



Every single volunteer makes a huge difference. Together, you can help us give vulnerable children in the UK a safe and happy childhood.

## How to get involved

Thanks for thinking about volunteering with us. The next step is to get in touch and let us know how much time you can give. We'd also love to hear about the type of volunteering you're interested in.



You can contact us on:

**Phone:**

**Email:**

**Project:**

**Roles available:**

You can also take a look at volunteering opportunities on our website:  
[actionforchildren.org.uk/support-us/volunteer-with-us](https://www.actionforchildren.org.uk/support-us/volunteer-with-us)



## Safe and happy childhood



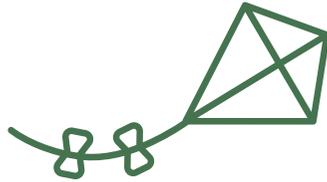
Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.



# Lend a hand

Do something extraordinary with your spare time: **volunteer with Action for Children**

# Volunteering changes lives



## Volunteer with us and you'll make a big difference to children's lives.

You'll get lots out of it, too, including the chance to:

- Meet like-minded people.
- Learn new skills.
- Take on exciting challenges.
- Boost your CV.
- Build your confidence.
- Learn more about the young people we support.
- Be part of a special family of more than 2,500 volunteers.



## About Action for Children

We believe that every child should have a safe and happy childhood, and the foundations they need to thrive.

We work in 503 local community services, in schools and online. We want to improve the lives of vulnerable children, young people and families in the UK. We do this by building solid foundations and spotting problems early.

This means parenting classes, nurseries and children's centres. It's providing breaks for young carers, and extra help for disabled children. It's supporting young people at risk of homelessness.

We bring mental health workshops to schools. We're there for parents who need advice. We find foster homes for children in need of a loving family. And we campaign for lasting change.



## How can I help?

- You could volunteer at one of our warm and welcoming children's centres.
- You could mentor a young person or give one-to-one support to young carers or parents who need a bit of extra help.
- You could use your skills to help with the day-to-day running of a project or service.
- You could help out at one of our fundraising events.

*"Some of the children we work with would love someone to simply kick a football with, who listens, and who understands."*



## What skills do I need?

You've probably already got lots of the qualities we're looking for: energy, enthusiasm, empathy, great listening skills, and a passion for making life better for children. These things are all really important.

In terms of practical skills, you might be able to drive a van, be good at administrative tasks, or have experience looking after people. Our volunteers have all sorts of different skills – we'd love to hear yours.



## What support will I get?

You'll get a full Action for Children induction when you start. One of the team will support you through your training and volunteer placement. We'll also pay expenses to make sure you're not out of pocket.

## How much time do I need to give?

It's completely up to you. Some of our volunteers give two hours a fortnight; others commit to two or three days a week. Some people help out at one-off fundraising events when they're free.

