

## Overcoming common barriers to volunteering

Some people may have a fixed idea of what volunteering involves in terms of the roles available or the time commitment expected.

How many times have you heard one of these responses when you've asked someone to get involved as a volunteer? These cards can help you prepare for different scenarios before taking part in a recruitment event.

### They say...



### You say...

Volunteering is incredibly flexible.

You can give as much or as little time to guiding depending on what suits you. From picking up extra supplies with your weekly shop to researching unit activities in your lunch hour, we embrace all offers of help.

### They say...

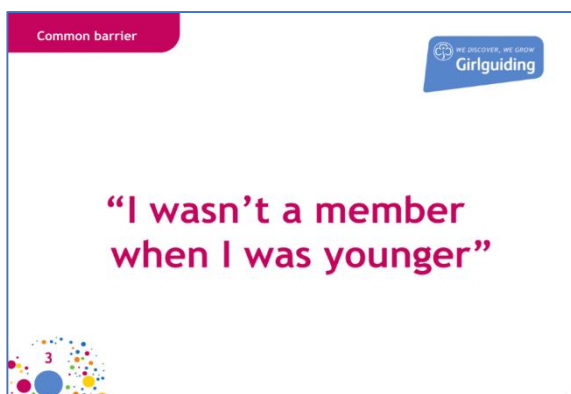


### You say...

Yes!

Men can be unit helpers. We have lots of volunteer roles for male volunteers - from helping at units to supporting behind the scenes. You can support in lots of different ways.

### They say...

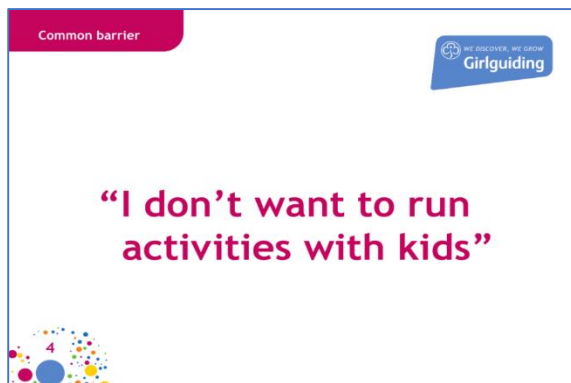


### You say...

You don't have to have been!

We welcome anyone as a volunteer, you can join in the fun at any point.

They say...



You say...

There are plenty of other roles available, such as secretary, treasurer or even social media coordinator! Many volunteers enjoy supporting their local units in a variety of ways which make a huge difference to the leaders who run meetings.

They say...



You say...

No problem at all.

There are lots of flexible roles available and we can work with you to find one that fits around your other commitments, that you will enjoy.

They say...

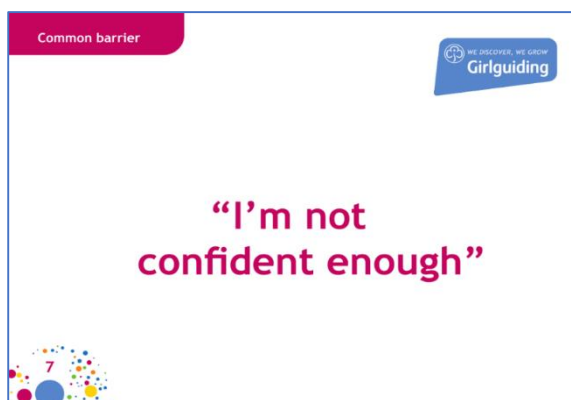


You say...

That's ok.

Do you know anyone else who might be interested in volunteering for Girlguiding? If so, we'd love to hear from them. Here, take a leaflet!

They say...



You say...

Joining Girlguiding is a great way to build your own confidence.

You'll be supported at every stage of your journey by other volunteers. You'll get a chance to make friends, try new things and play to your strengths, so it won't just be the girls benefitting from your involvement!

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I am disabled/  
have a long-term  
medical condition.  
Can I still volunteer?”**

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### You say...

Of course!

We're happy to discuss any support requirements you have, so that you get the best volunteer experience possible.

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I'm too young/old  
to volunteer”**

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### You say...

If you're at least 14 years old, you can become a young leader or work towards your Duke of Edinburgh's Award.

From 18 you can become an adult volunteer and we welcome volunteers of all ages.

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“Girlguiding's a bit  
old-fashioned”**

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### You say...

We've just launched an exciting new programme.

At unit meetings, girls take part in a huge range of activities and skills. We support girls to be well, have adventures, develop skills for their future, take action on things they're passionate about, express themselves creatively, and know themselves. In their spare time, girls can work towards badges including Aviation, Storytelling and Craftivism. Girls can also join the Girlguiding British Youth Council delegation, as well as take part in international travel. The possibilities are endless!

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I can't afford to  
volunteer”**

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### You say...

We claim reasonable expenses towards travel and other costs so that we're not out of pocket. We want to make sure that finances aren't a barrier to anyone volunteering.

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I don’t want to volunteer with my daughter’s unit”**

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### You say...

You can volunteer with another local unit so that you and your daughter can both have your own space at Girlguiding.

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I don’t have any experience working with children”**

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### You say...

No experience is needed.

Just come along and see what we’re all about. All skills are useful, and you’ll quickly gain new ones!

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I was a member when I was younger but I didn’t enjoy it”**

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### You say...

Girlguiding has changed over the years.

Maybe you’ll have a better experience as a volunteer! You’ll have a chance to have fun, have adventures, make new friends, help girls develop life skills and discover their voice.

### They say...

Common barrier

WE DISCOVER, WE GROW  
Girlguiding

**“I’m studying at the moment”**

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### You say...

There are flexible opportunities to fit around your studies, boost your CV and help you develop practical skills for whatever you want to do after finishing your studies.

## They say...



## You say...

As a volunteer with Girlguiding, you can have a positive impact on girls. You’ll have fun, make friends and make a difference in the community. You’ll also be part of a movement of over 400,000 girls and 108,000 volunteers in the UK.

(Feel free to share what you love about guiding!)

If you find this resource helpful please let us know by contacting [membershipadmin@girlguiding-scot.org.uk](mailto:membershipadmin@girlguiding-scot.org.uk). Please also use this email address if you’d like any further support with adult recruitment.

If you are a Girlguiding Scotland trainer and would like a printed set of these cards to support training sessions, please get in touch.

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