



Volunteer role information

Unit helper

Why Girlguiding?

Become an inspiring role model for our members - and help empower girls to be their best. Join the 100,000 amazing volunteers and supporters who make a real difference to nearly half a million girls and young women.

At the heart of guiding are our unit meetings, which girls go along to each week. When you volunteer at them prepare to have fun, meet great people and help run activities that inspire our members to discover their potential.

You can choose to work with girls in Rainbows, Brownies, Guides or Rangers, and you'll be volunteering directly with them. Unit meetings are usually an hour to an hour and a half once a week.

Why we love this role:

As a unit helper you'll give girls opportunities for fun, friendship, challenge and adventure! You'll usually work with other volunteers to help run fantastic activities, whilst keeping our members safe.

Unit helpers assist the unit leadership team in running units (groups) of Rainbows, Brownies, Guides and Rangers. You'll be part of a leadership team that includes at least one unit leader, assistant leaders and possibly also young leaders and other unit helpers.

No two units are the same which means that all unit helpers do slightly different things. There is a lot of space to make this role your own.

Some of what you'll do:

Each unit leadership team divides responsibilities a little differently. Here are some of the activities that are part of being a unit helper:

- Help plan activities which are based on the Girlguiding programme and are accessible and inclusive. Often these activities are planned by the whole volunteer team and the girls at the beginning of each term
- Go to your unit meeting each week, and run the activities with the girls and other volunteers
- Safeguarding is at the heart of everything we do at Girlguiding, so you'll help provide a safe girl-only space, where every girl and young woman can take part
- You'll also uphold the Doing Our Best standards for your unit
- You'll complete training for the role and follow Girlguiding policies
- If your unit goes on a camp or days out you'll normally go along
- And you might go to district events and talk with volunteers outside your unit

Unit helpers usually spend between ten minutes and an hour a week on the role outside the unit meeting time, but you may spend more depending on your responsibilities and what activities your unit's running.

Not quite the right role for you? If this doesn't seem like the right fit and you want something more flexible, have a look at the unit administrator role or speak to your local commissioner about other flexible volunteering opportunities.

What training and support do you get?

- We'll give you a thorough induction to your role and to Girlguiding
- You'll have lots of training opportunities - including e-learning, face to face training and live online classrooms that you can do from home
- You'll have a great support network from your fellow volunteers, including a local commissioner and Girlguiding advisers
- And regular meetings and events to share information
- We reimburse agreed expenses (agreed locally so these may differ across Girlguiding)
- Girlguiding has a clear complaints procedure and support to help sort out problems or disagreements

Our Girlguiding website is full of information to help you in your role.

What qualifications do you need?

You'll need to become a member and complete A Safe Space Level 1 and 2, and do a disclosure check for this role.

What skills and attributes do you need?

- ✓ **Good listening and communication**
To help your unit leaders and other volunteers deliver great guiding for girls.
- ✓ **Attention to detail**
But there is a great team to support you.
- ✓ **Knowing when to ask for help**
But remember there is a network of other volunteers and commissioners to help you with any questions.
- ✓ **Willingness to learn**
Learning as you go to keep your skills fresh.

A week in the life...

As unit helper I support the leader of my unit by helping to bounce ideas around and come up with new activities and games. The main leader normally directs us with the aims for the term, but I help in the discussions and planning. We often plan the sessions the week before or a few weeks before depending on what we need to prepare, and I'll help with preparation by bringing in materials or learning the activities so I can show them to the girls. It's very flexible though so I can take on as much or as little as I have time for.

A lot of the time, as a unit helper I get the sessions started by playing a game with the girls while others get the main activities prepared. And as we only have a few leaders, I often take on the role of leader when needed and run sessions. The roles are very similar and everyone helps.

The main difference between me and the leaders is that I have much less admin work and training (except the main safe space training). The amount I get involved has been very flexible, which has really suited me. I thoroughly enjoy this role!

Quick requirement check

1. Disclosure check: **yes**
2. A Safe Space Level: **1 and 2**
3. Attends meetings: **yes**

We're keen to hear from volunteers of all backgrounds, abilities, races, sexual orientations, socio-economic backgrounds, and of all faiths and none. We also welcome volunteers of all ages 18+. We're flexible, and volunteering can be arranged to fit around a busy lifestyle. Girlguiding is committed to making reasonable adjustments to support disabled volunteers so they have access to the same opportunities and experiences as non-disabled volunteers.

Please note this is a volunteer role and does not form part of any contract of employment.