

Are you interested in volunteering but not 16 yet?

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 also have a look at some of the legal issues and limitations that young people face when volunteering:

- Children under the age of 15 are allowed to volunteer for 2 hours per day on a school day and 12 hours per week during school term. They are allowed to volunteer 5 hours per day on a non-school day and 25 hours a week during school holidays. They are allowed to volunteer for 2 hours on Sundays.
- Children aged 15 and over, but under school leaving age, are allowed to volunteer for 2 hours per a day on a school day or 12 hours per a week during school term. They are allowed to volunteer 8 hours per a day on a non-school day and 35 hours per week during school holidays. They are allowed to volunteer 2 hours on Sundays.
- These hours must be between 7am and 7pm and must be generally in school hours. They need to be given an hour break if volunteering for more than 4 hours. Also, a child under the school leaving age must have at least a two week break from any form of activities a year. Volunteering cannot be a reason for being absent from school.
- Consent from a parent or a guardian should be obtained before a person under the age of 18 starts volunteering.
- Under 16s cannot have a DBS check carried out on them and are prohibited from making house to house collection for charities.
- 16-17 years old have not restriction on the number of hours they volunteer, as long as they remain in part time training or education until they are 17.

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 with your search for your dream volunteering role.

Please have a look at some of the tips and suggestions below which will help you at the beginning of your journey to find a great volunteering role.



Supporting our Voluntary and Community Sector
Volunteer Centre Manchester is part of Macc.

Volunteer Centre Manchester
c/o Macc, 3rd Floor, Swan Buildings, 20 Swan Street, Manchester, M4 5JW
T: 0161 830 4770, Facebook: VCMOfficial, Twitter: @VolunteeringMcr

Macc is a registered charity in England and Wales no. 1145921 and a company limited by guarantee no 7788593



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

Use the search box on the National Volunteering Database www.do-it.org.uk to find out relevant volunteering opportunities in your chosen category.

You can also have a look at:

- Virtual volunteering (those you can do from home: managing social media content, looking after the 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, you can find out more about their roles by clicking the link.

[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. You can do a qualification which looks great on your UCAS form too.

[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. For people aged 14-25, use the website to set up a project, event or campaign for an issue you care about. Through the site you can get advice, find other volunteers and sometimes even funding for your own project.



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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.

- Youth forums/ discussion panels
- 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. If you are 14 (male or female) and over and want to Scout, then **head along to the website to volunteer**

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! Have fun ☺

For more information please visit **www.volunteercentremanchester.co.uk**



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