

HIDDEN SUNFLOWERS

13-week Volunteering Plan

Created by the DofE Youth Ambassadors, this Volunteering Plan for Bronze DofE participants is here to help you spread awareness about hidden disabilities and make our society more inclusive through your Volunteering section.



**YOUTH
WITHOUT
LIMITS**






Activity log

Week	Suggested activity	Done
1	<p>Start researching inclusion and hidden disabilities by looking on expert charities' websites and social media channels and make notes. Disability equality charity Scope, (www.scope.org.uk) have lots of helpful resources.</p> <p>This is also a good place to start:</p> <ol style="list-style-type: none">www.youtube.com/watch?v=Ea4TdXGp8f0www.youtube.com/watch?v=PGAqZgeJtcEhttps://hiddendisabilitiesstore.com/insights/category/invisible-disabilities	
2	<p>Speak to individuals like parents, teachers and friends and ask what they know about inclusion and hidden disabilities to see how aware they are. You could also talk to anyone you know with a hidden disability (if they are comfortable) to understand their experience. There are lots of fantastic charities that support people with specific hidden disabilities:</p> <ol style="list-style-type: none">Mind.orgMSsociety.orgEndometriosis-uk <p>We would recommend writing down/recording any re-occurring bits of information which the people you spoke to were unaware of. You could turn these into 'Did you Know' facts and use them in week 4!</p>	
3	<p>Start planning a fundraising event to hold in the last month of your volunteering.</p> <p>To help with this we have included a guide for a few fundraiser/event ideas but feel free to make it your own!</p> <p>Fundraising guide</p>	

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4	<p>Continue planning your fundraising event. Use the information that you have learnt in your research during weeks 1 and 2, to help inform other people. Post on social media or put up posters to spread awareness of inclusion and hidden disabilities.</p>	
5	<p>You may want to recruit more volunteers to help with the fundraising event if you feel you may need support. Why not create a short survey for the public to take at your fundraiser/event to gain an understanding of your local communities' awareness?</p> <p>*If handing this out in a public space to strangers please do so under an adult's supervision.</p>	
6	<p>Advertise your fundraising event, this could be putting up posters or making leaflets if you are holding it in a school for example. Or you could advertise on your social media.</p>	
7	<p>Prepare for your fundraising event. Ensure that you have everything you need to make it happen.</p>	
8	<p>Take this final week before your fundraising event to plan any final things and ensure you are set up for a successful time!</p>	
9	<p>Your fundraiser or event takes place! It might be a good idea to get a friend to take some photos of you in action at your event. These will help create some great memories and also will be great evidence on eDofE for your DofE Leader.</p>	
10	<p>Collate your findings from the surveys and donate any money collected to your chosen charity.</p>	

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11	Share your findings on social media or through posters and leaflets to show the outcome of your fundraising event.	
12	Write a short report on your fundraising event. Talk about how you think you did, what worked and what you would do differently (if anything) next time. Consider any new skills you may have learnt whilst carrying out this Volunteering Plan.	
13	<p>In your final week of the programme you can share your new-found knowledge about hidden disabilities and inclusion with others. You could write a blog about your time spent volunteering, make a social media post or short video talking about your time and how it has impacted you or perhaps making a speech or small presentation at a school assembly.</p> <p>We would like you to share your experience and knowledge to inspire others and continue spreading awareness of this important cause.</p>	

on reaching the end of the Volunteering Plan. We would love to see how you used our programme plan.



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