


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...
<div data-bbox="212 850 952 1228" style="border: 1px solid black; padding: 20px; text-align: center;"> <p>“I don't have the time”</p> </div> <div data-bbox="212 1228 952 1270" style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between; align-items: center;">  Common barrier </div>	<p>Volunteering can be incredibly flexible. You can give as much or as little time to guiding depending on what suits you. From pick up extra supplies with your weekly shop to researching unit activities in your lunch hour, we embrace all offers of help.</p>

“Are men allowed to volunteer?”

Yes! Men can be unit helpers. We have lots of volunteer roles for men – from helping at units to supporting behind the scenes. You can support in lots of different ways.

“I wasn’t a member when I was younger”

You don’t have to have been. We welcome anyone as a volunteer, you can join in the fun at any point without being involved when you were younger.

	<p>“I don’t want to run activities with children”</p> <p><small>Girlguiding Scotland</small> Common barrier</p>	<p>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 the meetings.</p>
	<p>“I have young children”</p> <p><small>Girlguiding Scotland</small> Common barrier</p>	<p>No problem at all. There are lots of flexible roles available and we can work with you to find one that you will enjoy that fits around your other commitments.</p>

“I don’t think it’s for me”

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!

“I’m not confident enough”

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 new friends, try new things and play to your strengths, so it won’t just be the girls benefitting from your involvement!



<p>“I’m disabled/have a long-term medical condition. Can I still volunteer?”</p> <p><small>Girlguiding Scotland Common barrier</small></p>	<p>Of course! We offer a variety of adjustments and work with you to find a role that works for you. This could include flexible guiding opportunities. We can set up a chat to discuss options.</p>
<p>“I’m too young/old to volunteer”</p> <p><small>Girlguiding Scotland Common barrier</small></p>	<p>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. If you feel like a role working directly with girls wouldn’t be suitable for you, there’s plenty of other roles like fundraising and getting involved with the Trefoil Guild that might suit you better.</p>


“Girlguiding is a bit old-fashioned”

We look a lot different now! We encourage girls to get involved in new adventures, challenge themselves to try new things like international opportunities, and our advocacy group Speak Out. As a volunteer you get to experience all this and more with personal development opportunities, roles at all levels of the organisation, and the opportunity to get involved with some of these international opportunities yourself!

“I can't afford to volunteer”

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.

	<p>“I don’t want to volunteer with my daughter’s unit”</p> <p> Girlguiding Scotland</p> <p>Common barrier</p>	<p>You can volunteer with another local unit so that you and your daughter can both have your own space at Girlguiding.</p>
	<p>“I don’t have any experience working with children”</p> <p> Girlguiding Scotland</p> <p>Common barrier</p>	<p>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!</p>

	<p>“I was a member when I was young but I didn’t enjoy it”</p> <p> Common barrier</p>	<p>Girlguiding has changed a lot over the years. You’ll have a chance to have fun, have adventures, make new friends, help girls develop life skills and discover their voice.</p>
	<p>“I’m studying at the moment”</p> <p> Common barrier</p>	<p>There are flexible opportunities to fit around you and your studies. Volunteering with us is a great way to boost your CV and help you develop practical skills for whatever you want to do after you finish your studies.</p>

“I’m not sure...”

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 almost 40,000 girls and 9000 volunteers across Scotland.