



# The Duke of Edinburgh's Award Volunteering with the NHS

Did you know you could volunteer in your local hospital for your DofE volunteering? Volunteering in a local hospital gives you a chance to help others, develop your skills and potentially complete your DofE Volunteering section.

In order to volunteer at a local hospital, you need to contact your local hospital about how to get involved and let your DofE Leader know before you start volunteering.

## How long do I have to volunteer for?

You need to commit to a regular volunteering opportunity of around an hour a week. The table below shows the commitment required for each level of the DofE.

### Bronze

**Minimum time:** 3 or 6 months

You must do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.

### Silver

**Minimum time:** 6 or 12 months

If you haven't achieved your Bronze Award, you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.

### Gold

**Minimum time:** 12 or 18 months

If you haven't achieved your Silver Award, you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

## What kind of opportunities are available for volunteering in NHS hospitals?

There are a wide range of volunteering opportunities available through your local hospital. Here are a few opportunities that could be available in your local hospital, depending on local situation. Speak to them directly to find the opportunities available.

- Meet and greet guides
- Buggy drivers
- Dementia buddy
- Administration
- Meet and greet chaperone
- Ward buddy
- Library assistant
- Hospital visitor
- Fundraiser
- Hospital buddy

Please speak to your hospital directly for details on age restrictions in place for opportunities.

In order to find local NHS volunteering opportunities in your area please go to [england.nhs.uk/ourwork/volunteers-week/get-involved](http://england.nhs.uk/ourwork/volunteers-week/get-involved).

## Are you already volunteering in an NHS hospital and want to do your DofE?

If you aren't doing your DofE but are aged 14 and 24 and interested in doing your DofE please go to [DofE.org/takepart](http://DofE.org/takepart) to find your local centre. If there isn't a centre local to you and you are 18+ please go to [DofE.org/DofE-direct](http://DofE.org/DofE-direct).



“ I am thinking of a career in nursing, so volunteering in a hospital gives me great practical experience, and it really looks great on my CV.”

Amy, DofE participant

