



GROWING

VOLUNTEERING



**1-7
JUNE**

VOLUNTEERS' WEEK

Time to celebrate



Voluntary Action
South Lanarkshire
Putting the Voluntary Sector **FIRST**



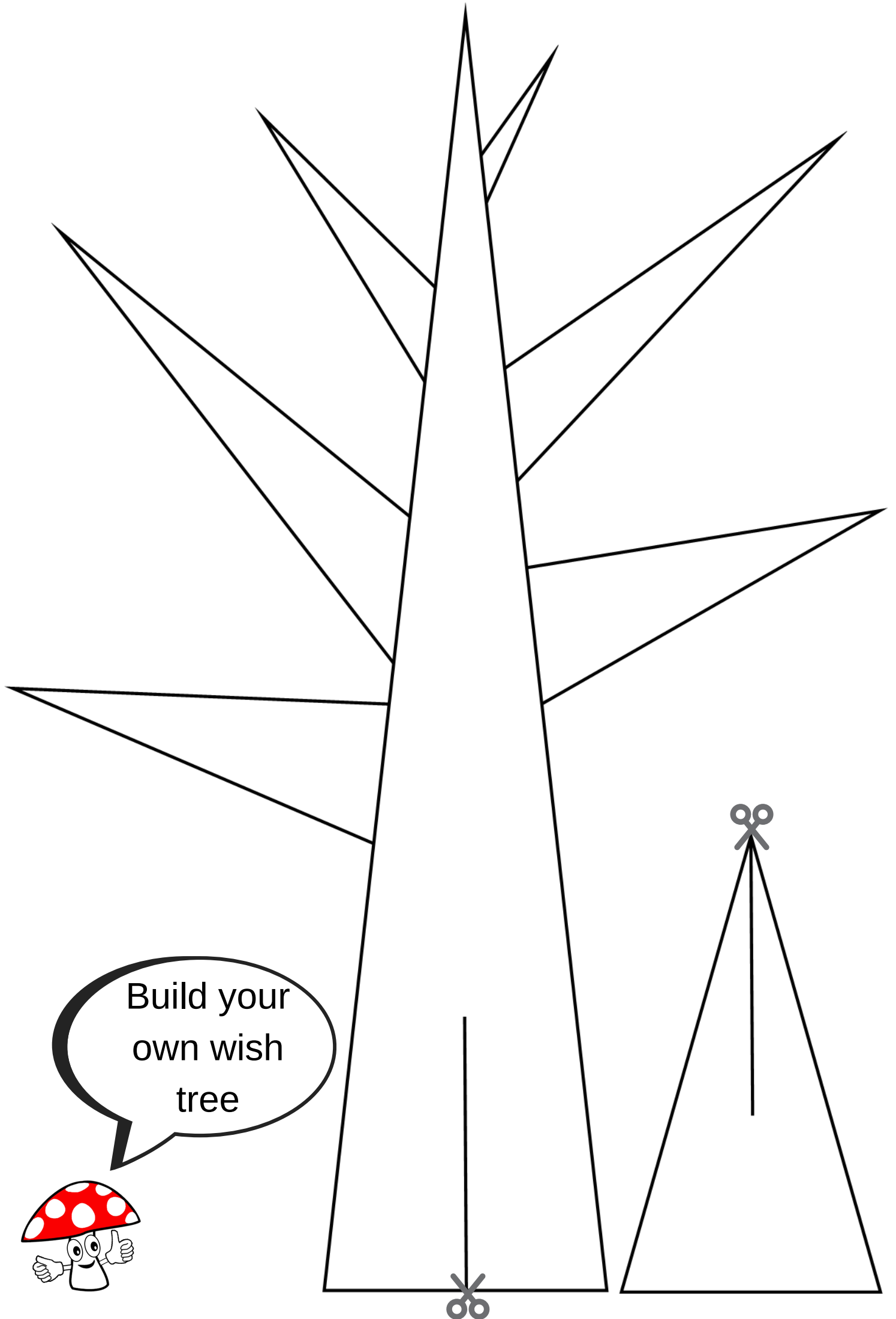
Make a volunteering wish tree

- Print out the tree on brown card
- Cut out both sections and insert the base into the tree to make it stand up
- Print out the leaf templates on green paper
- Invite your volunteers to write out their volunteering wish on a leaf and stick it on the tree - it could be something they hope for as a result of their volunteering or perhaps something they hope for the organisation as a whole

If you have access to a real tree, use the luggage label template and hang the labels on the tree.

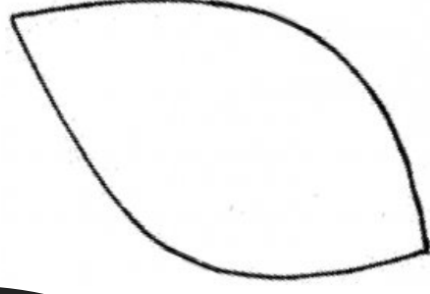
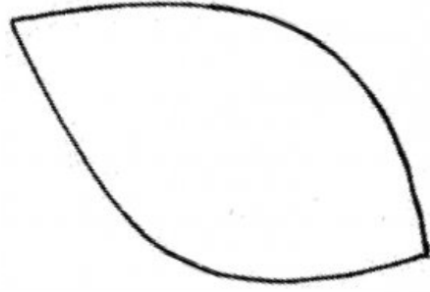
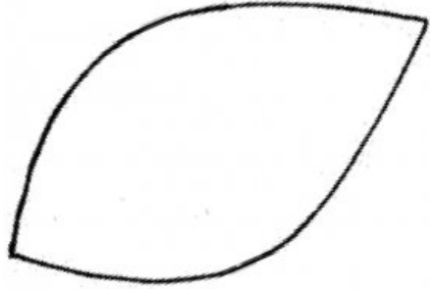
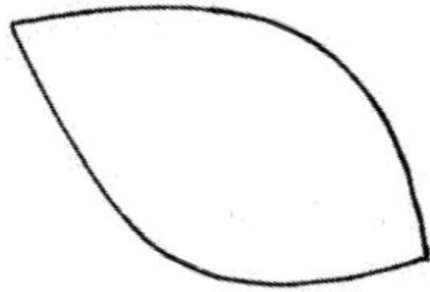
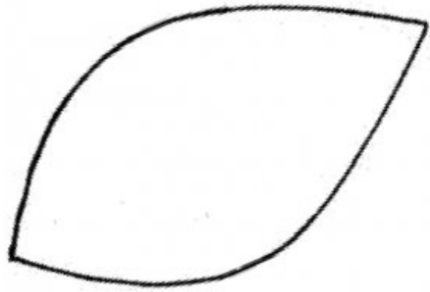
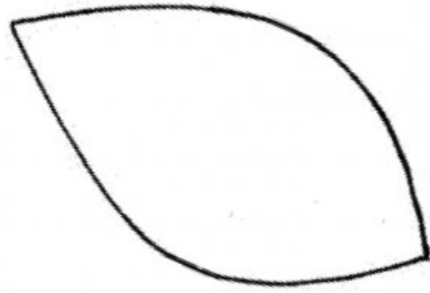
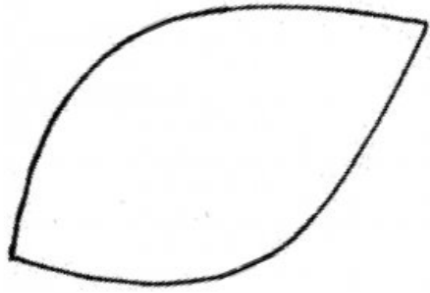
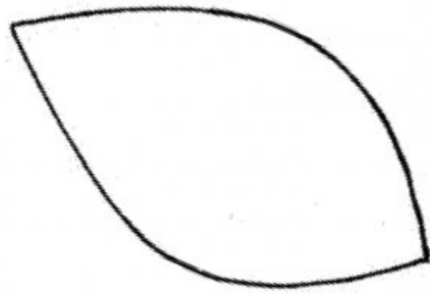
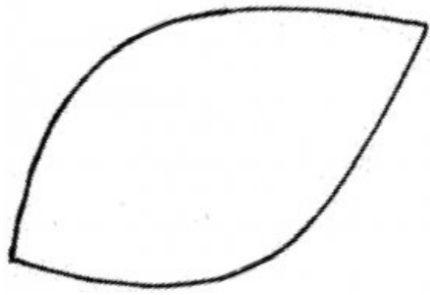
I wish more people had the opportunity to volunteer





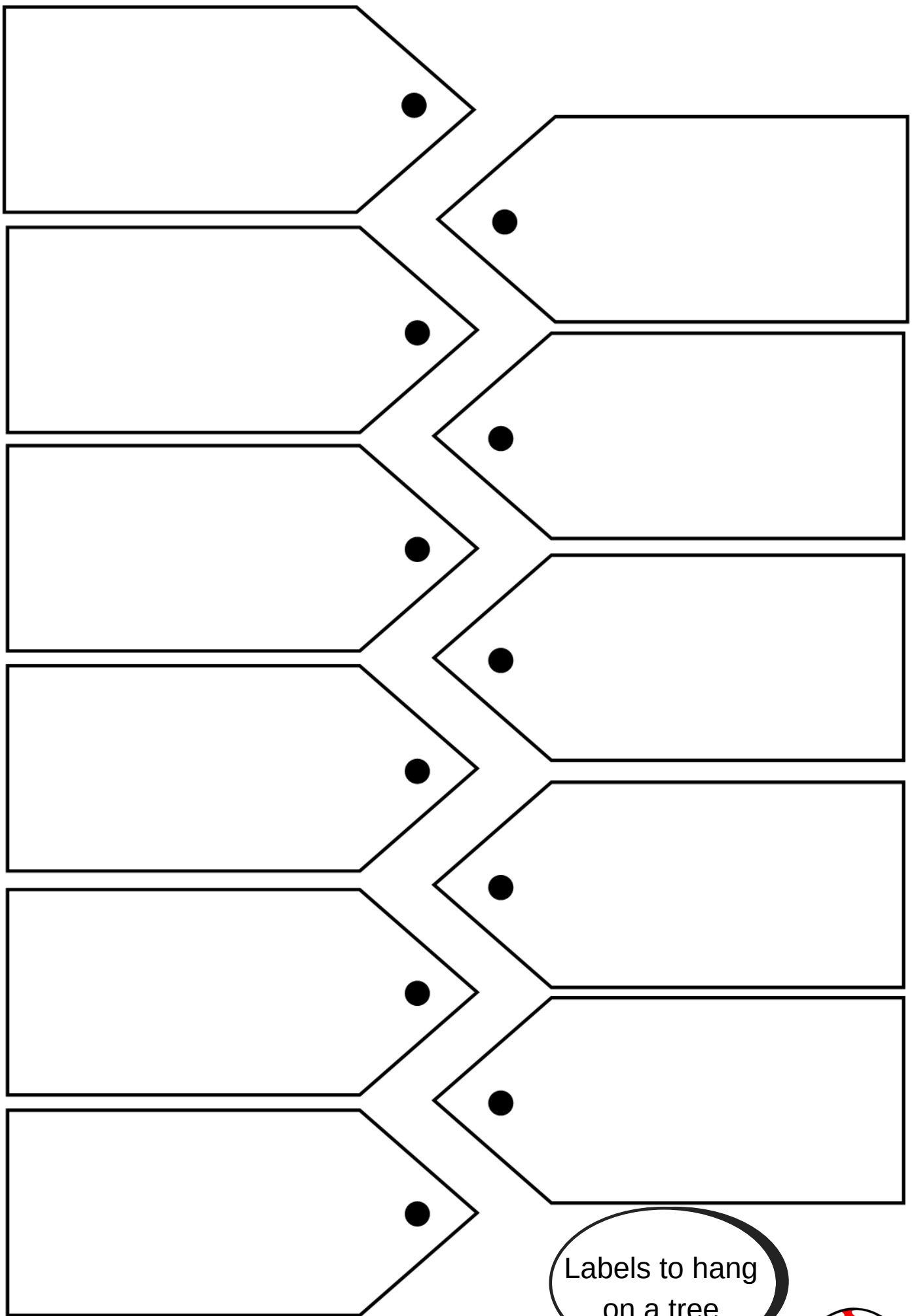
Build your
own wish
tree





Print these on
green paper





Labels to hang
on a tree





Plant the seed!

Making seed bombs and then planting them is a great way to brighten up a bare patch of earth.

You'll need some clay, some compost and some native wildflower seeds. Check out the Wildlife Trusts website for their recipe and directions on how to make them.

How to make seed bombs

You will need:

- Meadow flower seeds or seeds collected from the garden
- Peat-free compost
- Water
- Powdered clay (from craft shops - use clay soil if you can't find any)
- Mixing bowl

- 1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder.
- 2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls.
- 3
- 4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the garden!

www.wildlifewatch.org.uk



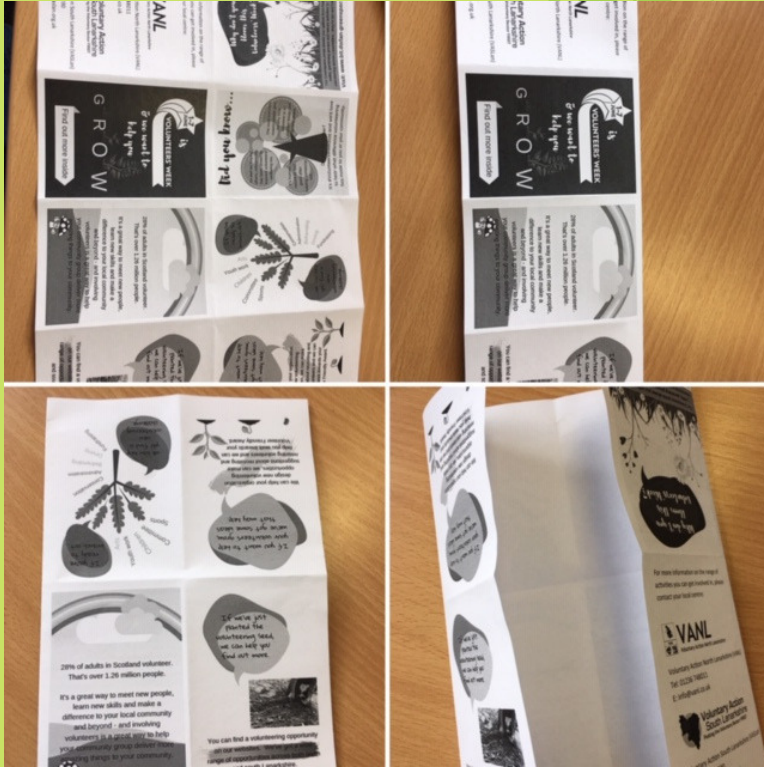
<https://www.wildlifetrusts.org/actions/how-make-seed-bomb>



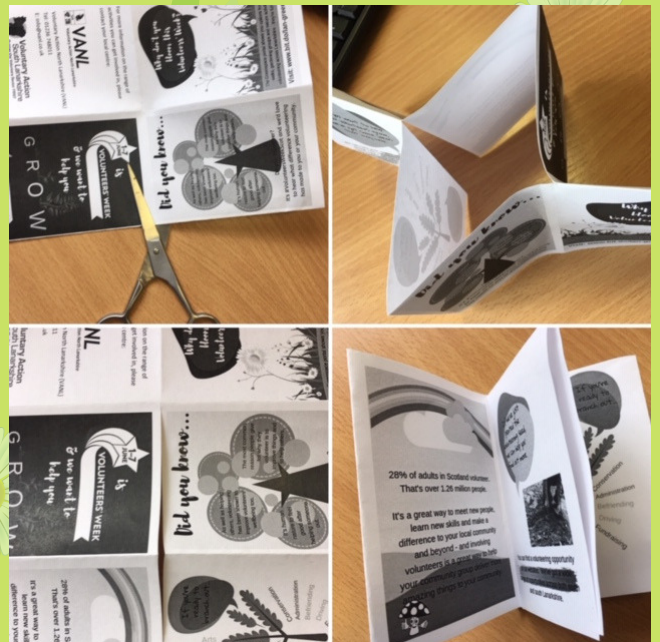
Print our zine!



Fold the sheet in half both ways, then fold the edges into the middle



With the sheet folded to A5 size make a cut to the middle, then open up the zine and fold into a booklet.



The finished product!



Or you could make your own!

Lanarkshire's Natural Health Service

Why don't you
blossom this
Volunteers' Week?



The Greenspace portal shows you options from health walks, gardening groups and nature activities to volunteering across Lanarkshire - they're fun and free.

Visit: www.bit.do/lan-greenspace

For more information on the range of activities you can get involved in, please contact your local centre:



Voluntary Action North Lanarkshire (VANL)

Tel: 01236 748011

E: info@vanl.co.uk



Voluntary Action South Lanarkshire (VASlan)

Tel: 01698 300390

E: volunteer@vaslan.org.uk

Did you know...

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too.

The most common reason people give for why they volunteer is to improve things and to help others.

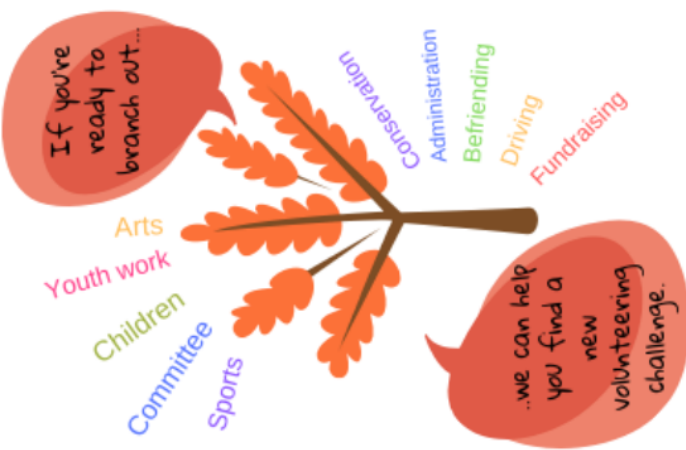
It's human nature to feel good after helping someone out.

Do you volunteer?

It's #VolunteersWeekScot and we'd love to hear what difference volunteering has made to you or your community.



Find out more inside



If you're ready to branch out...

...we can help you find a new volunteering challenge.

It's a great way to meet new people, learn new skills and make a difference to your local community and beyond - and involving volunteers is a great way to help your community group deliver more amazing things to your community.

28% of adults in Scotland volunteer. That's over 1.26 million people.

Volunteers are fun guys!



If you want to help your volunteers grow, we've got some ideas that may help.

We can help your organisation design new volunteering opportunities, we can make suggestions about recruiting and retaining volunteers and we can help you work towards your Volunteer Friendly Award.



If we've just planted the volunteering seed, we can help you find out more.



You can find a volunteering opportunity on our websites. We've got a wide range of opportunities across both north and south Lanarkshire.

