

# Charities and Organisations

- Barnardo's transforms the lives of the most vulnerable children across the UK. They are committed to provide better outcomes for more children, and need volunteers to support in all areas of their work.

- Shops: Roles include customer service, sorting donations and merchandising. 14+

Fundraising: Fundraise for the charity. 14+

Contact: 0208 498 7320 or [volunteering@barnardos.org.uk](mailto:volunteering@barnardos.org.uk)

[Apply online or find out more here](#)

- Blue Cross find happy homes for abandoned or unwanted pets and keep pets healthy by promoting welfare and providing treatment in their centres.

- Retail volunteer: Help in a charity shop. (14+)

Pet care: Support the team with looking after pets in their care. 14+

Contact: 0300 777 1897

[Find out more here](#)

- British Heart Foundation has lots of flexible volunteering activities that can be carried out as part of your volunteering section and some of these can be carried out if you are under 16 (their shop roles are 16+)

- [Download the fundraising pack](#) to help with planning.

There are lots of fun and unique ways to fundraise for the British Heart Foundation, [this is a good place to start](#).

[Look at their A-Z of fundraising ideas](#) for inspiration.

- A popular activity is a sponsored challenge. For example, a sponsored step / walking challenge for the 1 hour a week required for the volunteering section. Take a look at the [DofE page](#) to get some ideas.

Contact: [dofe@bhf.org.uk](mailto:dofe@bhf.org.uk)

- [The British Red Cross](#) aims to help people, wherever and wherever they are, in times of crisis.

- Retail volunteer: Volunteers in one of their shops. (15+)

Contact: [GMountain@redcross.org.uk](mailto:GMountain@redcross.org.uk) or contact your local shop.

First Aid Champion: Be part of the new generation of lifesavers with the British Red Cross and train independently to be a First Aid Champion and volunteer in your school to teach the skills children and young people need to save a life. [Learn more here](#).

Fundraiser: Fundraise for the charity. (15+)

- [The Canal and River Trust](#) is a charitable trust that was set up to look after the waterways of England and Wales.

- Conservation Volunteer: There is a wide variety of conservation based opportunities around the canal and river network. (13+)

Contact: 0303 040 4040

- [Cats Protection](#) helps around 200,000 cats and kittens every year thanks in no small part to its network of over 250 volunteer-run branches and over 30 centres.

- Retail roles: 'Bookworm' shop volunteer (14+), 'Love to tidy' shop volunteer (14+), 'People person' shop volunteer (14+)

Adoption centre only roles: Cat care volunteer (14+), Cat desensitisation volunteer (14+), Kitten socialisation volunteer (14+)

Fundraising roles: Fundraising events helper volunteer (16+), Fundraising volunteer (16+)

Contact: [volunteering@cats.org.uk](mailto:volunteering@cats.org.uk)

- The [Countryside Restoration Trust](#) is the UK's leading charity promoting wildlife-friendly farming and campaigning for a living, working countryside.

Volunteer Support Groups: Support Group working parties help with tree and hedge planting, painting gates, clearing scrub, erecting nest boxes etc. (14+)

Contact: 01223 262999, [info@countryside-restoration-trust.com](mailto:info@countryside-restoration-trust.com)

- By volunteering with [GirlGuiding](#), you can help girls build their confidence, learn new skills and have loads of fun – all while benefiting from the adventure and opportunities guiding has to offer. Under 16? You can volunteer with them from age 13 upwards – join today as a young leader, for your DofE as a young external volunteer or a peer educator. All great ways to be a force for good! Become an inspiring role model for their members and help empower girls to be their best.

- **Unit Helper:** for Rainbows, Brownies or Guides. (13+)

**Peer Educator:** talking about issues/deliver sessions in local units

Check out their '[Register Your Interest](#)' page for more information about how to get involved

**Contact:** [infoteam@girlguiding.org.uk](mailto:infoteam@girlguiding.org.uk)

- Kissing it Better is a healthcare charity that offers supported volunteering opportunities, so you can use your talents to light up the day for older people in hospitals and care homes. Kissing it Better gives you the chance to use your creative skills to engage, entertain and delight older people in healthcare settings. You will work with groups of other students, and always be supported by a member of KiB. This is a fantastic opportunity if you're keen on a career in healthcare, medicine, or working in the third sector.

- **Category:** Helping others

**Age:** 14+

**Where:** West Midlands ([too far away?](#))

**When:** Flexible, depending on projects

**Contact:** [mail@kibmail.co.uk](mailto:mail@kibmail.co.uk) / [susan.wallskib@gmail.com](mailto:susan.wallskib@gmail.com),

- Leonard Cheshire Disability supports individuals to live, learn and work as independently as they choose, whatever their ability. Led by people with experience of disability, they are at the heart of local life – opening doors to opportunity, choice and support in communities around the globe.

- **Social Action Volunteer:** Lots of ideas for short and flexible volunteering for people who want to do a range of different volunteering. (13+)

**Contact:** Jocelyn Cole – 07793 801512 / [socialactionvolunteers@leonardcheshire.org](mailto:socialactionvolunteers@leonardcheshire.org)

- The National Energy Foundation (NEF) is an independent charity which aims to give people and organisations the knowledge, support and inspiration to improve the use of energy in buildings.
- **Energy Envoys:** Set up an exciting project to help your community use energy more wisely, save money and help to save the planet. (14+)
- Oxfam is a global movement of people who share the belief that, in a world rich in resources, poverty isn't inevitable. It's an injustice which can, and must, be overcome.
- **Charity shop volunteer:** Many exciting opportunities, including selling music online, merchandising vintage clothes and researching books. (14+)  
Contact your local Oxfam shop.

**Youth Ambassador:** As a Youth Ambassador, Oxfam will help put ideas into action and make them a reality, whether that's holding a school assembly or event, getting in the local paper, meeting a local MP or going to parliament. (14+) **Contact:** education@oxfam.org.uk

- RDA's horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK. Its network organises activities for up to 28,000 people each year.
- **RDA Volunteer:** Support individuals with a disability to take part in riding, carriage driving or vaulting at your local RDA group. (12+)  
**Contact:** volunteer@rda.org.uk

- VAL Volunteering (Voluntary Action Leicestershire) – volunteer.org.uk

- RVS is a national charity delivering practical support for older people through the power of volunteering, with 45,000 volunteers working throughout England, Scotland and Wales.

- **Community café volunteer:** Make friends and gain experience in a catering environment while enriching the lives of older people. (14+)  
**Contact:** 0845 608 0122

**Community club volunteer:** Help organise and lead activity sessions at local centres to offer older people the opportunity to meet others and enjoy regular social engagements. (14+)

**Contact:** 0845 608 0122

- RESOLVEit's voluntary community challenges help young people understand the importance of personal safety; the challenges they may meet on a personal level, in their local community and school and how to have a positive impact on others around them. RESOLVEit has created a guided framework that will offer DofE participants the opportunity to educate their local community in matters of personal safety and self-defence whilst expanding their personal skill set. Volunteering with them involves creating a personal safety event and a social media campaign! They believe everyone has the right to feel safe.

- **Contact:** dofe@resolveitcic.co.uk

- Sanctuary Care is all about making sure our residents have the best time ever, filled with awesome moments and amazing memories. We believe that everyone deserves to live a joyful and fulfilled life, and that's exactly what we strive for. As a Volunteer Befriender, you won't be responsible for direct resident care, but you'll be there to offer some extra support.

You can make their home even cosier by simply chatting, listening, or reading together. You can also run errands or go on quick walks together, and of course, join in on the fun activities like games and singing. It's a fantastic opportunity for those aged 13 and above to make a meaningful difference and create wonderful connections (13+).

- Contact: [care.volunteer@sanctuary.co.uk](mailto:care.volunteer@sanctuary.co.uk) / 07484 547035
  - St John Ambulance are the charity that steps forward in the moments that matter, to save lives and keep communities safe. We put young people at the heart of communities and as we celebrate the centenary of our Cadet programme, more young people than ever will be qualified and ready to be active health citizens, role models and next generation health professionals.
  - **Community Advocate:** As a St John Ambulance Community Advocate you will help to raise the profile of first aid within your local community by helping us spread awareness of the first aid message, through the delivery of a 1-hour lifesaving skills workshop. (14+)
- Virtual Fundraising:** Raise money and help save lives from the comfort of your own home. St John Ambulance is a charity so we rely on your donations to engage more young people in first aid, train and equip our volunteers, run our ambulances and, ultimately, keep your communities safe.
- Contact:** [DofE@sja.org.uk](mailto:DofE@sja.org.uk)
- St Barnabas Hospice is a local independent charity and every year they support more than 9,000 people across Lincolnshire. They deliver free, high-quality, compassionate end-of-life care and support to adults living with a life-limiting or terminal illness, their family and carers. They offer the patient and their family hospice care and support via: specialist in-patient care, community 'hospice at home' service, day therapy, physiotherapy, occupational therapy & complementary therapy, welfare advice & support and bereavement support. All the services are free.
  - **Retail Volunteer:** You will provide excellent service to customers who purchase from and donate to our shops. You will receive and process donated goods, steam and prepare clothes for sale and encourage Gift Aid. Rotation and restocking of items for sale as well as pricing following guidelines. You will represent and pass on information about hospice services and help the Retail Department support the work of the Hospice. You will be able to merchandise attractive displays, sort donations, use the till and work as part of a committed team of volunteers helping to raise the funds that allow us to offer the excellent specialist palliative and end of life care that we are known and celebrated for.
- Contact:** [volunteering@stbarnabashospice.co.uk](mailto:volunteering@stbarnabashospice.co.uk) / 01522 518221
- The Organic Cookery School is a not for profit community cookery school which offers DofE approved volunteering and skills activities to young people across the UK. Their '*Community Chef Award*' offers Bronze, Silver and Gold participants the chance to use their cooking skills and enthusiasm to benefit their local community over 3, 6, 12 or 18 months, as well as gaining a level 2 food safety and hygiene qualification. Recent participants have volunteered in local food banks, cooked for homeless shelters, organized bake sales for their preferred charities, cooked for elderly or vulnerable neighbours, or provided healthy packed lunches in school holidays to local children who would normally receive free school lunches. Suitable for young people aged 13 years +
  - **Contact:** [courses@organiccookeryschool.org](mailto:courses@organiccookeryschool.org)
  - **YHA** provides budget accommodation for individuals, families and groups. They aim to inspire all, especially young people, to broaden their horizons, gain knowledge and independence.
- Contact:** 01629 592 562, [volunteers@yha.org.uk](mailto:volunteers@yha.org.uk), or speak to your local hostel.
- **Coleman Community Association's Foodbank** – open every Sunday 11-12pm. Coleman Lodge, The Wayne Way LE5 4PP 07774185151 [foodbank@colemancommunity.co.uk](mailto:foodbank@colemancommunity.co.uk)
  - **Leicester Employment Hub**, <https://www.leicesteremploymenthub.co.uk/job-seekers/volunteering/>

- **Leicester City Council**, <https://volunteer.leicester.gov.uk/opportunities/>
- **British Youth Council**, <https://www.byc.org.uk/uk/nhs-youth-forum/youth-volunteering>
- **Princes Trust**, <https://princes-trust.org.uk/help-for-young-people/who-else/volunteering>
- **Volunteer Now**, <https://www.volunteernow.co.uk/volunteering/youth-volunteering/young-volunteers/>
- **Young Leicestershire**, <https://youngleicestershire.org.uk/get-involved/>
- **Fare Share**, <https://fareshare.org.uk/volunteer/>
- **Cancer Research UK** <https://www.cancerresearchuk.org/get-involved/volunteer>
- **British Heart Foundation** <https://www.bhf.org.uk/how-you-can-help/volunteer>