

Below is a 13 week template to guide you through a remote or socially-distanced volunteering programme to **support your local community**. Make sure you stay safe and follow the relevant Government guidance for your area. Remember that the activities listed below are suggestions, not requirements – adapt the activities for your local context and interests.

Be creative, have fun and, if you wish, work with others to scale up your ideas and complete your Volunteering section as a team.

Session	Suggested activity
1	<p>Find out about your local community</p> <p>To make the most of your DofE Volunteering section, start by doing your research. What are the key issues or areas of interest in your local area? Do you have any neighbours who are shielding? Identify a suitable Assessor (e.g. your DofE Leader, a neighbour or someone who is involved in community support) and arrange an initial meeting.</p>
2	<p>'Meet' your Assessor</p> <p>When you first 'meet' your Assessor, talk to them about your goal for this section. What do you want to achieve? Share your ideas for how you can support your local community – you can use the suggestions below or choose other activities that suit your local context – and plan how and when you are going to get started.</p>
3	<p>Get outside and clean up your local area</p> <p>Get to know your local area better by getting outside and picking up litter. Make sure you wear appropriate safety gear like gloves.</p>
4	<p>Call an elderly neighbour or relative</p> <p>Chat to an elderly neighbour or relative on the phone. Find out more about their experiences of lockdown and how you might be able to support them. If you don't have an elderly neighbour or relative you can contact, have a look at some of <i>Kissing it Better's</i> suggestions on how you can help elderly people in your local area.</p>
5	<p>Run errands for someone who is shielding</p> <p>Support a relative, neighbour or someone in the local area by helping with everyday tasks such as collecting groceries or walking their dog.</p>
6	<p>Review your progress with your Assessor</p> <p>Talk to the people you've been supporting – what else could you do to help them over the next few weeks? Make sure you also catch up with your Assessor to show them what you have done so far – do they have any suggestions or improvements, or do you need any support?</p>

7**Prepare and deliver meal parcels**

Cook some healthy meals and deliver them to relatives or neighbours who are shielding or who don't have the time to prepare meals themselves.

8**Get outside and clean up your local area**

Get back outside and pick up some more litter. Make sure you wear appropriate safety gear e.g. gloves.

9**Call an elderly neighbour or relative**

Chat to an elderly neighbour or relative on the phone. Find out more about their experiences of lockdown and how you might be able to support them. If you don't have an elderly neighbour or relative you can contact, have a look at some of Kissing it Better's suggestions on how you can help elderly people in your local area.

10**Run some errands for someone who is shielding**

Support a relative, neighbour or someone in the local area by helping with everyday tasks like collecting groceries or walking their dog.

11**Prepare and deliver meal parcels**

Cook some healthy meals and deliver them to relatives or neighbours who are shielding or who don't have the time to prepare meals themselves.

12**Celebrate!**

Share what you've been doing – could you inspire others to do some of these volunteering activities too?

13**Evaluate your project**

Make a note of your key successes and any challenges you faced during this project. Talk to your Assessor about your achievements during your time volunteering. You may also wish to share your experiences with the next DofE cohort in your centre.

Note: sessions can be combined or broken into multiple blocks, as long as the total time period (between session 1 and session 13) covers a minimum of three months. As a reminder, you should be doing an average of an hour of activity each week.

Suggestions for evidence:

- Activity log
- Diary entries
- Photographs/short videos
- Screenshots from social media
- Copies of any resources you create



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