



Course details

Course title

Foundations in Volunteering

Course code

Q00027567

Course date

Start: 23/10/26

End: 29/01/27

Number of classes

12 sessions

Timetable

Fri 23rd Oct, 9:30 to 11:30
Fri 6th Nov, 9:30 to 11:30
Fri 13th Nov, 9:30 to 11:30
Fri 20th Nov, 9:30 to 11:30
Fri 27th Nov, 9:30 to 11:30
Fri 4th Dec, 9:30 to 11:30
Fri 11th Dec, 9:30 to 11:30
Fri 18th Dec, 9:30 to 11:30
Fri 8th Jan, 9:30 to 11:30
Fri 15th Jan, 9:30 to 11:30
Fri 22nd Jan, 9:30 to 11:30
Fri 29th Jan, 9:30 to 11:30

Tutor

TBC T.B.C

Fee range

Funding available - £192.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Whitehawk

Whitehawk Road

Brighton and Hove

BN2 5NS

Level of study

Beginners

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. Foundations in Volunteering is a course for those who want to learn about volunteering in a friendly and supportive way. You'll explore what a volunteer does, how local voluntary organisations work, and the skills you need to volunteer successfully. The course explains the basic rules and responsibilities that volunteers may need to follow. You'll also look at what mentoring is and learn how it is different from volunteering. Through discussions and simple activities, you'll build your confidence and develop a clear understanding of what volunteering involves. By the end, you'll feel more prepared to take part in volunteering opportunities in your community.

Course description

Foundations in Volunteering is a clear, practical, and supportive course that introduces you to what volunteering involves. It's open to anyone who wants to learn more about volunteering, and it uses discussion and group activities to help you build confidence and understanding.

You'll explore what volunteering means and what a volunteer does within a local voluntary organisation. You'll learn about the different activities these organisations run in the community and how volunteers help support this work. The course also helps you recognise the skills and personal qualities that make a successful volunteer, such as communication, teamwork, reliability, and respect for others.

A section of the course introduces mentoring and explains how it differs from general volunteering. You'll discuss boundaries, responsibilities, and the importance of safe, positive relationships. The course also covers basic rules and frameworks that volunteers may need to know, including safeguarding, confidentiality, and health and safety.

By the end of the course, you'll have a clearer understanding of local volunteering opportunities, feel more confident about getting involved, and be better prepared to contribute positively to your community.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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