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Skills You Gain From Volunteering

(and How to Use Them Elsewhere)

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Put your hand up if you've ever…

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Busting some Myths

TRUE FALSE

IT DEPENDS

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Searching for and finding jobs to apply to

Distance from the job site and available travel links, including employers requiring a driving licence.

Finding the right jobs that match the candidate's skillset.

Finding up-to-date jobs. Many young people reported applying for advertised positions that have already been filled, or jobs that are repeatedly advertised but do not reply to candidates.

Volunteer positions are advertised more frequently than paid ones, but many NEET young people cannot afford to gain experience for free.

Unclear and confusing language in job specifications and requirements makes it hard for young people to understand the day-to-day tasks included in the work and whether it might be a good fit for them, particularly for people with learning disabilities who might struggle with highly abstract information.

Unclear language on how candidates can access support. Some participants highlighted how the unclear meaning of 'reasonable adjustments' stopped them from requesting adjustments or applying for the job, as they struggled to understand whether these would apply to them and the type of support available.

Writing applications

Understanding what to include in an application (e.g, CV/cover letter), specifically when candidates have no work experience.

Long written applications, particularly disadvantaging young people with learning disabilities. Applications often require considerable writing. Young people with learning disabilities reported feeling 'disadvantaged' by this when applying for jobs that they felt they were well suited for.

Providing references when candidates have no previous work experience.

Interviewing

Managing stress, anxiety, and nerves becomes particularly important when attending interviews for the first time. Participants reported struggling to know and remember what to say due to nerves.

Answering interview questions that refer specifically to previous work experience, and have not been adapted to entry level roles.

Taking pre-recorded video interviews. The lack of visual feedback, human interaction, and clarification questions affects young people's performance, who reported feeling more self-conscious and intimidated.

Unpaid trial shifts for periods as long as months.

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Skills don't only come from paid jobs

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From service user to volunteer

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Belonging builds skills

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Let's give and volunteering

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NEET and Stuck

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Communities 1st Centre for Voluntary Service | Communities 1st Volunteer Centre | Communities 1st Wellbeing Support | Communities 1st Employment & Skills | Communities 1st Community Services | Communities 1st Creative Connections | Communities 1st Making a Difference

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There are endless ways to support communities while preparing for a career.

Finding the perfect opportunity is where most people need support. And that is what volunteer centres and programmes like our Able2Enable and Employment support programmes can help with.

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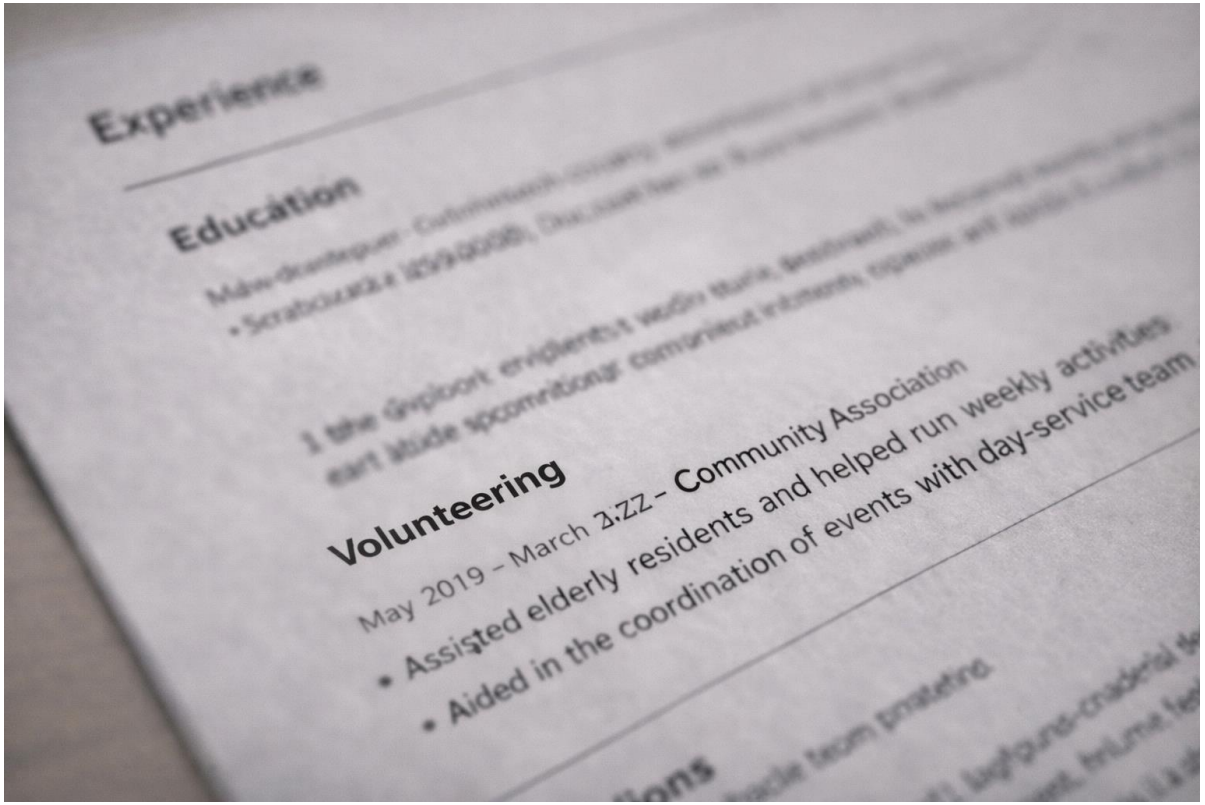
I volunteered as…
I learned…
I can use this in…



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No longer stuck

Communities 1st Centre for Voluntary Service

Communities 1st Volunteer Centre

Communities 1st Wellbeing Support

Communities 1st Employment & Skills

Communities 1st Community Services

Communities 1st Creative Connections

Communities 1st Making a Difference

Volunteering builds real experience and confidence:

turning ‘not enough experience’ into ‘ready for the job’.

“Volunteering gave me so much experience and boosted my confidence. This company rejected me before Christmas as I didn’t have any experience, but after volunteering they accepted me so it really does work!”

Zoe

Social Sciences graduate

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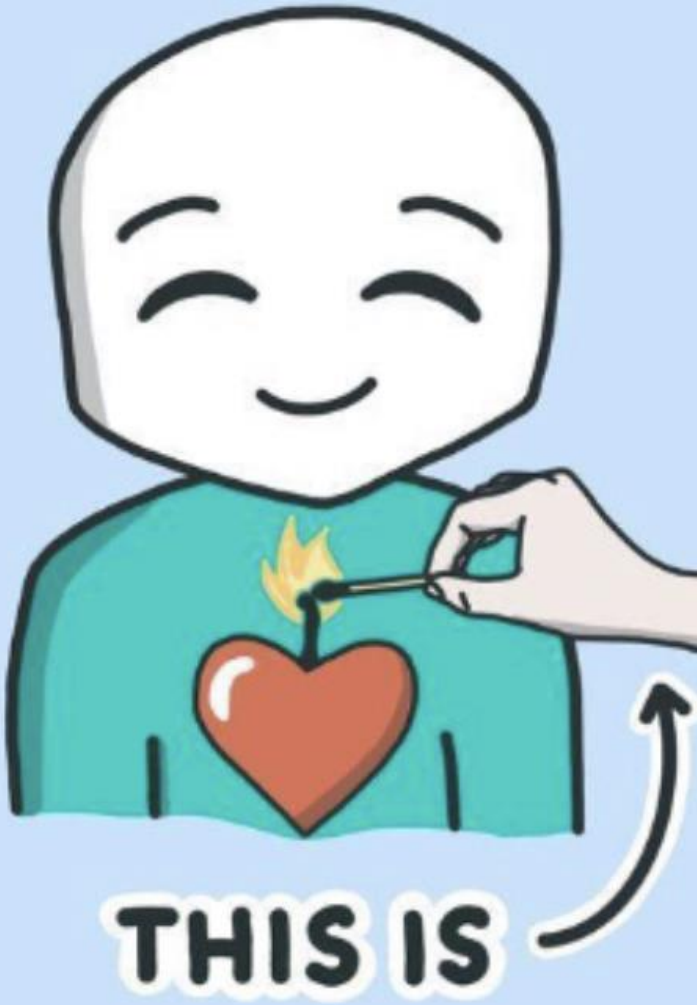
One skill I see differently now is…

- …
- …
- …

THIS IS NOT
TEACHING...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