



**Youth  
Action**

# Winter Programme

## Dec 2017 - March 2018

Volunteering Opportunities for  
13 - 19 year olds in Bedfordshire

[www.youthactioncentral.org](http://www.youthactioncentral.org)





Where  
Volunteering  
Counts

## Make a difference today

Hi everyone,

This season we supported a group of young people to deliver a mental health project that will shape how healthcare services approach mental health for young people. We will also be supporting two Christmas projects provided by Samuel Whitbread Academy and Vandyke Upper school.

We have also assisted several young people into volunteering who expressed an interest in our one-to-one service. Always keep this in mind if you need a little confidence boost to access volunteering.

We have built strong connections with the Houghton Hall project which will provide young people with more volunteering opportunities and added four more opportunities to our programme.

Look out for the events coming up during the winter break and let us know if you want to get involved.

We are almost ready to release our first podcast episode in January, it just needs a little fine-tuning!

Have a look through our programme and email [info@youthactioncentral.org](mailto:info@youthactioncentral.org) or call **01234 354366** to tell us what you want to get involved in.

If you are not sure what to try, why not contact us for a chat?

## Life begins at the edge of your comfort zone!

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Registered Charity No 1091423  
Part of Community and Voluntary Service



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# What's happening at



**What?** We are always looking for guests for our Youth Action Podcast (YAP).

A podcast is a recorded free-flow conversation which can then be downloaded or streamed.

Pretty much anything can be discussed with volunteering as a starting point.

You can also count this towards your volunteering hours because your experiences can be of benefit to other young people.

We'd love to hear from you, particularly if you have been volunteering and you want to share your experience so please contact us

**Where & When?** We'll arrange a meeting point which could be during your school lunch break.

13 years+

## Social Action Projects

Do you have an idea that can improve your school or community?

Youth Action will help you turn it into a reality.

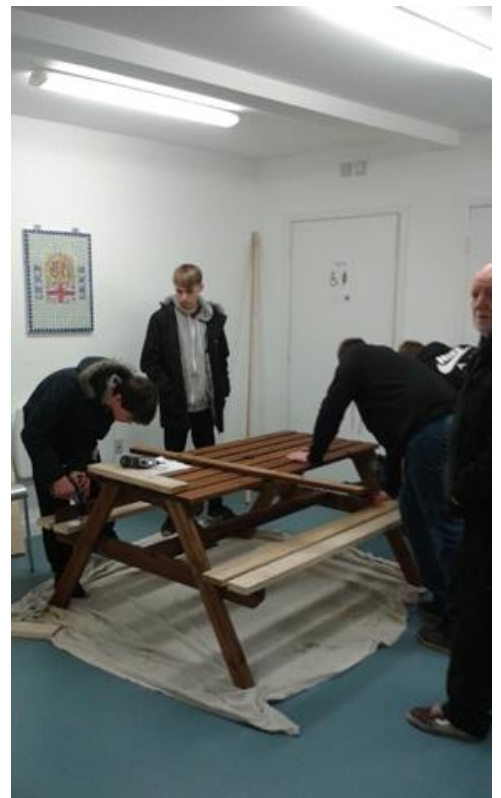
Gather together a group of your friends and talk to us about your project.

Delivering your own project is rewarding and counts towards your volunteering hours.

Funding is also available for larger projects.

13 years+

For more info see page 43.





# Events



**Incredible Edible  
Dunstable**

**Sat. 16th  
December  
1pm—3pm**

**Come and help turn the  
Incredible Edible garden  
into a winter wonderland!**

**We will be putting up Christmas  
decorations before celebrating all of this  
year's hard work with a Christmas party:  
nibbles, hot drinks and music.**

**Come and hang a bauble in  
memory of a loved one.**

**MP Andrew  
Selous will be  
opening the  
celebrations  
1—1.15pm**

**Bring nibbles**

**Bring old  
decorations**

**Co-founder of  
Incredible  
Edible, Pam  
Warhurst will  
be joining us!**



**Dunstable**

**35-37 Katherine Drive  
Dunstable LU5 4NP**

**TESCO**

**For more info contact  
Sahira Ward  
07905 116623**



**Find us on facebook**

**[incredibleedible395@gmail.com](mailto:incredibleedible395@gmail.com)**



## Youth Ranger Sessions



**What?** Start the year as you mean to go on! Improve your CV, learn new skills, meet like minded people and help local wildlife. Tasks involve using tools, making bonfires, and wildlife surveying.

**When & Where?** 1pm to 3:30pm on Wednesday 20th December at Blow's Down, meeting at the Half Moon Lane entrance, LU5 4AE.

Another will take place on Wednesday the 14th of February from 1pm to 3:30pm, location to be confirmed.

Contact Sarah on 01525 874317 or [toddington@wildlifebcn.org](mailto:toddington@wildlifebcn.org) for more information prior to attending.

13+

## Bedfordshire Football Association

**What?** The FA has a football leadership and volunteering programme for young people. Opportunities exist to gain football related qualifications. The opportunities include a range of activities from assisting with coaching or running a team, acting as the press officer for a junior league, developing a film to promote a new activity, social media tasks, supporting events, refereeing or being a respect ambassador.



**Where & When?** Monday 12th and Tuesday 13th of February 2018, 9am to 5pm.

For further information: [marc.dicarlo@bedfordshirefa.com](mailto:marc.dicarlo@bedfordshirefa.com)

13 years+

## Keech Hospice Care



**What?** Various roles supporting events such as Santa Runs and Smiley Sam during the Christmas period.

**Where & When?** South Bedfordshire. Varied dates/times.

14 years+

# Media and Publicity



**Lots of charities and organisations need help with getting their events and fundraising opportunities publicised.**

**If you love social media, have good writing skills or take great photographs and you are quick to learn new technology and systems, why not try your hand at one of the new opportunities listed below:**

## Who with?

## Where?

## What?

4YP	Dunstable	Social media, updating webwatch and training information.
Families United Network	Luton	Social media
Sue Ryder	Moggerhanger	Social media, website updating/improving, copy writer, photography
Carers is Beds	Bedford	Social media
Leonard Cheshire	Amptill	Social media
Outside In	Shefford	Social media
Path to Recovery (P2R)	Bedford	Social media
Aldwyck Housing	Dunstable	Social media
First Place training	Bedford	Social media
Aragon Housing	East Bedfordshire	Social media, photography
Youth Action	Bedfordshire	Event photography



# CHILDREN

## Girl Guiding Volunteers Youth Leaders



**What?** Interested in working with children or young people? Lend a hand at your local Rainbow or Brownie group. Learn new skills, gain confidence and make friends while giving back to your local community. Youth Leaders are needed to help run meetings, events and activities for young people.

Training and qualifications are also available including first aid and leadership.

**Where?** All over Bedfordshire.

**When?** A variety of dates and times are available from Monday to Friday, one night a week from 5pm to 9:30pm.

14+ years

## Play Assistants for Kids in Action



**Kidz in Action**  
children's charity  
registered charity no 1053470

**What?** Volunteers are needed to help run play sessions with children with learning disabilities and support the running of the coffee shop.

**Where?** Dunstable, LU5 4SB

**When?** Every Saturday between 10am and 4pm. Half terms on Tuesdays and Thursdays and Wednesday evenings.

16+ years

## Children's Book Club Assistant

**What?** Volunteers can help children between 4 and 9 years old to choose books, read stories and listen to stories as well as have discussions.

**Where?** Hockliffe Lower School

**When?** Every Saturday between 10am and 4pm

18+ years

## Woodcraft Folk

**What?** Volunteer Assistants are needed to help out with fun sessions for children who are part of the Woodcraft Folk groups.

**Where?** Leighton Buzzard LU7

**When?** Mondays 6.30 to 9 pm

16+ years



## Reading Partners in School

**What?** Volunteers can help children between 4 and 9 years old to choose books, read stories and listen to stories as well as have discussions.

**Where?** Houghton Regis Primary School, Leighton Buzzard, LU7

**When?** Flexible times on week days in school term time

16+ years

## Children's Support Volunteer

**What?** Support Children's Centre Staff with setting up and clearing away for groups and activities. Playing and interacting with children, supporting with craft and messy play activity. Preparing snacks and refreshments for families. Talking to and providing information to families about Children's Centre support.

**Where?** Stotfold, SG5 4DL

**When?** Monday to Friday 9am - 5pm.

18 years +





**What?** Aragon are running the Kids Run Free events which encourages young children to get involved in exercise activities. Volunteers support with leading warm ups, stewarding, set up and pack up. Aragon are also looking for keen sports people to create new activities for children.

**Where?** Millennium Park, Purcell Way, Shefford, SG17 5RY

**When?** Every 1st and 3rd Saturday of the month 8:30am to 10:00am running throughout the year.

13+

## Creche Support



**What?** YMCA run MAGIC KEY learning courses and need volunteers to support the under 5s crèche. Tasks include reading books and playing with the children. Training offered, bus/train fees paid for and a Level 1 Childcare qualification is on offer for those that show a strong commitment.

**Where?** Houghton Regis, Stotfold and Leighton Buzzard.

**When?** Various times throughout the year. Approximately 2.5 hours per week.

16+

## Reading Support



**What?** Beanstalk is a national charity that recruits and trains people to support children aged 5 - 11 with their reading.

**Where?** All over Bedfordshire

**When?** During school hours at a school within 5 miles of your home. 30 minute sessions. Up to two hours, twice a week.

17+

# YOUTH

## Youth Volunteering

Various times and days

Volunteers needed to support a wide variety of activities through the Community Development Team at Aragon Housing Association. Many activities involve engaging with the public, mainly young people and there are lots of fun and creative things to do. Aragon will also be involved in various fetes galas and carnivals throughout the year.

16 years +



## Youth Club Volunteer

**What?** Aragon Housing together with Shefford Town Council run a youth club twice a month at The Hive and need enthusiastic volunteers to support the activities.

**Where?** SG17 5HQ

**When?** Tuesdays, every fortnight between 6pm and 9:30pm.

13+ years



## Youth Club Volunteer

Various times and days

Arlesley, Shefford, Stotfold, Sandy, Biggleswade, Leighton Buzzard, Dunstable and Houghton Regis

Supporting young people aged 12+ to get involved in a variety of activities while gaining experience in a youth work setting. Optional training available.



16 years +

## Youth Club Volunteer

Thursday evenings during term time, 5:30pm-8pm

The Old School in Flitwick

Volunteers needed to work with young people aged 9-13 years with a variety of youth club activities including football, table games and tea and coffee serving.

In need of fund-raising projects (i.e. open mic, quiz nights)

16 years +







## Support Volunteering at Volunteer Centre Bedford

**Weekdays and some weekends**

Volunteers needed to be part of our Youth Action team with various tasks including manning stalls, office admin and attending community meetings and events. We are also looking for guests on our podcast (YAP) so please get in touch.

Travel expenses paid

### Youth Ambassador

If you are at school and have had some experience with volunteering, we are looking for young people to promote volunteering within your school. We will supply you with what you need and support you with training.

14 years +



## Volunteer Youth and Community Worker

Supported needed for projects accessed by 7 - 16 year olds

**Monday** - *Sele Farm Community Centre, 6pm to 8pm*

**Tuesday** - *Great Denham Community Hall, 6pm to 8pm*

**Wednesday** - *Leighton Buzzard Youth Club at Astra Park, 5pm to 7pm*

**Thursday** - *Hilltop Court Youth Project, Luton, 5pm to 8pm*

**Friday** - *The Youth Hub, Houghton Regis, 5pm to 9:30pm*

13 years +

Role	When	Description	Age
Volunteer Youth Worker - Hanger 34	Wednesday evenings	Delivery of a 12+ youth programme	18+
Assistant Volunteer Youth Worker - Hanger 34	Wednesday evenings	Assisting at the seniors club	Up to 18
Volunteer Youth Worker - Youth Club	Thursday evenings	Delivering a programme to 8 - 12 year olds	18+
Assistant Volunteer Youth Worker	Thursday evenings	Helping at the junior youth club	14+
Volunteer helper - Tiny Troopers (parents and tots group)	Tuesday mornings	Support parent with setting up, packing away and running activities.	18+
Youth Representatives	Various	Supporting a forum that acts as a voice for young people	Up to 18
Event supporters	Various	Supporting events at the base	18+

**For more information contact Adam:**

**[info@youthactioncentral.org/](mailto:info@youthactioncentral.org/) 01234 213100 / 07508 113009**

RAF Henlow is off the A600 based between Henlow and Lower Stondon, Bedfordshire and easily accessible by car.  
Nearest train station - Hitchin / Arlesey and bus routes run until around 6pm.



## Event Support



**What?** Hear2Listen is the local provider for the National Citizen Service (NCS) programme; a project that supports 16 and 17 year olds with personal growth and social action. Volunteers are needed to support the general running of the events that run throughout the year.

**Where & When?** Primarily in the Bedford area during the autumn, winter and summer school holidays.

Training provided. And expenses covered.

16+



## Event Support



**What?** The MK Dons also provide a National Citizen Service (NCS) programme; a project that supports 16 and 17 year olds with personal growth and social action. Volunteers are needed to support the general running of the events that run throughout the year.

**Where & When?** Primarily in the Milton Keynes, Northampton and some of the west Bedfordshire area during the autumn, winter and summer school holidays.

Training provided. And expenses covered.

17+

# ANIMALS

## Elisabeth Curtis Centre For Disabled Riders

**What?** To help with riding sessions - grooming ponies, tacking up, assisting riders. You will start off as side walkers and then we can train you to cover other roles such as tacking up, turning out, grooming etc. You will need to be physically fit and able to walk around for at least half hour. You must be happy around horses.

**Where?** Elisabeth Curtis Centre For Disabled Riders, Bromham, MK43 8HP

**When?** Monday, Tuesday, Wednesday, Thursday & Saturday

14 years+

## Shortmead House

**What?** Volunteers needed for a wide range of activities to make a difference to the grounds of Shortmead House. Activities include tree care, path maintenance, mulching & polytunnel horticulture, working on the lake and with the animals.\* Great opportunity if you like working outdoors with other young people!

**Where?** Shortmead House, Biggleswade, SG18 0FG

**When?** Monday, Wednesday & Friday, 9.30am - 6pm. Volunteers can attend half days or a session after school/college from 4pm - 6pm.

13 years+

\*Please note: Not all activities will involve working directly with animals.



## Appledown

## Boarding Kennels

**What?** Dog walking, cat fussing, grooming, cleaning and general support at the kennels

**Where and When?** Dunstable, LU6 1QY

18 years+



## Volunteer Dog walking

### Short-Term Animal Fostering

**What?** Supporting elderly or house-bound people with their pets

**Where & When?** Visit their website to see if there is a need in your area on:

[www.cinnamon.org.uk/volunteers/](http://www.cinnamon.org.uk/volunteers/)

16 years+



**What?** Looking after horses and small farm animals

**Where & When?** Ampthill, various times and days available

16 years+

**What?** Volunteers needed to help with cats, dogs, small animals and farm animals in this busy rescue centre. Volunteer tasks include dog walking, cleaning out and working in the cattery.

Visit [www.hularescue.org/volunteering](http://www.hularescue.org/volunteering) for the application form.

**Where & When?** Aspley Guise, MK17 8HZ., Woburn Sands. Various days and times.

16 years+



## Dog Walking



**What?** Greyhound Rescue West of England are looking for volunteers to provide regular exercise, grooming, affection and socialisation to their kennel dogs. Travel expenses paid. Training provided. Volunteers are also needed for occasional events.

**Where & When?** Bedfordshire during Wednesday, Thursday and Friday mornings.

16 years+

## Huge variety of roles



giving  
nature  
a home

**What?** The Royal Society for the Protection of Birds strives to work together to change the fate of nature. Many roles are available in support of this national institution including gardening, admin, mail room support in addition to conservation opportunities. The RSPB are keen on hearing about how you would like to volunteer with them and they will do their best to provide opportunities for you to match your interests. They would also like to hear what skills you have or would like to develop.

**Where?** Sandy

**When?** Various dates and times.

14 years+



# CONSERVATION & HERITAGE

## Practical Wildlife Conservation



**What?** Are you interested in a career in conservation? You could learn new skills, help out with school visits, help with wildlife surveying and identification and join local walks. Other tasks include clearing scrub and decorating wheelbarrows.

**When & Where?** During school holidays in the afternoon. Various opportunities at Wildlife Trust sites across South Bedfordshire.

13+

## Conservation Volunteer at the Forest of Marston Vale



**What?** Wide variety of work for all sorts of people to help create the Forest of Marston Vale. From tree planting to story telling, administration, events support, fundraising, guided walks and gardening, willow weaving, bird identification, natural history - the list is endless and really depends on what you'd like to do. Contribute and enjoy yourself in a friendly environment.

**Where & When?** Forest of Marston Vale, MK42 0PR. Flexible. Varied dates and times.

16 years+. Under 16's can attend but need to be accompanied by an adult.

## Shortmead House

**What?** Volunteers needed for a wide range of activities to make a difference to the grounds of Shortmead House. Activities include tree care, path maintenance, mulching & polytunnel horticulture, working on the lake and with the animals. Great opportunity if you like working outdoors with other young people!

**Where & When?** Shortmead House, Biggleswade, SG18 0FG. Monday, Wednesday & Friday, 9.30am - 6pm. Volunteers can attend half days or a session after school/college from 4pm - 6pm.

13 years+

## Swiss Gardens, Old Warden

**What?** The Swiss Garden is a unique and beautiful early 19th century garden, cared for and opened to the public by Bedfordshire County Council. Volunteers are needed for a variety of roles from events to tour guides and garden history volunteers.

**Where & When?** Old Warden, Biggleswade, SG18 9EP. Varied times.

16 years+

## Jordans Mill, Broom

**What?** Jordans Mill aim to “preserve, promote and advance the education of the general public in the history of grain milling and associated subjects through our heritage.” Volunteers are needed for a variety of roles from tour guides to stewards and education assistants.

**Where & When?** Broom, SG18 9JY. Varied times.

16 years+

## Heritage Camps



**What?** A unique volunteering opportunity where young people take part in a week long camp in cathedrals, churches and historical buildings across the UK to improve, maintain and preserve Britain's beautiful buildings. Each volunteer pays £200 per camp which includes all meals and accommodation. Youth Action can provide a small or full bursary for young people who are not in education, employment or training. Contact Adam at Youth Action for more details.

**Where and When?** All over the UK. Every July and August (application open every April).

16+ years



## Conservation Volunteer Officer



**What?** Are you interested in a career in conservation? With the Conservation Volunteers (TCV) you could get involved in project work, fundraising, promoting the organisation, advising and training as well as practical conservation activities and community and school projects. Training provided.

**Where and When?** All over Bedfordshire MK41 7TD. Mon-Thur, 9 to 5, choose your day/s. 16+ years

Contact Youth Action for the latest list of tasks

## Summer Canal Restoration

**What?** Waterways Recovery Group require help with their summer programme. Tasks include practical canal restoration work, bank clearance, invasive plant removal, painting and repairing towpaths. There is a cost of £56 to cover food and accommodation for the week. Great work experience!

**Where?** Buckinghamshire

**When?** Flexible with various dates and times  
18+ years



## Country Park Volunteer

**What?** Main tasks include litter picking, reporting vandalism and keeping the park tidy. Training provided.



environmental  
partnership  
in  
action

The Greensand Trust

**Where and When?** Heath and Reach. Mon-Sun, day time.  
18+ years (16+ if accompanied by an adult)

## Youth Ranger

**What?** Various conservation activities including gardening and tidying.

**Where and When?** Houghton Regis, evenings and weekends.  
13+

# ADDITIONAL SUPPORT NEEDS

## Bedford & District Cerebral Palsy Society – Youth Clubs

**What & When?** Volunteers needed for various youth clubs run by BDCPS:

**'JJ's Crew'** is a lively youth club offering teenagers a chance to spend quality time together learning new things and having fun at the same time. (Fourth Saturday of every month 9am - 2pm)

**'ACE Unlimited'** is a pioneering monthly youth club for those in the transition age group (16 to 25) where BDCPS combine action-packed, exciting activities with life skills in order to achieve self-confidence and prepare them for adulthood and independence. (Fourth Thursday of every month 7pm - 9pm)

**'Gill's Water Thrills'** is a monthly hydrotherapy swimming club for all ages. (First Saturday of every month 10am - 1pm)

**'Stampede'** is a specialist monthly youth club for young people aged 5 to 19. Activities are fun and varied, ranging from arts and crafts, sports and games, outdoor walks and nature activities and trips out to access the local community. (First Saturday of every month 10am - 1pm)

**Where?** Kempston, Bedford, Biggleswade.

14 years+



**What?** Hospice Volunteers to be involved in Events, Fundraising, Admin, Befriending, Caring, Community Work, Gardening, Marketing and Retail. Please enquire for more details. Training provided. Expenses paid.

**Where and where?** Most days and times at Luton, LU3 3NT. Events are held all over Bedfordshire. Retail shops in Sandy, Luton, and Flitwick

18 years+

## Support Workers and Fundraisers



**What?** Families United Network (FUN) is a registered Charity and membership organisation which works to support children, young people and families living with disabilities throughout Bedfordshire. Volunteers are needed for Saturday, holiday and youth clubs along with fund-raising.

**When & Where?** Flexible hours. Luton area.

**Perks?** Expenses paid, training and support provided. Job opportunities available after volunteering.

16 years+

## Carers Café, Biggleswade

**What?** Volunteers needed for Carers in Bedfordshire café on Saturday afternoons. Duties include meeting/greeting, help with teas/coffees, befriending, help set up/clearing away.

**When?** Various days, afternoons only.

**Where?** Cafes in Biggleswade, Eaton Bray, Houghton Regis, Leighton Buzzard, Bedford and Flitwick

16 years+



## Disability support volunteer

**Leonard  
Cheshire  
Disability**

**What?** Leonard Cheshire support people with disabilities including providing accommodation services, personalised care and support services and social, education and leisure services. Varying roles are available including Befriender (talking, reading, games and outdoor activities), Activities organiser (arranging activities for residents i.e. arts, crafts, quizzes, games and trips), Community volunteer (raising awareness and fundraising) administration and gardening.

**When and where?** Ampthill, flexible hours

Training provided

16 + years

**What?** Autism Bedfordshire support children and young people with Autism Spectrum Conditions and Asperger Syndrome while attending Summer Activity Schemes.



### Required

Summer Activity Scheme volunteers - July and August.

Assistant Support Volunteers - Saturday mornings during term time, Leighton Buzzard, Bedford and Luton.

LOAF club volunteers - Alternative Saturdays, 9:30am to 1:30pm, Biggleswade.

**Offering:** expenses paid, DBS check, uniform, training and references.

16+

**What?** Supporting Trust in a variety of ways including Admin, Event Support and Fundraising which includes a sponsored parachute jump, fancy dress and The Great Escape where you are dropped off in the middle of nowhere and have to make it back to Bedford first while completing a set of tasks.



**When and where?** Throughout the year, Kempston based





**incredible** hospice  
and neurological care

**What?** Helpers to support events and money collections throughout the year.

**When and where?** Mainly held in Moggerhanger. Various times and days

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### **Community Ambassadors required:**

Part of a dedicated community team in support of the running and delivery of services within the hospice. Contact Youth Action for more information.

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### **Researcher**

Sue Ryder are looking for students aged 17+ to complete their Real Time Feedback with patients at the hospice about the care they are receiving.

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### **Volunteer Rehabilitation Assistant**

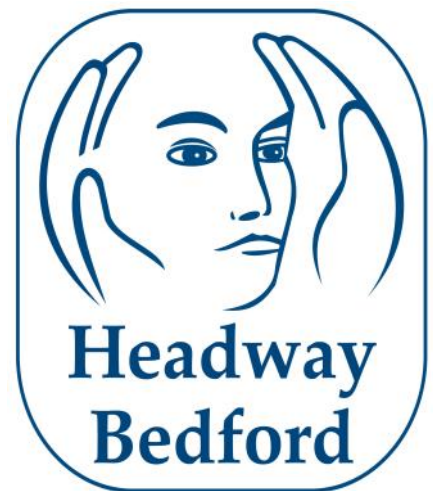
**What?** Supporting patients with IT, Cooking, Art, Physiotherapy, Gardening, Speech Therapy, and IT

**When and where?**

Monday to Thursday in Bedford..

Daytimes, Mon-Fri in Luton.

16+ years



## Youth Volunteers

# TACTIC

**What?** Supporting a group of 12 to 19 year olds with additional needs and/or a disability. Youth volunteers will support the youth workers by encouraging young people to get involved with positive activities and topics while gaining experience in a youth work setting. Introduction training available.

**When?** Every Monday (term time) 5pm to 8pm

**Where?** Linslade, LU7 2NZ

16 years+

## Befrienders

**What?** Could you be a befriender and gives 2 hours of freedom to a carer living with a relative with dementia?

**When?** Various dates and times. Whatever you can spare.

**Where?** Biggleswade

18 years+



## Charity Collection

**What?** CHUMS are an organisation that supports children who have been bereaved, or who may be suffering with other emotional wellbeing needs. CHUMS are hold charity collections throughout the county and any help would be appreciated along with creative fundraising ideas.

**When and where?** Various locations around Bedfordshire

16+



## Dance Club Assistant

**What?** Spectrum Community Arts is a new Community Interest Company that specialises in providing performing arts workshops for children and adults with disabilities; building self-esteem and self-expression.



**When and where?** Tuesday evenings (Leighton Buzzard) and Thursday evenings (Milton Keynes).

16 years+

## Activity support

**What?** High 5 is a project, operating under Mencap, that provides children with opportunities to engage with 'old fashioned' play.



**When and where?** Thursday evenings, Leighton Buzzard.

16 years+



# RETAIL

## Shop Assistant - British Heart Foundation

**What?** Gain retail work experience by volunteering as a shop assistant. You will experience working on the shop floor, dealing with customers and replenishing stock.

**Where & When?** Most towns In Bedfordshire, Varied dates/times.

15 years+



## Shop Assistant - Age UK

**What?** Age UK are looking for some enthusiastic, reliable volunteers to serve customers, keep shop tidy, rotate stock, accept donations and promote Gift Aid.

**Where & When?** Biggleswade, Shefford. Flexible. Varied dates and times.

16 years+



## Shop Assistant - Keech Hospice Care

**What?** The role includes sorting donations (e.g. clothing, shoes, bric-a-brac and books), steaming clothes in the back room, customer service and operating the till.

**Where & When?** Bedford, Luton, Dunstable, Sandy, Flitwick and Bletchley. Varied dates/times.

14 years+



## Shop Assistant - Barnados Furniture Store

**What?** Volunteers will assist in a wide range of activities including: providing strong customer service, Serving customers and operating the till, merchandising stock and keeping the store clean and tidy.

**Where & When?** Kempston, Bedford. Flexible. Varied dates and times.

14 years+



## Shop Assistant - Florence Nightingale Hospice

**What?** Florence Nightingale Hospice are looking for some enthusiastic, reliable volunteers to serve customers, keep shop tidy, rotate stock, accept donations and promote Gift Aid.

**Where?** Leighton Buzzard

**When?** Varied dates and times

16 years+



## Leighton Buzzard Narrow Gauge Railway

**What?** Shop assistant required to assist in a wide range of activities including: providing strong customer service, serving customers and operating the till, merchandising stock and keeping the store clean and tidy. Alternatively, work in the booking office providing information about journeys.

**Where?** Leighton Buzzard, LU7 4TZ

**When?** Wednesdays and Sundays

14 years+



## Shop Assistant - Oxfam

**What?** Oxfam are looking for some enthusiastic, reliable volunteers to serve customers, keep shop tidy, rotate stock, accept donations and promote gift aid.

**Where?** Dunstable

**When?** Varied dates and times

16 years+



**What?** Help needed in the shop in Woburn Sands.

**Where & When?** Woburn Sands. Various days and times.

16 years+

**HULA**  
Animal Rescue



[www.hularescue.org](http://www.hularescue.org)



## Shop Assistant - Salvation Army

**What?** The role includes sorting donations (eg clothing, shoes, bric-a-brac and books), customer service and operating the till.

**Where?** Leighton Buzzard

**When?** Varied dates and times

15 years+



## Coffee Shop Volunteer

**What?** Families United Network (FUN) is charity and which works to support children, young people and families living with disabilities throughout Bedfordshire. Volunteers are needed to assist with making simple foods, serving customers and tidying.



**When & Where?** 1-3 days a week during school holidays. The coffee shop is based at FUN's head office in Luton.

16 years+



## British Red Cross

**What?** Charity shop support including sorting clothing, organising stock and serving customers.

**Where & When?** Bedford and Luton. Various days and times.

15 years+

## Shop Assistant

**What?** Charity shop support including sorting clothing, pricing goods, organising stock, creating window displays and serving customers.

**Where & When?** Dunstable

15 years+



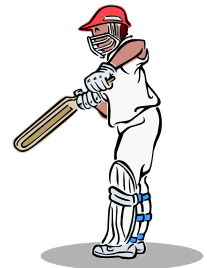
# SPORT

## Cricket Coaches & Umpires—Amphill Town Cricket Club

**What?** Cricket coaches required to assist with large youth section. Under 10, 12, 14, & 16 - 2 teams of each. All that is needed is an interest in cricket & enjoy working with young people. Cricket Umpires / Scorers to assist with youth & senior games at weekends, the volunteer need to be interested in sports and be enthusiastic.

**Where & When?** Amphill. Flexible. Varied dates and times.

16 years+



## Bedfordshire Football Association

**What?** The FA has a football leadership and volunteering programme for young people. Opportunities exist to gain football related qualifications. The opportunities include a range of activities from assisting with coaching or running a team, acting as the press officer for a junior league, developing a film to promote a new activity, social media tasks, supporting events, refereeing or being a respect ambassador.

**Where & When?** Please enquire.

13 years+



## Get Back Into - Sport Makers - Team Beds & Luton

**What?** Are you into sport and want to meet like-minded people. You could learn a new sport or even just get back into one you haven't done for a while. There is loads of training available and you could also help encourage other people to get back into sports.

**Where & When?** Various dates, times and locations

16 years+



## Toddington Rovers Football Club

**What?** Volunteer community football coaching scheme for 3 to 6 year olds

**Where & When?** One scheme in Toddington at St. George's School from 9.15am to 10.15am every Saturday. Once scheme in at Barnfield West Academy every Saturday from 11.00am to 12.00pm

13+



## MK Dons Football Club

**What?** Various opportunities including scholarships, apprenticeships, traineeships and volunteering

**Where & When?** MK Dons Stadium, Milton Keynes

16+



## Leisure Centre Volunteers

**What?** Volunteers required for volunteering/work experience at a busy leisure centre.

**Where?** Biggleswade

**When?** 7 days a week, various times to suit you.

16 years+



## Hydro Pool Volunteers



**What?** Volunteers required for the following positions:

### Lifeguard in the Hydro Pool

We are looking for qualified Lifeguards. However, full training can be provided for those that do not have the NPLQ. You must be a confident swimmer and be able to swim 50 metres in less than a minute. The next 6 day NPLQ course is being held during the Easter holidays.

### Poolside Assistant in the Hydro Pool

We are looking for Poolside Assistants to observe pool users for signs of danger, get buoyancy aids/equipment, using the pool/spa hoist, assist in rescue and first aid situations etc.

**Where?** North Luton, LU3 3NT

**When?** Weekdays between 10am and 1pm or 1pm to 4pm and be able to offer a regular commitment.

16 years+

# Arts and Drama

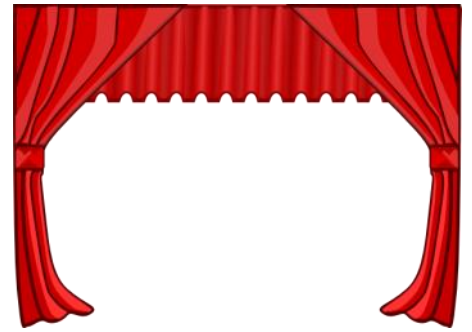
## Arts Leaders

**What?** Full House are on a mission to bring creativity, arts and culture to Houghton Regis and want you to be part of it with a variety of roles and opportunities.

**Where?** Houghton Regis, LU5 5ES

**When?** Every Tuesday, 5pm - 830pm

13+



**FULL  
HOUSE**



# COMMUNITY SUPPORT/FUNDRAISING

## Tescos Flitwick

**What?** Volunteers to support Tesco Flitwick with various charity events such as 'cycle to the north pole' and seasonal events. Other opportunities available such as bag packing and greeters.



**Where?** Tesco Flitwick, Bedford, MK45 1QY

**When?** Throughout the year. Email [info@youthactioncentral.org](mailto:info@youthactioncentral.org) or more details

14 years+

## Administration Day at Volunteer Centre Bedford

**What?** Volunteers needed to help out with various tasks in the office of the Volunteer Centre Bedford. Great work experience. Travel expenses paid. Email [info@youthactioncentral.org](mailto:info@youthactioncentral.org) for available dates.

**Where?** Bedford Volunteer Centre, MK40 2AA

**When?** Flexible, during office hours

13 years +



## RNLI Volunteers

**What?** Collections outside supermarkets and garden centres. Souvenir sales at events.

**Where & When?** Mainly around Shefford, Biggleswade and Shuttleworth

13 years +



## Admin Support at Path2Recovery (formally CAN)

**What?** Administration and general support at a drug and alcohol treatment provider

**Where & When?** Bedford, office hours

16 years +

*Bedfordshire*  
mental health and wellbeing service  
provided by ELFT



## Houghton Regis Helpers

**What?** Supporting vulnerable adults and young people

**Where & When?** Houghton Regis

16 years +



**What?** Incredible Edible is a community gardening project. Basically each garden grows food that the community can take. In return, you give up some of your time to help out at the garden. Volunteers are required to help out generally and during events which is also a great opportunity to learn about food, growth, seasonal cycles and horticulture

**Where & When?** Dunstable, any time. Come 'n' Grow happens every month on the third Saturday of the month.

16 years +

## Receptionist

**What?** Volunteering in the MS Therapy Centre. Duties include taking phones calls, making appointments, filing and general office duties.

**Where & When?** Bedford on Mondays.

13 years +



# BritishRedCross

## International Youth Volunteering Programme (emergency response)

Offers young people (18+) the chance to volunteer overseas in another European country for 8 to 12 months. Fully funded.

## Mobility Aid Service

Dealing with enquiries, issuing equipment, record keeping (15+)

## Educator/Trainer

Delivering talk sessions at events and schools (15+)

## Retail Helpers

Serving customers, sorting and pricing clothing (15+)

## International Family Tracing - Reunite families

Interviewing, tracing missing relatives, delivering news from overseas (18+)

## Refugee Support

Helping asylum seekers and refugees access services (15+)

## Youth Projects

Mentoring, media, presentations, workshops (18+)

**Other opportunities are available including general fundraising (including admin and collection), Home Support (18+), Community Agents, First Aider, Interpreter and Transport**



**What?** Community Emergency Responders provide assistance and support to the local community, in preparing for and responding to an emergency. Uniform and Training provided including optional training many other skills including First Aid. Expenses paid. Great experience for emergency service careers

**Where & When?** All over Bedfordshire

18+



## Volunteer Staff

**What?** Flitwick Town Council are asking for volunteers to support activities for children including film mornings, crafts, family fun days and seasonal events.

**Where?** All events will be held at The Rufus Centre, Flitwick, MK45 1AH

**When?** Contact Youth Action for more information

16+



**What?** Aragon are working with Bedfordshire Police to make communities safer with Streetwatch. Volunteers attend events, perform street walks and report incidents. Great experience for anyone wanting to go into the police, criminal justice or youth offending.

**Where?** Biggleswade, Sandy, Shefford and Pottton

**When?** Various dates and times to suit you.

16+



## Charity bucket collections

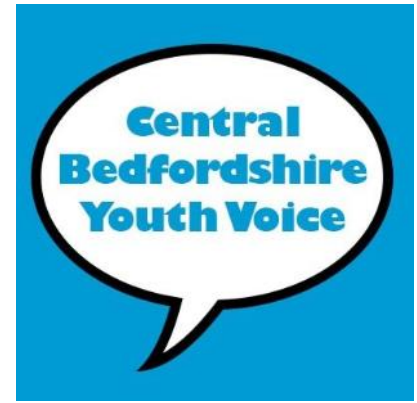
**What?** Keech, Chums and other charities need your support raising money at your local supermarkets. Perhaps you have a skill you can use to attract more donations. Money goes to services such as the Chum's Bedfordshire Suicide and Bereavement Service (BSBS)

**When and where?** Various including Shefford, Stopsley, Dunstable and Biggleswade.

16+



## Youth Voice



**What?** Youth Voice are made up of young people trying their best to change their local area for the better. Three main roles are available: members of Youth Parliament, Young Commissioners and the Youth Audit Team. This is a great opportunity for young people who want to have a positive impact on their communities. Current issues include improving mental health for young people, making changes to school curriculums and allowing 16 year olds to vote.

**Where?** Houghton Regis based, covering all regions in Bedfordshire.

**When?** Various times and days.

14+

## Admin and Events roles



**What?** The Marston Vale is a small rural railway that runs between Bletchley and Bedford and they are looking for volunteers to provide admin support and to help run events. Tasks include preparing display stands, dealing with enquiries and updating newsletters.

**Where?** Cardington and Bedford.

**When?** Various times and days.

14+





# Events Makers



**Are you interested in helping out at local events?**

You could be:

- ♦ stewarding
- ♦ giving our information
- ♦ preparing events
- ♦ assisting with planning
- ♦ fundraising
- ♦ general helping

**Your local town councils need your help!**

If you are interested in any of the above activities, please contact Adam at [info@youthactioncentral.org](mailto:info@youthactioncentral.org) or 01234 213100.



## **Volunteer for just 10 hours and gain a nationally accredited award!**

Youth Action supports volunteers to log the hours they spend volunteering online using [vInspired.com](https://vinspired.com) that can result in being granted a nationally accredited award - perfect for listing on UCAS applications, CVs etc. It's very easy to do and completely free!

The vInspired awards are a recognition scheme for volunteers aged 14 to 25. They celebrate the efforts and achievements of volunteers and recognise the amazing things young people do. They are designed to show colleges, universities and potential employers the positive impact young volunteers have had on their communities and the skills they have gained through their experiences.

There are four vInspired awards:

- v10 is the “starter” award and is awarded for completing 10 hours of volunteering.
- V30 and v50 awards are for 30/50 hours of volunteering and asks you to show an understanding of the skills you’ve used and the impact you’ve made.
- v100 award is for a further 50 hours of volunteering and asks what you’ve learnt during your volunteering and how your skills have developed.

For more information on [vInspired.com](https://vinspired.com) and a guide on how to log your hours email Adam on [info@youthactioncentral.org](mailto:info@youthactioncentral.org) or call 01234 213100 / 07508 113009.



# SOCIAL ACTION PROJECTS



**Flitwick Youth Club  
Build-A-Bench project**



**Weatherfield art project  
for Families United  
Network**



**Harlington Upper School  
raising money for BASIC  
charity**

**Do you have an idea that can improve your school or community?**

You don't have to volunteer at an organisation to get involved. We will help you create your own volunteer opportunities and projects in support of your community.

Funding is available like vInspired Cashpoint where you can access up to £500 to develop your own social action project.

For more details on this contact Adam at  
[adam@youthactioncentral.org](mailto:adam@youthactioncentral.org) or 01234 213100





Where  
**Volunteering**  
Counts



### Your volunteering counts because you will:

- *gain new skills and knowledge*
- *gain work based experience*
- *meet new people and discover new interests*
- *help other people, your community and your environment*
- *gain a nationally recognised accreditation after just 10 hours*
- *enhance your CV, course or job application*

Youth Action will link you to opportunities in volunteering: at local events, conservation work, retail, sports, fund raising and much more.

All of our opportunities are fun and free. Youth Action will support you right through your volunteering experience with information, advice, encouragement and guidance.

### Find out more:

Email: **info@youthactioncentral.org**  
Tel: **01234 213100 or 07508 113009**  
Website: **www.youthactioncentral.org**  
Facebook: **facebook.com/youthactioncentral**  
Twitter: **@youthactionnow**



Working in partnership to support  
young people in Central Bedfordshire



**European Union**  
**European Social Fund**

Part of Community and Voluntary Service  
Registered Charity no: 1091423  
43 Bromham Rd | Bedford | MK40 2AA