

POWER OF 10



A local LABGC Award Scheme to encourage young people from primary school through secondary school to get involved in volunteering and experience the benefits it brings.

'The efforts of volunteers worldwide are equal to 109 million full-time workers'

— VolunteerHub.com

"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."

— Helen Dyer

Participating in regular volunteering improves employment prospects for young people by 69%.

— The National Council for Voluntary Organisations

Over three-quarters of volunteers (77%) reported that volunteering improved their mental health and wellbeing.

— The National Council for Voluntary Organisations

Power Of 10 Overview

The LABGC team would like to introduce our Power of 10 volunteering scheme.

Coming together to celebrate and recognise young people for their volunteering achievements.

We know by offering young people a range of flexible and meaningful experiences, we can support them to boost their confidence, learn new skills, improve wellbeing, and feel valued members of our community.

Volunteering hours can take part anywhere in their local community. The Power of 10 gives young people a central place to log hours, collate experiences and unite hard work. We want to inspire young people to seek out new opportunities they may not usually explore.

Power of 10 Awards

There are 4 tiers to the awards:

- 10 hours – Bronze – Certificate, badge, badge display stand.
- 20 hours – Silver - Certificate & badge & certificate presentation folder.
- 50 hours – Gold - Certificate & badge & branded PO10 t shirt

- 100 hours – Platinum - Certificate & badge, gift voucher & Hoodie

Youth Club Role

Within your club you will select a member/s of staff to take the lead on the Power of 10 project. This person/s will be the clubs designated Power of 10 Mentor/s.

Power of 10 Mentor Role:

- Encourage participation and promote the benefits of volunteering
- Support young people with locating volunteering opportunities
- Support completion of Power of 10 booklet
- Approve review sheets and submit verification forms to LABGC for awards
- Liaise with volunteering organisations to ensure wellbeing of YP
- Be the lead communicator with LABGC

How to support young people with external volunteering opportunities.

Throughout Power of 10 you will encourage young people to explore local volunteering opportunities within their community. Some examples include volunteer gardening groups/ food bank organisations/ litter picking groups etc.

It may be that within your community you already have lots of suitable connections within these groups and you can signpost young people to these various opportunities.

Please be mindful that it is the club's responsibility to ensure suitability and safeguarding of volunteering opportunities prior to young people attending.

We recommend you highlight a key person within the organisation that you can liaise with regularly to monitor young people's attendance and confirm completion of hours.

We have included a Suitability Checklist Guide and a Volunteer Placement Provider Registration form to be completed by the provider and returned to club prior to young people attending. Also included is an Organisation Record Sheet that we recommend you complete for snapshot information of all additional organisations you work with.

Completing the Booklet

We advise clubs to keep booklets in club to avoid loss/damage.

- **This is Me (My Bio)**

To identify who the book belongs to. These details will be useful for collating project data and outcomes.

'My Interests' gives young people an opportunity to begin to think about their likes/ dislikes, including hobbies. This helps with beginning to identify what volunteer opportunities may be of interest/ relevant.

TIP: Some young people may find it difficult to think of these things on the spot, try our fun mind map activity resource.

- **Volunteer Log**

Here young people keep track of volunteer hours. Each hour must be signed and dated by either the relevant activity leader in the volunteer placement or young person's mentor once the hour is completed.

Upon completing Bronze/ Silver/ Gold/ Platinum the young person will be directed to complete their Review within the My Journal section of the booklet.

TIP: Keep up to date with where your young people are; praise, motivate and encourage them to keep going!

- **My Journal**

This section of the booklet inspires reflection and acknowledges personal achievements. This is an open space for a young person to comment on learnings/ new found interest/ task they enjoyed etc. Once completed mentors will sign and date.

TIP: Discuss findings with young people and praise achievements. Use this information as a basis to start open discussions, learn more about the individual and further build relationships.

INFO: Reflection is an important tool to empower young people. When encouraged to reflect, young people build skills such as questioning, memory, investigating, explaining, and consideration. Reflection also helps young people learn from their experiences, and develop their interpersonal skills.

- **PO10 Verification Form**

Once a young person has completed the necessary hours and corresponding review form, PO10 Mentors can submit the verification form on behalf of the young person. This is a short online form.

To complete this form you will need to know:

- Young Persons Full Name & Date of Birth.
- The Award applying for.
- The start date and completion date.
- Club delivery address to send award.

TIP: Please submit verification forms as soon as possible, this helps us with turn around time of getting young people their awards.

- **My Skills**

Although not needed for the completion of PO10, the skills pages are designed to help young people understand and acknowledge new skills they achieved. Throughout their volunteering journey young people will learn lots of transferable skills, which will help in many aspects of their future life; having a record of these will support young people to recognise and build on their skillset.

Examples:

Baking – Researching recipes, following instructions, baking and decorating 20 cupcakes for a local charity cake stall.

Professional Communication – Communicating clearly and professionally with the general public as part of charity cake stall in my local village hall.

Money Management – Handling money, working out necessary change, keeping records of sales and totalling sales for a local charity cake sale.