



Volunteering and other spare time activities for young people

Reasons to volunteer

- As well as helping others, voluntary work can teach you new skills and introduce you to more people.
- It can improve your chances of getting into competitive work areas (such as the media) or courses (such as health-related ones) – relevant work experience shows that you are committed. It is also useful for making contacts, who could be helpful in the future.
- People who do voluntary work often say that it increases their self-confidence.

Voluntary options

- Opportunities could include anything from football coaching to raising money for charity to visiting residents in a home for the elderly.
- Your local Connexions centre may be able to tell you about opportunities in your area. Also, look at the website of 'V' (www.vinspired.com), where you can do a search for your own region. 'V' has a team of youth volunteer advisers who work throughout London – email contacts are listed below. Write to them and say what you are looking for.
- Each borough also has a volunteer centre which holds details of organisations willing to take on people for voluntary work. Many options are only open to those aged 18 or more so the volunteer centre may suggest you contact 'V' if they have nothing suitable.
- Local 'V' contacts and volunteer centre details

Borough	'V' youth volunteer adviser contact details*	Volunteer Centre
Camden	Ruth.habershon@volunteercentrewestminster.org.uk	020 7424 9990
Islington	Ruth.habershon@volunteercentrewestminster.org.uk	020 7226 4862
Lambeth	nisha@wvsda.org.uk	020 7326 5490
Kensington and Chelsea	Ruth.habershon@volunteercentrewestminster.org.uk	020 8960 7322
Southwark	nisha@wvsda.org.uk	020 7403 2936
Wandsworth	nisha@wvsda.org.uk	020 8870 4319
Westminster	Ruth.habershon@volunteercentrewestminster.org.uk	020 7402 8076

* contact details occasionally change. 'V' youth volunteer advisers are currently based in the Volunteer Centres – they should be able to give you the most up to date contact details.

Sport and leisure

- Many council-run leisure centres and youth clubs offer the chance to try out various sports and activities.
- As well as sports, you could get involved in anything from starting up a band to joining a film-making club or young people's theatre group.
- You can find out what's available in London on www.centrallondonconnexions.org.uk. Public libraries, your local borough's website – see below for details – and Connexions centres can also provide information on the type of sport and leisure opportunities that may be available locally. Connexions can also offer help and advice if you want to be more adventurous, such as study or do voluntary work abroad.

Local borough websites and phone numbers

- If you are searching for leisure activities, youth clubs and community projects, you may not find them on the home page. When using the 'search' box it could be helpful to use phrases like 'leisure and culture', 'leisure and community' and 'social and community.'

Camden	020 7278 4444	www.camden.gov.uk
Islington	020 7527 2000	www.islington.gov.uk
Kensington and Chelsea	020 7361 3000	www.rbkc.gov.uk
Lambeth	020 7926 1000	www.lambeth.gov.uk
Southwark	020 7525 5000	www.southwark.gov.uk
Wandsworth	020 8871 6000	www.wandsworth.gov.uk
Westminster	020 7641 6000	www.westminster.gov.uk

Our equal opportunities policy: Successful Young People, Successful Communities

Central London Connexions will help young people from all backgrounds in London to succeed. Central London Connexions will make a real and lasting contribution to ensuring that the capital's diverse communities are successful in meeting the challenges of the 21st century. Central London Connexions will actively celebrate the cultures and diversity of young people through services and programmes that are attractive, relevant and reflect community interests, offering full and equal access to all young people and staff.

This information is available in alternative formats, call 020 7938 8080.

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