

VOLUNTEERING



GET INVOLVED



1 HOUR +



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Give something back by volunteering your time to an important and worthwhile project or cause - helping to make a real difference in your community.

With many plans cancelled and less opportunity for social events, some people have more time on their hands. Use that time for good by volunteering for a worthwhile cause.

Have a chat with your family and have a look around for volunteering opportunities. You might be able to get involved with a project locally like a food bank or a neighbourhood support scheme or you may be able to do something independently, like gardening for an elderly relative or doing a litter pick. Not able to leave the house? Could you volunteer your time at home by making a meal for a neighbour, fundraising for a group or writing letters to care homes or key workers?

Take a photo or video of your time volunteering and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Varies depending on volunteering choice



NOTES FOR PARENTS & CARERS

An adult should directly supervise this activity and be involved with finding a suitable volunteering opportunity. An adult should initiate any contact with the BB group and/or share on social media.