



Plymouth Guild
Providing Support, Advice and Volunteers

Volunteer Centre

Types of Voluntary Work

There is a huge variety of activity carried out by volunteers. Here are some examples of the types of voluntary work available, but remember, the list is endless...

Work with children and young people

Playgroups, homework clubs, youth groups, holiday schemes, scouts, guides, mentoring.

Work with older people

Visiting, befriending, offering practical help such as gardening or shopping, helping at day centres, organising activities, meals on wheels, transport.

Work with children or adults with special needs

Providing practical support to someone with a disability, befriending, helping at group outings, providing respite for carers, recording books and newspapers for people with visual impairments.

Work in hospitals

Visiting patients, providing transport to and from appointments, hospital guides, hospital radio, organising the loan of books and magazines to patients, helping out with activities.

Advice work

In a Citizens Advice Bureau or other local advice centre working with people on issues of welfare and consumer rights. There are also more specialist advice organisations, such as, dealing with young people, lone parents, unemployed and homeless people.

Counselling

Alcohol and drug problems, relationship problems, victim support, youth counselling, the Samaritans. Counselling can take place in groups, individually or on a telephone helpline.

Work with families

Giving support to families that, for whatever reason, are finding it difficult to cope.

Work with those recovering from mental health problems

Befriending and assisting with social activities.

Working with the criminal justice system

Prison visiting, support for prisoners and their families, special projects for ex-offenders.

Work with the homeless

Information and advice, assisting in hostels or outreach programmes.

Work in the environment/conservation

Restoring canals, uncovering archaeological sites, clearing paths and communal areas, planting trees, wildlife restoration, dry stone walling.

Fundraising

Organising events like cake sales or sponsored walks, participating in treks or cycling events overseas, working in a charity shop.

Emergency services

Lifeguards, lifeboats, search and rescue.

Management

Joining the management committee of a voluntary/community organisation.

Sports and leisure

Coaching, leadership, organising activities.

Arts and heritage

Helping at backstage performances, in museums, community arts and drama.

Community Development

Getting involved in your local community. Helping out at the local community centre, joining the residents group, campaigning or lobbying on local issues, organising a community 'clean-up'.

Work with animals

Helping at an animal sanctuary, riding for the disabled, dog walking.

Campaigning

Joining a campaign for a cause you care about or start your own campaign.