



SUMMER FAMILY VOLUNTEERING

CREATE FAMILY TIME THAT GIVES BACK



VOLUNTEER FROM HOME

Are you looking for fun ways to make a difference in your community this Summer?

This booklet includes a range of simple activities that support local people and the environment. They are designed to help you spend time together as a family while doing something positive for others.

Many of the activities involve craft materials, simple tools or spending time outdoors. Children must be supervised at all times, and it is the responsibility of a parent, carer or other responsible adult to make sure they take part safely. Please take care when using scissors, tools, or any other equipment, and choose activities suitable for your child's age and abilities.

Find more volunteering opportunities at:
voda.getvolunteering.co.uk



With thanks to VODA volunteer Ellie Avery for creating this resource.

MAKE A CARD

If you love being creative, then you could try making a card for someone you care for, such as a friend or neighbour. You can also choose to make a card for someone you don't know who may be in need of cheering up. There are a few different charities that accept these. **Cards for Bravery** and **Post Pals** collect cards for children in hospital, whilst **Festive Friends** collects Christmas cards for the elderly. Find their websites here:

www.cardsforbravery.com

<https://postpals.co.uk>

<https://philippagriffin3.wixsite.com/christmas>



VOLUNTEER FROM HOME

SEED BALLS

Seed Balls are a fun way to plant new **flowers**. All you need is flour, soil, water and some native wildflower seeds.

1. Mix 10 parts soil to 1 part flour in a bowl.
2. Add water to the mix in very small amounts until it becomes a sticky dough.
3. Roll the mix into balls roughly the size of a ping pong ball. Or make smaller ones, the size of a marble.
4. Roll the balls in the seed mix to cover the outsides.
5. Leave them to dry out for a day and then plant or throw them in your garden!



RANDOM ACTS OF KINDNESS

The Random Acts of Kindness Foundation has lots of kindness challenges and resources on their website. You can download kindness challenge booklets and find lots of other ideas.

Ask an adult to help you look online

www.randomactsofkindness.org/kindness-at-home/resources#kindness_challenge



VOLUNTEER FROM HOME

ECO-FRIENDLY CRAFTS



Why not try making your next craft project out of things you can find in nature? This includes things like leaves, fallen sticks, seeds, petals and grass. You could try making pictures of trees and animals or even create a big collage. Just let your imagination run wild! You could get together with friends for an eco-craft afternoon, and give your pictures to a friend or neighbour.

HAVE A CLEAR OUT

Do you have toys or books you don't use anymore? You could clear them out and help a charity at the same time. Many charity shops take donations of good-quality books and toys. You could choose your favourite charity and go along with an adult to their nearest charity shop.



FEED THE DUCKS

It is common for people to feed ducks bread, but this is not actually a healthy choice for them. You could find many safe and healthier alternatives for them that you may already own. These include: sweetcorn, chopped lettuce, peas (defrosted) and seed mixture. Make sure to spread the message about duck-safe foods to your family and friends!

You could print off a duck spotter sheet and other wildlife activities here www.wildlifewatch.org.uk/activities



CHARITIES TO SUPPORT



The RSPB (Royal Society for the Protection of Birds) offers a **Wild Challenge** which you can join as a family. Sign up on their website and pick 3 different activities to complete. These include things like birdwatching, rock pooling or nature walks. The RSPB site also offers many at-home activities which can help to protect wildlife.

www.rspb.org.uk/helping-nature/what-you-can-do/activities.

BRITISH RED CROSS

The British Red Cross helps people in emergencies both in the UK and abroad. There are loads of ways to support them by fundraising, including hosting a **Pour of Cup of Kindness** event, such as a tea party, coffee morning or afternoon tea. There are packs on their website to get you started. www.redcross.org.uk/get-involved



The RSPCA (Royal Society for the Prevention of Cruelty to Animals) have a lot to offer for people of all ages. Under-18s can sign up as a **Young Fundraiser**. They also have some animal-friendly crafts and quizzes online suitable for kids. Slightly older family members could choose to volunteer. For example, they have spots open for the **Wildlife Friends** scheme, which could count towards a **Duke of Edinburgh** award. Check out their website here: www.rspca.org.uk.

WILDLIFE WATCH

‘Wildwatch’ is a branch of the Wildlife Trust that focuses on opportunities for families and children. They offer many different events throughout the year as well as resources on their website for eco-friendly things you can do at home! You can browse activities on the website below: www.wildlifewatch.org.uk/activities

COMMUNITY EVENTS

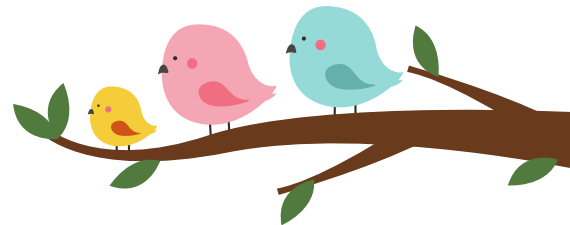
GREAT BRITISH BEACH CLEAN



The Great British Beach Clean is an annual event that happens every September. In 2026 it will run from Friday the 18th to Sunday the 27th. It is run by the **Marine Conservation Society**. Closer to the date, the events will appear on their website. It's a good opportunity for family time and a way to show some love to our beautiful coast! Most beach cleans will open to all ages but require under-16s to have a parent or guardian with them. Visit the website: www.mcsuk.org

RSPB: The Big Garden Bird Watch

The RSPB's Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers take part, helping to build a picture of how garden birds are doing. It takes place in January each year - look out for next year's event. Find out more here: www.rspb.org.uk/whats-happening/big-garden-birdwatch/info



SURFERS AGAINST SEWAGE

Surfers Against Sewage is a charity that helps to keep our beautiful oceans clean. There are many ways to get involved, including joining the **Million Mile Clean**. An annual event in which volunteers rally together to clean up trash on beaches, rivers, parks, city streets or even mountains. They are family-friendly events; however, you need to be 16 or over to register to clean. Under-16s must be accompanied by a parent or guardian. This activity can also count towards a **Duke of Edinburgh Award**! Check out their website: www.sas.org.uk/plastic-pollution/million-mile-clean