

PROGRAMME IDEAS

VOLUNTEERING

Helping people

Helping children
Helping children to read in libraries
Helping in medical services e.g. Hospitals
Helping older people
Helping people in need
Helping people with special needs
Tutoring
Young carer
Youth work

Community action & raising awareness

Campaigning
Cyber safety
Council representation
Drug & alcohol education
Home accident prevention
Neighbourhood watch
Peer education
Personal safety
Promotion & PR
Road safety

Working with the environment or animals

Animal welfare
Environment
Rural conservation
Preserving waterways
Working at an animal rescue centre
Litter picking
Urban conservation
Beach and coastline conservation
Zoo/farm/nature reserve work

Helping a charity or community organisation

Administration
Being a charity intern
Being a volunteer lifeguard
Event management
Fundraising
Mountain rescue
Religious education
Serving a faith community
Supporting a charity
Working in a charity shop

Coaching, teaching and leadership

Dance leadership
DofE Leadership
Group leadership
Head student

Leading a voluntary organisation group

Girls' Venture Corps
Sea Cadets
Air Cadets
Jewish Lads' and Girls' Brigade
St John Ambulance
Scout Association
Air Training Corps
Army Cadet Force
Boys' Brigade
CCF

Church Lads' & Girls' Brigade
Girlguiding UK
Girls' Brigade
Sports leadership
Music tuition

PHYSICAL

Individual sports

Airsoft
Archery
Athletics (any field or track event)
Biathlon/Triathlon/Pentathlon/Aquathon
Bowls
Boxing
Croquet
Cross country running
Cycling
Fencing
Geocaching
Golf
Gymnastics
Horse riding
Modern pentathlon
Motocross
Orienteering
Paintballing
Pétanque
Roller blading
Roller skating
Running
Static trapeze
Supercross
Ten pin bowling
Trampolineing
Wheelchair fencing
Wrestling
Water sports
Canoeing
Diving
Dragon Boat Racing
Free-diving
Kite surfing
Kneeboarding
Rowing & sculling
Sailing
Skurfing
Sub aqua (SCUBA diving & snorkelling)
Surfing/body boarding
Swimming
Synchronised swimming
Underwater rugby
Wakeboarding
Windsurfing

Dance

Ballet
Ballroom dancing
Belly dancing
Bhangra dancing
Cercoc
Contra dance
Country & Western
Flamenco
Folk dancing
Jazz
Line dancing
Morris dancing
Salsa (or other Latin styles) dancing
Scottish/Welsh/Irish dancing
Street dancing/breakdancing/hip hop

Swing
Tap dancing

Racquet sports

Badminton
Matkot
Racketball
Racketlon Rackets
Rapid ball
Real tennis
Squash
Table tennis
Tennis
Wheelchair tennis

Fitness

Aerobics
Cheerleading
Fitness classes
Gym work
Medau movement
Physical achievement
Pilates
Running/jogging
Walking
Weightlifting
Wii-fit
Yoga

Extreme sports

BMX
Caving & potholing
Climbing
Free running (parkour)
Ice skating
Mountain biking
Mountain unicycling
Parachuting
Skateboarding
Skydiving
Snow sports (skiing, snowboarding, snow kiting)
Speed skating
Street luge

Martial arts

Aikido
Capoeira
Ju Jitsu
Judo
Karate
Kendo
Mixed martial arts
Self-defence
Sumo
Tae Kwon Do
Tai Chi

Team sports

American football
Baseball
Basketball
Boccia
Camogie
Cricket
Curling
Dodge disc
Dodgeball
Fives
Football
Frame football
Futsal
Gaelic football
Goalball
Handball

Hockey
Hurling
Ice hockey
Kabaddi
Korfball
Lacrosse
Netball
Octopushing
Polo
Quidditch
Roller derby
Rogaining
Rounders
Rugby (union/League)
Sitting Volleyball
Sledge hockey
Sledge ice hockey
Softball
Stoolball
Tchoukball
Tug of war
Ultimate flying disc
Volleyball
Wallyball
Water polo
Wheelchair basketball
Wheelchair rugby

SKILLS

Performance arts
Ballet appreciation
Ceremonial drill
Circus skills
Conjuring & magic
Majorettes
Puppetry
Singing
Speech & drama
Theatre appreciation
Ventriloquism
Yoyo extreme

Science & technology

Aerodynamics
Anatomy
App design
Astronomy
Biology
Botany
Chemistry
Coding/ programming
Ecology
Electronics
Engineering
Entomology
IT
Marine biology
Oceanography
Palaeontology
Physics
Rocket making
Taxonomy
Weather/meteorology
Website design
Zoology

Care of animals

Agriculture (keeping livestock)
Aquarium keeping
Beekeeping
Caring for reptiles
Dog training & handling
Horse/donkey/llama/alpaca handling & care

Looking after birds (i.e. budgies & canaries)
Pet care – health/training/maintenance
Pigeon breeding & racing

Music

Church bell ringing
Composing
DJing
Evaluating music & musical performances
Improvising melodies
Listening to, analysing & describing music
Music appreciation
Playing a musical instrument
Playing in a band
Reading & notating music
Understanding music in relation to history & culture

Natural world

Agriculture
Conservation
Forestry
Gardening
Groundsmanship
Growing carnivorous plants
Plant growing
Snail farming
Vegetable growing

Games & recreation

Cards (i.e. bridge)
Chess
Clay target shooting
Coxing
Cycle maintenance
Darts
Dominoes
Fishing/fly fishing
Flying
Gliding
Go-karting
Historical period re-enacting
Kite construction & flying
Mah Jongg
Marksmanship
Model construction & racing
Motor sports
Power boating
Snooker, pool & billiards
Sports appreciation
Sports leadership
Sports officiating
Table games
War games

Life skills

Alternative therapies
Cookery
Democracy in action
Digital lifestyle
Driving: car maintenance/car road skills
Driving: motorcycle maintenance/road skills
Event planning
First aid – St John/St Andrew/BRCS
Hair & beauty
Learning about the emergency services
Learning about the RNLI (Lifeboats)
Library & information skills
Life skills

Massage
Money management
Navigation
Public speaking and debating
Skills for employment
Young Enterprise

Learning & collecting

Aeronautics
Aircraft recognition
Anthropology
Archaeology
Astronautics
Astronomy
Bird watching
Coastal navigation
Coins
Collections, studies & surveys
Comics
Contemporary legends
Costume study
Criminology
Dowsing & divining
Fashion
Forces insignia
Gemstones
Genealogy
Heraldry
History of art
Language skills
Military history
Movie posters
Postcards
Reading
Religious studies
Ship recognition
Stamp collecting

Media & communication

Amateur radio
Blogging
Communicating with people who are visually impaired
Communicating with people who have a hearing impediment
Film & video making
Journalism
Newsletter & magazine production
Signalling
Vlogging
Writing

Creative arts

Basket making
Boat work
Brass rubbing
Building catapults & trebuchets
Cake decoration
Camping gear making
Candle-making
Canoe building
Canvas work
Carnival/festival float construction
Ceramics
Clay modelling
Crocheting
Cross stitch
DIY
Dough craft
Drawing
Dressmaking
Egg decorating
Embroidery
Enamelling

Fabric printing
Feng Shui
Floral decoration
French polishing
Furniture restoration
Glass blowing
Glass painting
Interior design
Jewellery making
Knitting
Lace making
Leatherwork
Lettering & calligraphy
Macramé
Marquetry
Model construction
Mosaic
Painting & design
Patchwork
Photography
Pottery
Quilting
Rope work
Rug making
Snack pipping
Soft toy making
Tatting
Taxidermy
Textiles
Weaving and spinning
Wine/beer making
Woodwork