

How can you volunteer for Break?

Become a Fundraising Volunteer

We have lots of varied roles available to our Break fundraising volunteers. No matter how much time you can spare, from two hours a year to a more regular commitment of two hours a week, we can find a role that you will enjoy and that will make a huge difference to the charity. Roles include Collecting Pot Organisers (CPO), Bucket Collection Volunteers, Volunteer Speaker, Events Volunteer, Office Volunteer and Christmas Card Shop Volunteers.

For more information on the roles that we have available in fundraising, please contact Danielle Gravestock on 01603 670108 or danielle.gravestock@break-charity.org.uk

Become a Retail Volunteer

Working in a Break charity shop is about more than the jobs needing to be done. It's about meeting new people, making friends and working as part of a team, all while raising funds to support vulnerable children, young people and families. As a valued member of our Break volunteer team you'll be entitled to 20% off donated goods.

For further information, an application form, or to sign up for a taster session, please visit us in store.

Become a Volunteer Mentor

Mentoring is a one-to-one, non-judgmental relationship in which an individual volunteer gives time to support and encourage young people from Break. We are looking for committed people who have a few hours to spare every couple of weeks over a sustained period, to support young people with disabilities; in care; moving on to independence; and young carers. If you are interested in becoming a mentor, our Moving On Team would love to hear from you.

Please contact Laura Hughes at laura.hughes@break-charity.org or for more information and an application form click [here](#).

Volunteer as a group

We also have volunteering opportunities available for groups and businesses. This can include things like gardening or decorating at one of our care homes, helping at one of our events, making up Easter/Christmas Hampers or helping to host a supermarket bucket collection.

For more information, please contact Danielle Gravestock on 01603 670108 or danielle.gravestock@break-charity.org

Volunteer Befriending Scheme

Families' House - part of Break Charity - supports vulnerable children and families across Norfolk. The families that we help don't always have friends and close family members to rely on when things get difficult, so we need to fill a gap. We help them to get the support and advice that they need and support them practically and emotionally. Our teams of volunteers are caring and resourceful people who know what it is like to struggle as a parent, but who are able to give something back to others going through tough times.

If you have good listening skills, are calm and non-judgemental and can commit to two to three hours per week for nine months, please contact Clare Thompson, Volunteer and Befriending Service Co-Ordinator, on 01603 621702 or e-mail clare.thompson@break-charity.org, or fill in an application form [here](#).

Do something amazing today. By volunteering for Break, you will be joining a team that is helping to change young lives locally. The rewards of volunteering are different for everyone, but include feeling valued, meeting new people and making friends, learning and developing new skills, knowing that you are making a difference by helping others.

We have volunteers who help with one of the roles above, and some who help with many of them. We are so grateful for whatever time our volunteers can spare and simply couldn't do what we do without them. We would love for you to be part of our volunteer team. Get in touch today and help us to change young lives.