

# Volunteering for Under 16s

University of Cambridge Childcare Services

Introducing your teenager to voluntary work can provide a host of development opportunities including building independence, communication and learning transferable skills.

Below are a list of charities in Cambridgeshire which take on young volunteers

## **Barnardo's**

Barnardo's is a charity supporting the lives of vulnerable children across the UK.

Young people **14 years +** can volunteer in their shops. Roles include customer service, merchandising and sorting donations.

Contact: 0208 498 7320

## **Blue Cross**

Blue Cross is a charity working with animals, attending to their welfare and helping them to find permanent homes.

Young people **14 years +** can support the team with looking after pets or volunteer in their shops.

Contact: 0300 777 1897

## **British Red Cross**

British Red Cross supports a variety of people in times of crisis.

This charity provides opportunities for people aged **15 years+**.

Contact: 0300 456 1155

## **Canal and River Trust**

This charity helps look after the waterways in England and Wales.

Young people can become a conservation volunteer from **13** years old.

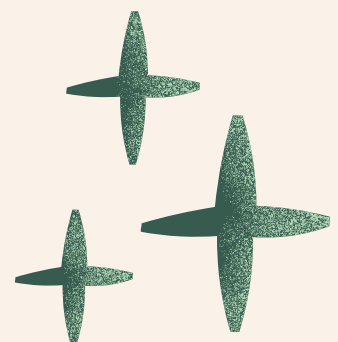
Contact: 0303 040 4040

## **Countryside Restoration Trust**

This charity promotes wildlife friendly farming and campaigning.

Volunteer support groups take young people aged **14+** to help plant trees and hedges, clearing scrub and painting.

Contact: 01223 262999



*All information is correct as of January 2025 and is subject to change.*

## GirlGuiding

Volunteering with GirlGuiding involves supporting young girls to learn new skills and become an inspiring role model

Young people aged **13 years +** can volunteer as a unit helper or peer educator at Rainbows, Brownies or Guides.

## NHS Young Person's Program

Addenbrookes Hospital runs a Youth Person's Program during school holidays for teenagers ages **16-18**. This program can help young people with an interest in the healthcare sector gain valuable insight into life on the wards.

## NHS Youth Cadets

This is a new program for young people aged **14-18** who are interested in healthcare and are from underrepresented communities. There are a variety of virtual and in person volunteering programs of different levels.

## Oxfam

Oxfam is a global group tackling poverty, global warming and gender inequality.

Volunteers can apply from the age of **14+** to be a Youth Ambassador or charity shop volunteer.

Youth Ambassadors help to put ideas into action by taking part in either school or national campaigns with their peers.

Contact: 01223 311041

## St Johns Ambulance

St Johns Ambulance works to save lives and keep communities safe.

Young people aged **14+** can help deliver first aid workshops and explore roles in healthcare.

Contact: 0870 765 7856

For more information about childcare in Cambridgeshire, please visit the University of Cambridge Childcare Services website <https://www.childcare.admin.cam.ac.uk/>



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