

## **National Volunteers Week 2025!**

National Volunteers Week is an initiative that began in 1984, it highlights the importance of volunteers within communities and celebrates all of the work they do! It is celebrated during the first week of June (this year it is 2nd June to the 8th June) and is recognised all over the UK. Girlguiding welcomes so many volunteers at different levels, from unit helpers to county and regional commissioners, there is a role for everyone and each and every person is so valued.

Volunteering is so important as it provides support for communities and organisations. Often they bring people together and create more resilience among the members of different groups. It can foster new friendships, all whilst providing space for volunteers to learn and grow and give them a sense of purpose and belonging.

There are so many different ways to volunteer and there is something that will suit everybody. You can choose to do it with young people with Girlguiding, perhaps spend the weekend volunteering in a charity shop, you could help the wider community at a food bank or even volunteer at a local zoo or animal shelter!

I started volunteering once I had finished Guides, as I was able to take up a Young Leader role at my unit. You can become a Young Leader once you turn 14 and continue until you are 18! This was a great way to build up my confidence and begin to lead activities and games, giving me a great space to grow as a leader. As a YL you also have the option to complete a Young Leader Qualification! This is a great way to build different skills and provides a framework for becoming a leader, feeding directly into the adult Leadership Development Programme offered to those over 18 wanting to become a leader.

I love volunteering with Girlguiding as it has opened me up to so many new opportunities, I have grown in confidence so much and met some of my best friends through it. I absolutely love going to Brownies and Guides each week and feel so privileged to be a role model for so many amazing young women, as well as being able to provide space for them to grow and flourish whilst spending time with their friends, trying new things and learning new skills. It is a really rewarding way to spend your time and has so many benefits.

Some things I have been able to do through Girlguiding is experience an International Opportunities selection process, meeting so many new people and

getting chosen to go on a trip to Poland! Unfortunately, Covid-19 put a stop to the trip however we learnt so much on the run up to it. Attending Guide Camps and Brownie Pack Holidays are always so much fun and so many memories are made. I also get the opportunity to help with various things throughout the year such as stalls for fundraising, we had a VE day one recently, a Christmas one at our local light switch-on each year and, quite possibly my favourite, a duck race at our local park!

I would recommend volunteering with Girlguiding to anyone. It has become a huge part of my life and I wouldn't have it any other way 😊😊

### Duck Race



### Light Switch-On

