



# DofE volunteering online programme with the British Red Cross



**YOUTH  
WITHOUT  
LIMITS**

This pack will help you plan your volunteering section with us. You will be helping us raise awareness about our three main causes: disasters and emergencies, health inequalities and migration along with practical actions to support our charity.

Embrace your 'power of kindness', have fun and stay safe!

Updated: December 2024

**The power  
of kindness**

## Planning your award

Activities for the **volunteering section** take a minimum of one hour a week over a set period of time - development and regular progress must be shown.

**BRONZE**

- Volunteering **3 months**
- Physical **3 months**
- Skills **3 months**
- Expedition **2 days 1 night**

*PLUS a further 3 months in the Volunteering, Physical or Skills section.*

**SILVER**

- Volunteering **6 months**
- Physical **one section for 6 months, the other for 3 months**
- Skills **one section for 6 months, the other for 3 months**
- Expedition **3 days 2 nights**

*Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.*

**GOLD**

- Volunteering **12 months**
- Physical **one section for 12 months, the other for 6 months**
- Skills **one section for 12 months, the other for 6 months**
- Expedition **4 days 3 nights**
- Residential **5 days 4 nights**

*Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.*

**STARTING AGES:**

- Bronze: Year 9+
- Silver: Year 10+
- Gold: **16 yrs**

**All Awards must be completed by the participant's 25th birthday**

**This programme is built up of different challenges reflecting our areas of work.**

You need to choose modules to make up the number of hours you need for your DofE – for example – **3 months = 12 weeks = 12 hours**.

- Look at the modules below and choose your programme to make up the required number of hours.
- [Download this form](#) to plan and keep a log of what you do. You can upload it to DofE to show your achievements.

## Kindness in Action group

- While you are doing your award, you can join our online Kindness in Action group to attend talks, sessions and have interaction with other young people. To join simply email [kindnessinaction@redcross.org.uk](mailto:kindnessinaction@redcross.org.uk) and we will send you information!

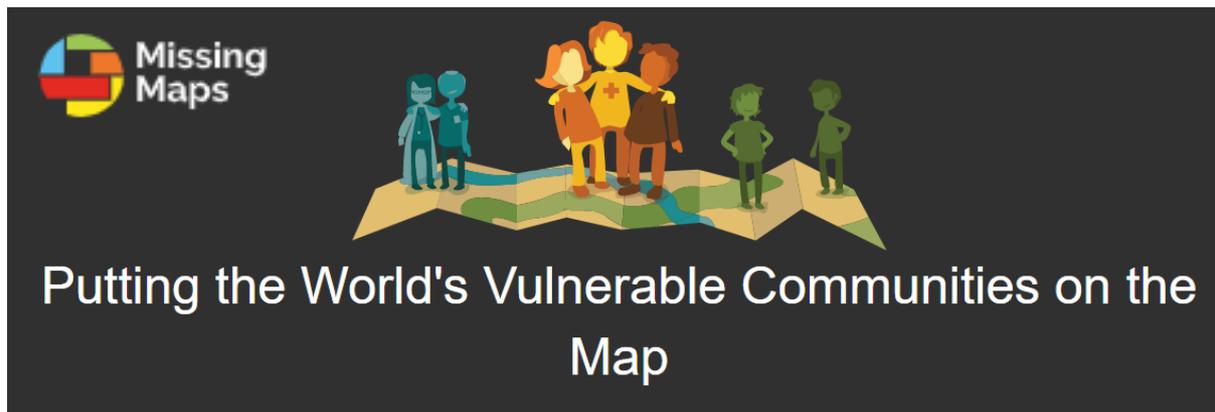
## Activity 1a - Welcome to your volunteering

<b>What?</b>	This activity is completed by all participants and helps you learn about the British Red Cross.
<b>How long?</b>	30 minutes
<b>What do I need to do?</b>	<ol style="list-style-type: none"> <li>1. <b>Register</b> to do the volunteering section with the <a href="#">British Red Cross</a></li> <li>2. <b>Watch</b> these introductory videos: <ul style="list-style-type: none"> <li>- <a href="#">Who we are and what we do</a></li> <li>- <a href="#">Strategy 2030 video</a></li> <li>- <a href="#">Day in the life of a volunteer video</a></li> <li>- <a href="#">Red Cross emblems and their purpose video</a></li> </ul> </li> <li>3. <b>Research</b> <a href="#">opportunities for young people</a> within the British Red Cross.</li> </ol>
<b>Finally...</b>	Remember to update your log and upload any evidence to eDofE

## Activity 1b – Planning your programme

<b>What?</b>	In this activity you will look through all the activities you can start to think about the activities you might like to do and create a plan
<b>How long?</b>	30 minutes
<b>What do I need to do?</b>	<ol style="list-style-type: none"> <li>1. <b>Research</b> the you can do within this project.</li> <li>2. <b>Plan your activities:</b> download <a href="#">this form</a> to plan and keep a log of what you do for your volunteering section.</li> </ol>
<b>Finally...</b>	Remember to update your log and upload any evidence to eDofE

## Activity 2 – Missing Maps



### Putting the World's Vulnerable Communities on the Map

<p><b>What?</b></p>	<p><b>Map online. Save Lives. Make a real difference from the comfort of your home!</b> Each year, disasters around the world kill nearly 100,000 and affect or displace 200 million people. Many of the places where these disasters occur are literally 'missing' from open and accessible maps and first responders lack the information to make valuable decisions regarding relief efforts. Missing Maps is an open, collaborative project in which you can help to map areas where humanitarian organisations are trying to meet the needs of people who live at risk of disasters and crises.</p>
<p><b>How long?</b></p>	<p>3 hours + (learning to map &amp; completing mapping tasks)</p>
<p><b>What do I need to do?</b></p>	<ol style="list-style-type: none"> <li>1. <b>Learn</b> about the Missing maps by watching this <a href="#">presentation</a> and watching the '<a href="#">beginners</a>' videos on the learn to map page</li> <li>2. <b>Download:</b> the <a href="#">Missing Maps</a> guide</li> <li>3. <b>Start mapping:</b> <a href="#">Create an account</a> and start mapping!</li> </ol>
<p><b>Further activities</b></p>	<ul style="list-style-type: none"> <li>- <b>Join a mapathon:</b> find out how to <a href="#">map online with other people</a></li> <li>- <b>Host a mapathon:</b> find out how to <a href="#">run a mapathon</a> with others in your group. You might like to use the <a href="#">presentation</a> to introduce the activity.</li> </ul>
<p><b>Finally...</b></p>	<p>Remember to update your log and upload any evidence to eDofE</p>

## Activity 3 – Fundraise for the British Red Cross



<p><b>What is this activity about?</b></p>	<p>Get active. Go fundraising. Have fun. There are many ways you can help raise money for people in crisis.</p>
<p><b>How long?</b></p>	<p>2 hours +</p>
<p><b>What do I need to do?</b></p>	<ol style="list-style-type: none"> <li>1. <b>Research</b> what you might do using these resources: <ul style="list-style-type: none"> <li>- <a href="#">Big Red Youth pack</a></li> <li>- <a href="#">Red Cross fundraising &amp; events page</a></li> <li>- <a href="#">Collect for Red Cross week</a> (May)</li> </ul> </li> <li>2. <b>Decide</b> on your fundraising event and use the template in the <a href="#">Big Red pack</a> to plan the event</li> <li>3. <b>Read</b> the hints and tips in the <a href="#">Big Red pack</a></li> <li>4. <b>Register</b> your event by emailing <a href="mailto:getfundraising@redcross.org.uk">getfundraising@redcross.org.uk</a></li> <li>5. <b>Promote</b> the event using Social Media and set up a <a href="#">Just Giving account</a> if needed.</li> <li>6. <b>Run the event:</b> keep it safe, have fun and take photos (tag @BritishRedCross on social media).</li> <li>7. <b>Bank your money</b> using the details in the <a href="#">Big Red pack</a></li> </ol>
<p><b>Finally...</b></p>	<p>Remember to update your log and upload any evidence to eDofE</p>

## Activity 4 – Support our shops



<p><b>What is this activity about?</b></p>	<p>Our local and online charity shops sell preloved clothes, furniture, vintage items, books and more. All money raised helps people in crisis in your local community and around the world.</p>
<p><b>How long?</b></p>	<p>1+ hours</p>
<p><b>What do I need to do?</b></p>	<ol style="list-style-type: none"> <li>1. <b>Research</b> your <a href="#">nearest charity shop</a> and which items you can <a href="#">donate to our shops</a></li> <li>2. <b>Collect items</b> to donate to your local shop or download a label to <a href="#">post for free</a></li> </ol>
<p><b>Further activities</b></p>	<ul style="list-style-type: none"> <li>- <b>Promote volunteering:</b> Watch the '<a href="#">A day in the life of a Shop volunteer</a>' and share this on Social Media with a link to find <a href="#">volunteering opportunities</a></li> <li>- <b>Volunteer in a shop (15+):</b> Apply for a <a href="#">shop volunteer role</a> if there is a role available in your area. This could be your main DofE volunteering activity.</li> </ul>
<p><b>Finally...</b></p>	<p>Remember to update your log and upload any evidence to eDofE</p>

## Activity 5 – Promoting volunteering opportunities



<b>What is this activity about?</b>	<b>We need volunteers to help vulnerable people to get the help they need when a crisis strikes.</b> We have roles to suit everyone, no matter how much time they have to give. Our volunteering roles start at the age of 15.
<b>How long?</b>	1+ hours
<b>What do I need to do?</b>	<ol style="list-style-type: none"><li>1. <b>Research</b> local <a href="#">volunteering opportunities</a> on our website and promote any local roles on Social Media</li><li>2. <b>Research</b> &amp; promote our <a href="#">Community Reserve volunteers</a> on Social Media and/or encourage friends 18+ to sign up.</li><li>3. If you are over 15, sign up as a Social Action volunteer (new role in September 2023)</li></ol>
<b>Finally...</b>	Remember to update your log and upload any evidence to eDofE

## Activity 6 – Learn and promote First Aid



<p><b>What is this activity about?</b></p>	<p><b>One minute can make a difference and save a life. Learn First Aid.</b> Only <a href="#">one in 20 people</a> would know what to do in a first aid emergency, but up to 59 percent of deaths from injury could have been prevented if first aid was given before the emergency medical services arrived. Help us raise awareness of these lifesaving skills.</p>
<p><b>How long?</b></p>	<p>2+ hours</p>
<p><b>What do I need to do?</b></p>	<ol style="list-style-type: none"> <li>1. <b>Learn First Aid</b> <a href="#">first aid skills online</a> or download our <a href="#">First Aid app</a> and learn on your phone or tablet.</li> <li>2. <b>Learn about the Bystander effect</b> using this <a href="#">resource</a></li> <li>3. <b>Plan a project to <a href="#">raise awareness of first aid</a></b> – this ‘take action’ resource might help             <ul style="list-style-type: none"> <li>- Encourage people to download our <a href="#">First Aid app</a></li> <li>- Create a video, poster or leaflet</li> <li>- Share our <a href="#">first aid videos</a> via Social media</li> <li>- Survey AEDs in your local area and fundraise for one</li> <li>- Book a <a href="#">free first aid session</a> for your group</li> <li>- Run a <a href="#">first aid session for your group</a></li> </ul> </li> </ol>
<p><b>Finally...</b></p>	<p>Remember to update your log and upload any evidence to eDofE</p>

## Activity 7 – Sharing the Power of Kindness



<b>What is this activity about?</b>	The Red Cross believes in the <b>Power of Kindness</b> . Why not spread some simple acts of kindness and make someone's day. You never know what someone is going through, and a simple act of kindness could change their day for the better.
<b>How long?</b>	1+ hours
<b>What do I need to do?</b>	<ol style="list-style-type: none"><li>1. <b>Watch</b> our <a href="#">Power of Kindness video</a></li><li>2. <b>Plan or run</b> some Kindness activities<ul style="list-style-type: none"><li>- <b>Paint</b> <a href="#">Kindness Rocks</a> and leave them in your area</li><li>- <b>Give</b> <a href="#">Kindness bananas</a> to others</li><li>- <b>Plan</b> <a href="#">Kindness of Social Media</a> or <a href="#">Good deed discovery</a></li><li>- <b>Do</b> random acts of kindness for someone</li></ul></li></ol>
<b>Finally...</b>	Remember to update your log and upload any evidence to eDofE

## Activity 8 – Reducing loneliness



<p><b>What is this activity about?</b></p>	<p>More than 9 million people in the UK say they feel lonely some or most of the time. So if loneliness is affecting your life, you're not alone.</p>
<p><b>How long?</b></p>	<p>1+ hours</p>
<p><b>What do I need to do?</b></p>	<ol style="list-style-type: none"> <li>1. Learn about loneliness via this <a href="#">combatting loneliness with kindness activity</a>, <a href="#">company and kindness activity</a> and <a href="#">our website</a></li> <li>2. <b>Plan or run</b> an activity to reduce loneliness <ul style="list-style-type: none"> <li>- <b>Organise</b> a <a href="#">Big Lunch</a> for your local community</li> <li>- <b>Raise awareness</b> about or create an online sock puppet show about youth loneliness.. Check out the <a href="#">Lonely, Not Alone website</a> for more information.</li> <li>- <b>Write cards</b> for people who are lonely, e.g. Season's Greetings cards and sending to the British Red Cross for distribution.</li> <li>- <b>Organise a community activity day</b> to bring different members of the community together e.g. to promote organisations who can support people with loneliness.</li> </ul> </li> </ol>
<p><b>Finally...</b></p>	<p>Remember to update your log and upload any evidence to eDofE</p>

## Activity 9 – Supporting disasters and emergencies



<b>What is this activity about?</b>	<p>While we can't control when emergencies happen, there are many ways to prepare for them.</p> <p>Emergency preparedness and planning is important to help you manage unexpected crises or emergencies such as terrorist attacks or extreme weather. You can find out how to create an emergency kit for your home or car, get advice on extreme weather like storms and flooding, and learn what flood warnings mean.</p>
<b>How long does it take?</b>	1 + hours
<b>What do I need to do?</b>	<ol style="list-style-type: none"><li>1. Learn about emergencies and how people respond through this <a href="#">ready to respond activity</a> and download the <a href="#">Red Cross emergency app</a></li><li>2. Plan a project to help prepare your community for emergencies – this <a href="#">list of project ideas</a> will help</li></ol>
<b>Finally...</b>	Remember to update your log and upload any evidence to eDofE

## Activity 10 – Supporting refugees



<p><b>What is this activity about?</b></p>	<p><b>Raise awareness about Refugees. Facts are not fiction.</b></p> <p>The British Red Cross is the UK's largest independent provider of services for refugees and people seeking asylum. We offer emergency help, one-to-one support, and casework, special services for children and families, and help to reunite families.</p>
<p><b>How long does it take?</b></p>	<p>1 + hours</p>
<p><b>What do I need to do?</b></p>	<ul style="list-style-type: none"> <li>- Learn about refugees through these resources:</li> <li>- <a href="#">Facts about refugees</a></li> <li>- <a href="#">Find out how we help refugees</a></li> <li>- Listen to 'We are VOICES' podcast</li> <li>- Plan a project to raise awareness or support refugees</li> <li>- <b>Sign/promote</b> our <a href="#">Every Refugee matters pledge</a></li> <li>- <b>Raise awareness</b> with our <a href="#">teaching resources</a></li> <li>- Fundraise through our <a href="#">Miles of Refugees</a> in June</li> <li>- <b>Buy products</b> to <a href="#">support refugees in our shop</a> and encourage others to</li> <li>- <b>Refugee week</b> happens in June – <a href="#">find out more</a></li> <li>- <b>Watch</b> the <a href="#">No Way Back</a> video from a Young Refugee in London and discuss the film</li> </ul>
<p><b>Finally...</b></p>	<p>Remember to update your log and upload any evidence to eDofE</p>

## Module 11 – Wrapping it all up!



<b>What?</b>	This is the final section to get your award signed off
<b>How long?</b>	15 minutes
<b>What do I need to do?</b>	<ol style="list-style-type: none"><li>1. <b>Think about</b> all the activities you have done and ensure your log is up to date.</li><li>2. <b>Complete the <a href="#">evaluation questionnaire</a></b> to get your assessor report and certificate</li><li>3. <b>Complete our <a href="#">Youth Social Action evaluation form</a></b></li></ol>
<b>Finally...</b>	Remember to update your log and upload any evidence to eDofE