



Volunteering for the British Heart Foundation

A guide for young people

Join our amazing team



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Volunteering at the British Heart Foundation

The satisfaction of volunteering for us not only comes from the rewarding work, the opportunities to make new friends and learn new skills, but from the knowledge you're helping us tackle heart and circulatory diseases, the world's biggest killers.

In the UK, 1 in 4 of us die from heart and circulatory diseases - conditions like heart disease, stroke and vascular dementia. But every year, we fund over £100 million of research to find ways to prevent, treat and perhaps one day cure these conditions. This research is as urgent and vital as ever, but it is only possible thanks to public donations.

Work side by side with us and help protect mums and dads, brothers and sisters, grandparents and friends.

Together, we can beat heartbreak forever.



Ways to get involved

Whether you choose to volunteer on your own or with friends or family, we'll make sure you get the support you need to feel as motivated and inspired by our cause as we are.

Here are just some of the ways you can donate time or help raise money to fund our life saving research

Hit the shops

From discovering hidden gems in the stockroom to helping our customers find their perfect sofa, you can get our tills ringing to fund life saving research.



Out and about

We're involved in hundreds of events across the UK, from the London to Brighton Bike Ride to the Great North Run. Soak up the atmosphere and help us hand out t-shirts, medals and cheer on our fundraisers as they cross the finish line.



Keep it local

Help us spread the word about the important work we're doing and collect donations. There's a whole host of ways to volunteer in your area.



Volunteer at university

Be an ambassador for the BHF and form a fundraising group or support our Pack for Good campaign.



As part of your Duke of Edinburgh's Award

The BHF is proud to be an Approved Activity Provider for the volunteering section of the world's leading youth achievement award – helping you to push personal boundaries, gain new skills and enhance your CV and university application.





ebaytm
for Charity

Leeds

Lucy

Lucy is currently studying for a degree in HR & Business and found out about the BHF's eBay office through a university jobs fair.

Lucy hopes to work within the charity sector once she graduates from university, and through volunteering, she has gained work experience that will be sure to stand out on her CV. Lucy has also enjoyed being able to apply what she's learnt at university to real situations and experiences – developing her own skills while supporting a good cause.

To raise money for a charity means the world to Lucy, and all it involves is donating a few hours of her time. Every day she volunteers she feels that she's making a difference and enjoys being part of something exciting and meaningful.

In terms of her own personal experience, Lucy feels more confident and has made new friends who have different life experience and perspectives. Working with new people and learning from them along the way has been an exciting part of the process.

Since volunteering, Lucy has used her experience to support job applications and interviews, by drawing upon real life examples.



Volunteer and gain skills for life

People choose to volunteer for many reasons across all stages of their lives. Some of the key benefits are that volunteering can help to increase confidence, gain new skills, as well as to boost existing skills. All of which will help to strengthen your CV further and give you lots to talk about in an interview.

At the British Heart Foundation, there are many opportunities to try something new or to develop your existing skills.

There are skills that help you to perform well in the working world. They are the sort of things that employers look for when they are recruiting:

personal presentation, enthusiasm and initiative, communication, time management, working with numbers/numeracy

There are also skills that will help you stand out from the crowd such as:

integrity (honesty), problem solving and creativity, teamwork, negotiation and decision making, IT skills

Work experience at the British Heart Foundation helps you to develop these key skills as well the chance to experience working life.



Personal presentation



Using your initiative



Time Management



Identifying and solving problems



Enthusiasm



**Working with numbers/
numeracy**



Communication



Creative thinking



Integrity



**Problem solving
and creativity**



Teamwork



IT skills



**Negotiation and
decision making**

All of these skills are the sorts of things that employers look for during recruitment. Not only that, but you'll be given a real flavour of working life that can help you start thinking about the direction you'd like to take in the future.



Eliza

Eliza knows only too well the impact that volunteering has on the lives of people living with heart and circulatory diseases having undergone a life saving heart transplant earlier this year.

Eliza was born with a rare genetic condition called Danon disease which can lead to cardiomyopathy and up until the age of 18, Eliza was able to live a relatively normal life; completing her A Levels and embarking on a degree at university.

However, throughout her first term at university, Eliza's health deteriorated considerably, forcing her to put her education on hold. Eliza's needed a heart transplant and so she was placed on the waiting list. In January, Eliza was put on the urgent list and a month later she received her life saving heart transplant.

Only a few months later and Eliza is volunteering at her local BHF shop in Penzance, helping out when and where she can to give something back.

With a new lease of life, she loves to style and model donated clothing, displaying her scar with pride. She hopes more people will join her in supporting the charity so that people like her can benefit from future advances in research.

Volunteer in our shops

You've probably seen our shops on high streets around the UK, maybe even bought or donated something, but did you know we rely on thousands of volunteers to help run them?

By greeting customers, organising the warehouse or sorting through donated goods, your contribution can have an impact far into the future.

We're one of the biggest retailers in the UK with over 700 shops and stores. You can help us raise the next million, helping to fund lifesaving research.

Whether you have a morning, an afternoon, a couple of days or a week to spare, we have a wide range of flexible volunteering roles for you to choose from including delivering first rate customer service on the shop floor to working with stock behind-the-scenes in one of our on-site warehouses.

We give all of our volunteers a short induction and tour of the shop before starting, and then you'll be all set to go.

Here are just some examples of what you could help us with.

During your shift you could:

- Help to sort stock and uncover hidden treasures
- Prepare stock ready for sale
- Work with the manager to price items
- Unpack and check off new goods deliveries
- Dress the window to display our fantastic range of products
- Help keep our shop looking attractive by tidying and sorting stock
- Help to list those special items for our eBay stores
- Upload recruitment adverts (online)



To find out more, contact
heretohelp@bhf.org.uk

Duke of Edinburgh's Award

The Duke of Edinburgh's Award (DofE) is the world's leading achievement award for young people, aged 14-24 years old*, and for the past seven decades, it's been inspiring and transforming millions of lives.

Every young person that takes part in the DofE will progress through three levels to achieve a Bronze, Silver or Gold Award.

The BHF is proud to be an Approved Activity Provider (AAP) for the volunteering section of the DofE award and each year we offer over 1000 young people the chance to get involved.

Whether you're volunteering in one of our busy charity shops or getting involved in a fundraising activity - our aim is to give every participant the support they need to push personal boundaries and develop skills that will enhance CVs and university applications.

For each level of the award, you will need to carry out your volunteering activity for a set period of time (this is different for Bronze, Silver and Gold Awards). Activities for each DofE section take a minimum of one hour a week, so they can be fitted in around academic study, hobbies and social lives. Remember, all activities must be completed by the participant's 25th birthday.

**Please be aware that for retail volunteering in our shops and stores volunteers need to be aged 16 and over.*

Volunteering timescales:

Level	Volunteering
Bronze award	3-6 months
Silver award	6-12months
Gold award	12-18months

Sound good? For more information on how to get involved, head to bhf.org.uk/volunteer



We consistently receive fantastic feedback from young people across the UK that have taken part in the Duke of Edinburgh's Award, including Neha who recently took part.

"As part of my Duke of Edinburgh's Bronze award, I was intrigued by some of the fundraising events I could take part in for the BHF, such as the 10k run and baking to raise funds. It's been great to try out things that I'd never normally do!

“

Fundraising for the BHF has been an amazing experience and I now feel inspired to participate in more fundraising events in the future.

My favourite part of fundraising was seeing the number of people who supported me. This included the number of people who donated to my JustGiving page for my 10k run and hearing the great reviews on my cupcakes and cookies!

I would definitely encourage others to take part in fundraising for a charity as it is such a rewarding experience. It also helped me to develop personal skills and feel more motivated.”

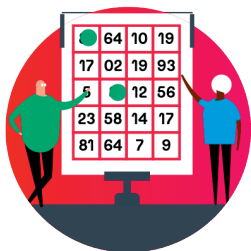
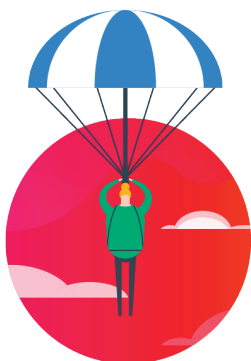


Volunteer in your community

Being part of a community fundraising group is a brilliant way to make new friends and have fun, all while raising money for vital research.

We have community fundraising groups right across the UK who love welcoming new members. They put on a wide range of fundraising activities each year including coffee mornings, park-runs, wear red days, music nights and more. Don't worry if there isn't a group in your area, we can help you set up your own.

Fundraising for the BHF



Every year, thousands of people get involved in fundraising activities up and down the country to raise money for research that brings the promise of future cures and treatments for heart and circulatory diseases – the world's biggest killers. This research doesn't just end in the lab, this research saves lives.

From foolproof ideas like bake sales and pub quizzes to active adventures like trekking up Kilimanjaro or jumping out of an aeroplane, there's an activity to suit everyone.

If you want to organise your own fundraising event, we've created a handy fundraising pack that's available to download at bhf.org.uk/dyot. It's full of hints, tips and ideas to inspire you so get yours today and start planning!

Remember, if you need any more advice we're only a phone call away. Reach us on **0300 330 3322**.

Hold a stock collection event at college, university or work

Our charity shops are always on the lookout for good quality clothes, bags, shoes, books, music, DVDs, toys and more. Donating your unwanted stuff isn't just a great way to de-clutter, it's also a fantastic way to support our research and recycle at the same time. We're all guilty of holding on to things that we know we'll never use or wear – so how about challenging your friends and family to a clear out too?

- **Donation bags:** Order free donation bags online or simply fill your own bags.
- **Set a date:** You can hold your donation event on any date – it's up to you.
- **Let everyone know:** Promote your event by using posters from our online toolkit or create your own.
- **Make it fun:** Keep track of bags donated, and see who can donate the most! Download a leader board poster.
- **Book a collection:** Drop stuff off at your local BHF shop or arrange a free collection.
- **Say thanks!** Every donation helps, so don't forget to say thank your colleagues for getting involved.
- **Get your certificate:** You can even download a certificate to recognise your valuable donations.

Every bag filled can help power world-class research that can keep families together and save lives. It's that simple.

Head to bhf.org.uk/bagit for more information.



It's moving day. You're about to leave your student halls behind you to set up home in some new digs. But wait, what about all those things you've acquired over the last year that have barely seen the light of day?

Instead of chucking them in the skip, donate your unwanted things to the BHF and fund research into the world's biggest killers.

Pack for Good is the only dedicated charity campaign targeted at universities and students. The campaign encourages students as they leave university to donate unwanted items, which go on to be sold in one of our 740 shops across the UK, with all profits helping to fund life saving research.

We work with over 95 universities, as well as local councils and many private providers across the UK. We encourage their students to support their local community, whilst also helping to reduce our partners waste and recycling costs, deterring items from going into bin stores and instead going to a good cause.

Support the running of Pack for Good in your university to help raise more awareness of the campaign, encourage more students to get involved and generate more donations to help raise more money to fund life saving research.

Volunteer at an event

Our supporters take on all kinds of incredible challenges to help raise money, from swims and cycles to triathlons and marathons. So we want to do everything we can to make sure they have a great experience on the day. Our event volunteers help things run smoothly and get them over the winning line with a cheer, so why not get in on the action?

What will you receive from us?

- The kit you need to be a BHF ambassador
- A point of contact and information in advance
- Key health and safety information on the day
- A warm welcome and a fantastic experience

Whether you have hours or days to give, we have a role for you:

- Promoting the event or recruiting fellow volunteers
- Being part of a cheer squad along the way and at the finish
- Handing out essential refreshments
- Important on the day administration
- Providing vital information and answering queries
- Handing out medals

For more information on how you can support at our events, contact:
eventsvolunteering@bhf.org.uk





Society of the year



The new Leeds University Fundraising Group were voted new Society of the Year in 2019 at the Leeds University Society Awards.

Hannah Watkins, Groups and Volunteering Manager said: "We are really proud of the team and all they have achieved since kicking off in December 2018. Since then they have raised £1000, held CPR sessions and are working with the Pack For Good team to encourage Students to donate clothes and electrical items as they leave university for the summer."

What our young people tell us*

Under 25's 2018

Overall engagement

93%

of volunteers would recommend volunteering at the BHF



Highlights

I care about the cause of the BHF

94%

I know what is expected of my role

93%

People here are treated equally irrespective of any differences

93%

I enjoy my volunteer work

93%



Traineeships

bhf.org.uk/
volunteering

Top reasons for volunteering



Improved confidence



Work experience



Contribution to a charity



Our commitment to safeguarding at the BHF

To ensure we deliver on our commitment to make the BHF a safe and rewarding place to work and volunteer, we have extremely robust safeguarding procedures and we follow up the references for all of our employees and volunteers.

In the first instance if you have any concerns or queries, please contact the shop manager – phone numbers can be found on bhf.org.uk/shop

We also have a confidential whistleblowing hotline and email service to enable anyone to report any concerns or harassment.

To report a concern:

Email: concernatwork@bhf.org.uk **Phone:** Peopleline 0300 222 5868

Volunteer Privacy Policy

We take your privacy seriously and will never sell or swap your details with third parties. You can withdraw your consent to be contacted at any time by calling 0300 330 332 or by emailing supporterservices@bhf.org.uk. Information about how we protect and use your personal data is set out in our privacy policy – www.bhf.org.uk/VPP

bhf.org.uk

Heart transplants. Clot busting drugs. Pacemakers.
Breakthroughs born from visionary medical research.
Research you fund with your donations.

Heart and circulatory diseases kill 1 in 4 people in the UK.
They cause heartbreak on every street. But if research can
invent machines to restart hearts, fix arteries in newborn
babies, build tiny devices to correct heartbeats, and give
someone a heart they weren't born with – imagine what's next.

We fund research into all heart and circulatory diseases and
their risk factors. Heart attacks, heart failure, stroke, vascular
dementia, diabetes and many more. All connected, all
under our microscope. Our research is the promise of future
prevention, cures and treatments.

The promise to protect the people we love. Our children.
Our parents. Our brothers. Our sisters. Our grandparents.
Our closest friends. You and the British Heart Foundation.

Together, we will beat heartbreak forever.

Beat heartbreak from  heart diseases  stroke  vascular dementia  diabetes