



Guide & Logbook



About Me

Please complete this section with details about yourself.

Full Name

Age

School / College or University

Favourite music / band

Favourite place to visit

Favourite food

Favourite film / TV programme

Favourite Hobbies

Fun fact about yourself

What would you like to gain from the programme



Introduction

The County Durham Young Volunteer Programme aims to provide all young people aged 12-25 with the prospect to access a wide range of opportunities, along with support and guidance through both personal and professional development to increase confidence, knowledge, employability and personal skills. The programme will offer a wide range of opportunities and training which will allow each young person to create their own unique volunteering experience, based on their skills, interests and passion.

The County Durham Young Volunteer Programme consists of five different strands:



PRIMARY YOUNG LEADERS PROGRAMME : This programme works with primary schools and pupils in year 5 & 6 to provide them with the knowledge and confidence to support level 2 multi-sport events. Schools will be recognised for their contribution to leadership through awards (bronze, silver and gold).

LOCAL YOUNG VOLUNTEER PROGRAMME: This programme involves secondary school pupils aged 12-19. The programme is delivered through local School Games Organisers who will provide training and support in the delivery of level 2 events, including level 2 School Games events. Young volunteers can gain rewards, recognition and qualifications.

COUNTY YOUNG VOLUNTEER PROGRAMME: This programme is aimed at young volunteers aged 16-19 who are interested in progressing further in volunteering. The programme will consist of a Young Volunteer conference, where young volunteers who have achieved 50+ hours of volunteering can attend. The conference will consist of a variety of workshops and training.

YOUNG ADULT VOLUNTEER PROGRAMME: This programme is designed for adult volunteers aged 20-25 who are interested in volunteering. The programme will help identify any opportunities to volunteer and signpost these opportunities.

ADDITIONAL OPPORTUNITIES: Working with local partners, organisations and clubs we will identify further volunteering opportunities within the community and job opportunities, including apprenticeships.



Past Volunteers



What difference has it made to you as a person?

Why did you get involved in the County Durham Leadership Programme?

"I wanted to learn new skills within a group of people who I didn't know beforehand. I've learned classroom skills, fundamental skills and how to make sessions inclusive".

"My knowledge of teaching and coaching has improved loads. I have met new people and this has made me a lot more confident as a person."

What have been the benefits of being involved?

"Being part of this programme hasn't just taught me skills and knowledge; it has given me the opportunity to volunteer at different places, gain qualifications and allowed me to get involved in other courses as well".



What are you going to do differently as a result of being part of the programme?

"I'm going to volunteer more within the community and help lead a variety of sessions feeling confident."

Which aspect of the Leadership Programme had the most impact on you and why?

"Being able to have the opportunity to gather more qualifications has had a big impact on me."



What are your plans moving forward?

"My plans are to continue coaching and get more involved in the community."



Benefits and Rewards

The County Durham Volunteer Programme has a wide range of benefits to suit all young people, which include the following:

- Attending FREE training courses and qualifications
- Rewards for completing, logging and submitting volunteering hours
- Meet new people and make new friends, along with potential employers
- Make a positive impact on people's lives and help the community
- Try a new experience and build a foundation for your future career
- Plan, deliver and volunteer at large scale events across County Durham
- Gain work experience and enhance your CV, knowledge and skills from working in the sector

Rewards include:



| PRIMARY LEADERS | ACADEMY / YOUNG & ADULT VOLUNTEERS 12-25 | ADDITIONAL OPPORTUNITIES |
|--|---|--|
| <ul style="list-style-type: none"> ● County Durham Sport awards for completing Bronze, Silver & Gold criteria on Sports Leaders Award ● County Durham Sport overall award for outstanding contribution to leadership in School, includes assembly visit ● Promotion for outstanding contribution to leadership via County Durham Sport channels (Newsletters & Social Media / Volunteer week) | <ul style="list-style-type: none"> ● Bronze (25 hours) – Certificate, name on scroll of fame & Incentive (Badge) ● Silver (50 hours) – Certificate, Incentive (Wristbands), chance to be selected to attend the Young Volunteer Conference ● Gold (100 hours) – Certificate & Incentive (Water Bottle), County Durham Sport to present at school assembly & give award, along with a free course ● Platinum (200 hours) – Certificate, Incentive (T-Shirt) & invitation to the County Durham School Games final as a VIP, where you will be presented your award ● Diamond (300+ hours) –Certificate & Incentive (£10 Voucher) + entry to a prize raffle ● All outstanding contributions to volunteering will be promoted throughout the County Durham Sport channels (Newsletters & Social Media / Volunteer week) | <ul style="list-style-type: none"> ● Apprentice of the year Award ● Best club volunteer of the year ● Giving back to the community award ● All awards will be promoted throughout the County Durham Sport channels (Newsletters & Social Media / Volunteer week) |



Where can I Volunteer?

There are many opportunities to volunteer throughout County Durham. Here are some ideas of where you can find these opportunities:

- **School**
- **College or University**
- **Community Sports Club – Club Durham**
- **National Governing Bodies**
- **Youth Clubs**
- **Events – Durham County Council etc.**
- **Parkrun**
- **Workplace**
- **Charities**

Each School Sport Partnership will provide local opportunities to volunteer at events which take place within their partnership. County Durham Sport will offer help and support in linking you to other opportunities and organisations within the community.



Recording Hours

This booklet can be used to record and monitor the volunteer hours that you have completed, whether it is in an educational setting such as school, college or university, in the community or at level 2 or 3 School Games event, along with any other sports volunteering you have completed.

All hours recorded must be verified and signed off from a mentor, which can include a teacher, coach or youth worker. It is your responsibility to log and submit these hours and to claim your rewards. It would be a great idea to keep evidence of all volunteer work completed to showcase the work you have been doing.

Submit your hours and claim your reward once you have achieved the below milestones:

|  |  |  |  |  |
|---|---|---|---|---|
| BRONZE | SILVER | GOLD | PLATINUM | DIAMOND |
| 25 HOURS | 50 HOURS | 100 HOURS | 200 HOURS | 300+ HOURS |



Please email any completed hours, along with any evidence to:

hello@countydurhamsport.com



Logbook

Please complete the table below with all the details of each time you volunteer. This will be used to record your hours and have them verified and signed off by a chosen mentor.

| DATE | DETAIL OF VOLUNTEER ACTIVITY | NUMBER OF HOURS | MENTOR SIGNATURE |
|------|------------------------------|-----------------|------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Evaluation Form

At the end of the year please use this form to evaluate the County Durham Young Volunteer Programme. Any logbooks completed and submitted will be entered into a prize draw. Please return all logbooks to teachers, School Games Organisers or directly to: County Durham Sport, The Sjovoll Centre, Front Street, Pity Me, Durham, DH1 5BZ.

What did you enjoy most about the programme?

What could be improved with the programme?

What skills /
experience have
you gained from
the programme?

Key achievements
from the
programme?

What are your
next steps from
the programme?

In order to be entered into the prize draw please provide your email address and phone number below (data is stored in line with the County Durham Sport privacy policy).

Email Address

Telephone Number



Useful Contacts

The below contacts can help and support you to access volunteer opportunities.

| County Durham Sport | CONTACT DETAILS | | |
|-------------------------------------|--|--|--|
| | Email Address: hello@countydurhamsport.com Telephone Number: 0191 307 7117 | | |
| School Sports Partnerships Contacts | NAME | ORGANISATION | CONTACT DETAILS |
| | Caitlin Smith | Durham & Chester Le Street | caitlin.s@durhamcls-ssp.org |
| | Ailsa Hall | Easington Partnership | ailsa.hall@durham.gov.uk |
| | Dan Coombes | Derwentside | d.coombe300@durhamlearning.net |
| | Joe Mason | Sedgefield | joemason@sedgefieldssp.org.uk |
| | James Oldfield | Wear Valley & Teesdale | james.oldfield@bishopbarrington.net |

Websites

For more information about the Volunteer Programme, please visit our website at:
www.countydurhamsport.com/young-people/leadership-volunteering/

Other opportunities to volunteer can be found at:

Durham County Council - www.durham.gov.uk/volunteering

Durham Community Action - www.durhamcommunityaction.org.uk/supporting-volunteering.html

