



Are you interested in volunteering and under 18 years of age?

It can be a little harder to get involved in volunteering if you are under 18 because not all opportunities may be available to you.

However there is no denying that young people add value to the work of various charities...

You can read a little bit more about the legal stuff [HERE](#).

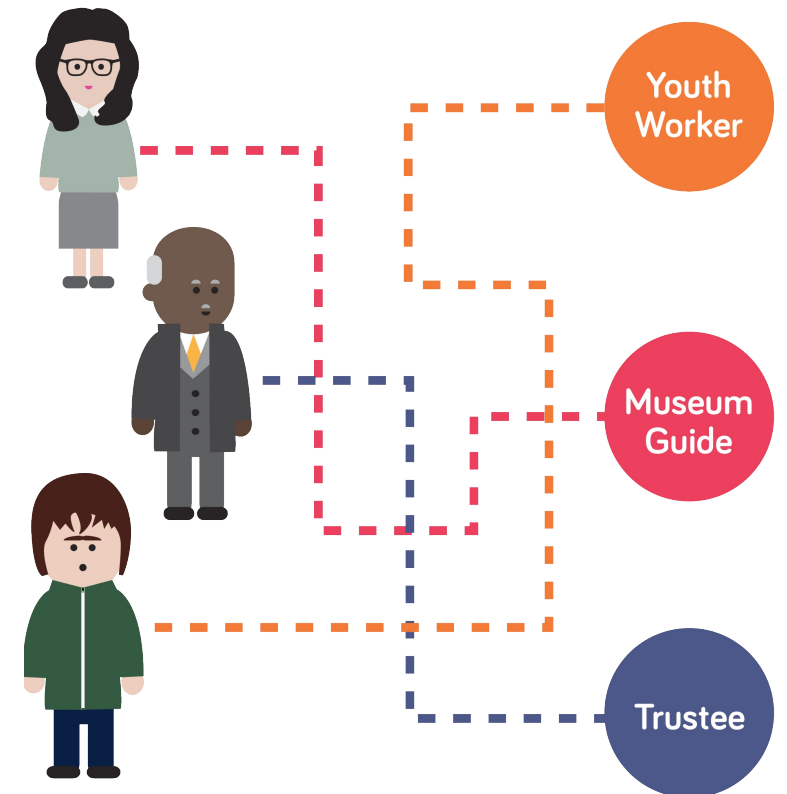
We hope you find this guide useful!...

Take some time and think about it...

Since there are certain legal and time limitations/commitments faced by young volunteers' there are some more flexible commitments which may a good starting point for you.

You might want to consider:

- event volunteering
- conservation work
- after school clubs
- Youth Clubs
- Charity shops
- Youth forums/ discussion panels
- Sport clubs opportunities
- Art/ music volunteering



You can also refer to the National Volunteering Database to search for relevant volunteering opportunities at:

www.do-it.org

You might also like to research and look to:

- Virtual volunteering (those you can do from home: managing social media content, looking after a website, **micro-volunteering**, etc.)
- Volunteering projects taking place at your schools; *you can think about developing a campaign with the help of your like minded peers under the schools' supervision*
- Summer holiday projects. e.g. **The challenge, National Citizen Service**
- Local faith groups

You may also contact national charities which have specifically designed youth programmes or are focussed entirely on under 18's:

British Red Cross take volunteers from 15 and up.

British Youth Council aims to get young people heard. They offer campaigning and volunteering for under 25 year olds.

Duke of Edinburgh is a programme of personal development for 14-25 year olds, but volunteering plays a key part.

Girlguiding UK. Becoming a Young Leader is a great way to gain new skills, get involved in your local community and have loads of fun.

Giving Nation supports over 50,000 young people to undertake social action projects in their communities and teach about charitable giving and social action in secondary schools and alternative education settings.

Junction49 is a TimeBank project that lets you to decide what to do as a volunteer. use the website to set up a project, event or campaign for an issue you care about.

National Trust has a Youth Discovery programme for 16-18 year olds, delivered mostly at weekends.

Prince's Trust has projects for 14-30 year olds to get involved with.

Raleigh International offers overseas expeditions, some of them especially for 17-24 year olds. However, you may be asked to fundraise before you go.

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- Sport clubs opportunities
- Art/ music volunteering

Scouts. You don't have to be an adventurer like Bear Grylls to get involved with Scouting. Do you have first aid knowledge? Are you good with numbers? Handy in the kitchen? Or are you a DIY whizz? We all have useful skills and you can volunteer and help in many ways.

St John Ambulance take young people aged 10-17 to join one of their Cadet units which operate throughout England. These are a great way for teens and young people to take part in volunteer work and learn valuable life skills.

Sue Ryder charity shops take volunteers from age 14 (you will need consent from a parent or legal guardian if you are under 16).

UK Youth Parliament is another way for you, if you're 11-18 years old, to use your voice to make change happen.

V-inspired is a brokerage site which connects young people with volunteering Opportunities.

WRVS supports older people in their communities and is keen to take on volunteers from 14 and up.

We hope that you can find something interesting from this list and wish you every success with volunteering!

For more information:

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