

# CUSU VOLUNTEERING

## GUIDELINES ON VOLUNTEERING SAFELY

**There are three simple actions we must all do to keep on protecting each other**



### **Wash hands**

keep washing your hands regularly



### **Cover face**

wear a face covering in enclosed spaces



### **Make space**

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

At CUSU Volunteers, lots of students and staff have been asking us about volunteering they can do during this current situation.

However, with social distancing measures likely to be in place for a while, many of our community partners unfortunately are not able to run their regular volunteering programmes at the moment.

Some organisations and projects are still recruiting though - especially those with online volunteering roles. For example, there are a range of ways you can support older people remotely.

We have collated the latest advice and guidance for you below:

### **Virtual Volunteering**

There's lots of volunteering you can do without leaving your home – such as telephone befriending or online support. These can be found by selecting the ['Online Volunteering'](#) category on our website.

### **Staying Safe when Supporting Others**

If you are involved in any sort of informal volunteering, please make sure you're following the [current guidelines on social distancing](#). Also:

- Let family and friends know what you're doing.
- Support family, friends and neighbours by phone or video call.
- Stay at least two metres - about three steps - away from people you're helping.
- Offer to run errands for people but stay outside of people's homes.
- Keep washing your hands often for 20 seconds.
- Don't take on too much - it's often better not to offer at all than to let someone down.
- If you're trying to help someone with very serious issues – don't be afraid to flag with appropriate statutory services.

(Source - NCVO)

## Formal Volunteering

Many charities may have stopped activities to help slow the spread of COVID-19. There are still some face-to-face opportunities going on, for these roles, it's important that you follow the instructions provided by the voluntary organisations and adhere to any face coverings or PPE requirements, as they will have risk assessed your activity to make sure you can do it as safely as possible.

CUSU Volunteering cannot be held responsible for external volunteering opportunities advertised, but we do make every effort to ensure that all the information we publish is accurate. We advise volunteers to use their own judgement when selecting potential opportunities, and to check all details concerning a prospective volunteering activity with the organisation involved. Please make sure that you have received all the necessary training and information regarding your own health and safety before commencing any volunteering.

Please discuss individual vulnerabilities with your volunteering provider so they can consider whether enhanced controls are needed, particularly if you are working with members of the public.

If you're unsure or unhappy about anything, please email [volunteering.su@coventry.ac.uk](mailto:volunteering.su@coventry.ac.uk)

## Test and Trace

The NHS Covid-19 Test and Trace app was launched on Thursday 24 September and urges all members of the public to download and use it.

There is 'check-in' feature, which means you will be alerted if you have recently visited a venue where you may have come into contact with the virus. You will see QR codes at locations – by scanning the QR code on entry, you will build up a digital diary on your phone of the venues you have visited.

It's important to note that all information collected by the new app is stored anonymously on your phone – not centrally. This makes it very secure and means your personal information and privacy are well protected.

**To download the NHS COVID-19 App, search for "NHSCOVID-19" in the App Store / Google Play Store on your phone.**

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

## If you can't find suitable volunteering

We are regularly updating our website with new opportunities - [sign up](#) to our regular newsletter to hear about these.

## We're here to help

You can [browse all of our current volunteering opportunities](#) online. Please feel free to [contact us](#) if you have any queries or concerns regarding your volunteering.

**REMEMBER, ONLY VOLUNTEER IF IT IS SAFE TO DO SO, PLEASE CLICK ON THE LINKS BELOW FOR THE LATEST GUIDANCE**

[SOCIAL DISTANCING GUIDELINES](#)

STAY SAFE AS A VOLUNTEER

CORONAVIRUS FAQ'S