in groups
-   Consider risk, make reasoned decisions and take control
-   Express their voice and demonstrate social commitment
-   Broaden their perspectives through new experiences and thinking

**There are 3 essential and definitive features of Youth Work:**

-   It is voluntary, and young people choose to take part.
-   The work must build from where young people are.
-   It recognises the young person and youth worker as partners in the learning process.

**MORE INFORMATION CAN BE FOUND ON OUR WEBSITE:  
YOUTHWORK.DUMGAL.GOV.UK**



# WHAT IS VOLUNTEERING?

It is estimated that 48% of adults in Scotland have volunteered their time to a cause or organisation they are passionate about.

Volunteering is one of the most rewarding things you can do and it is defined as choosing to give your time to something that will help others – this could be people, animals, your wider community, a cause or the environment.

Volunteering is a choice. A choice to give time or energy, a choice you make of your own free will and a choice not motivated for financial gain.

Volunteering with the Youth Work Service looks different from person to person as volunteer experiences are tailored to each person that chooses to get involved. This booklet provides you with an overview of the different roles available and information on how you can register your interest in becoming a volunteer.



## REASONS TO VOLUNTEER?

It can bring enormous benefits and enjoyment, not only to the people for those you volunteer to help, but also for you.

We know that, among other things, **volunteering increases social and civil participation, empowers communities, and reduces loneliness and isolation. It can also improve people's mental and physical health, support the development of skills for life and work, and help people feel more connected to their community.**

Practically, volunteering is also a great way to build up your own experience, undertake training, connect with others, and make new friends. It can support people who are looking to move into employment, change their career, and those interested in further study.



# WHAT VOLUNTEER OPPORTUNITIES ARE AVAILABLE THROUGH THE YOUTH WORK SERVICE?

**There are loads!** There are opportunities for people to support the delivery of universal groups that are open to all young people, and more targeted groups including provisions for young people with additional support needs and disabilities, parent groups etc.

We also have a wide range of opportunities for individuals looking to volunteer their time to share their interests and expertise, which could include outdoor education and expeditions through the Duke of Edinburgh's Award, cookery, sports, art and design, gardening... the list could go on!

And finally, we have opportunities for people who are interested in events, from the planning and organising of activities to the delivery of events with young people.

## Your volunteer experience could involve any of the below:

- Supporting the delivery projects, groups and events in your local area. These could be during the day, after-school, during the evenings or at weekends (depending on your availability).
- Supporting the local or regional delivery of the Duke of Edinburgh's Award. This could be as:
  - A leader or helper providing support to young people to complete their award and learn the skills needed for their expedition.
  - An expedition assessor or supervisor, providing support to young people and leaders whilst out on expedition.
  - Equipment store person who provides support to maintain the kit that is used by young people out on their expedition inc. tents, rucksacks, cooking equipment etc.
  - Awards Association member who would provide support to the regional Awards Association i.e. fundraising, accounts etc.
- Behind the scenes assistance that enables services to run. This could include:
  - Assistance of building duties and maintenance, set-up and take-down.
  - Set up, take down and assisting in the running of events out in the community.
  - Administrative roles.



# HOW CAN I VOLUNTEER?

We run a Young Leader programme for young people aged 14-18 and an Adult Volunteer programme for people aged 18+ that is open to any person to sign up to.

**01** Complete the Volunteer Expression of Interest

**02** Meet with us to talk about what you want to get out of volunteering, the time you have to commit, the roles available and what's involved

**03** Take part in the necessary training

**04** Start volunteering!



For our volunteer programmes, the training aspect will vary depending on the role you would like to do with the minimum time required for training being 4 hours. This is to ensure you are aware of the what's expected, the support that will be provided to you as a volunteer, the code of conduct and that you have the chance to meet with the people you'll be volunteering alongside.

First and foremost, our priority is ensuring we are supporting and providing opportunities and safe spaces for young people across the region.

As a result we are not able to support people into volunteering if they are unable to complete the relevant training and information sessions.

Adult volunteers will also be required to apply to (or update if an existing member) the Protection of Vulnerable Groups (PVG) membership scheme – the costs associated with this will be paid by the Youth Work Service.



<https://forms.office.com/e/U5usJYC6N2>



**YOUTHWORK**

DUMFRIES & GALLOWAY

# VOLUNTEER INFORMATION BOOKLET

## **MORE INFORMATION:**

**YOUTH.WORK@DUMGAL.GOV.UK**

**01387 260243**

**@YOUTHWORKDYG**

**YOUTHWORK.DUMGAL.GOV.UK**

