

FAMILY Volunteering Club Summer Challenge!

Looking for something fun to do this summer and a way to make a difference right from your home? **Then get ready to take on Family Volunteering Club's Summer Challenge!**

Whether you can't make it to one of our in-person events or you just want to do more, we've put together a **super cool list of 10 fun and easy volunteering activities you can do with your family** to help your local community during the summer holidays.

Tag your pics with
#familyvolunteeringclub
or email us at
info@familyvolunteeringclub.co.uk



1.

Tick off as many activities as you can



2.

Snap some photos of your good deeds



3.

Share your adventures with us!



Let's spread kindness, help others, and have a blast doing it!

Are you up for the challenge?

Help Wildlife and the Environment



Birdie Munch



Tiny Wings Hotel



Buzz Garden



Little Pickers



Eco-Explorers

Help your Community



The Kind Kids



Little Sprinklers



Little Library Club



Paint a Rock



Friendship Bracelets

Ready... Set... Volunteer!

Remember to supervise your children at all times when doing these activities, be aware of any allergies they have, and use your judgement to ensure it is safe for them to complete.

Help Wildlife and the Environment

Birdie Munch

Help our birds stay healthy and happy by creating some yummy bird food, providing them with the right nutrients they need. This method is similar to the one we use when we make apple bird feeders at Roots & Shoots in London!

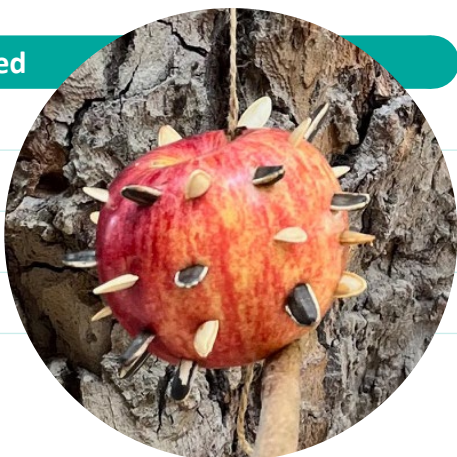
What you'll need

An Apple

Two sticks

Seeds

String



How to make it

Step 1 Make a hole in the middle of the apple using one of the sticks along the core (you may need an adult to help with this!)

Step 2 Make an X shape with the two sticks and place them at the bottom of the apple

Step 3 Thread your string through the hole of the Apple and attach to the X shape sticks

Step 4 Stick the seeds into the apple and make a nice pattern around the outside of the apple

Step 5 Carefully hang your bird feeder up, and watch the birds enjoy!

Tiny Wings Hotel

Making bug hotels is a fun and easy way to help nature. A bug hotel offers our creepy crawlies shelter from the wind, rain and predators.

Bug hotels are all about layering different types of materials and placing them in a dry, damp, shady area of your garden. We recently counted bugs in our Bioblitz session in Fenland, and were happy to find lots of happy bugs!

What you'll need

An empty milk container

Scissors

Lots of natural materials you can gather in your garden or local park- for example twigs, pinecones, moss and leaves

How to make it

Step 1 Take an empty milk container and cut off one of the sides (take lots of care and get an adult to help you with this!)

Step 2 Add in your natural materials into the container, making sure you layer the items.

Step 3 Place your bug hotel outside in your garden in a sheltered place

Be patient, it does take some time to make your minibeasts feel at home!



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Help Wildlife and the Environment

Buzz Garden

This activity is all about supporting and helping the bee community, by planting bee-friendly plants. You can get digging, and plant flowers or scatter seeds that help provide the food and shelter to help our bees to thrive!

Bees love different plants, including sunflowers or lavender- so see if you can get hold of some of these seeds (or other flowers) and plant them in your garden, or in a pot in your house until they grow and then you can put them outside for the bees to enjoy.

We need to help encourage a healthy bee population, as it supports the biodiversities of our ecosystems- just like our friends at Bee Urban in London do!



Little Pickers

Get outdoors and help our environment by doing a fun, local litter pick. Picking up litter keeps our green spaces clean, it stops rubbish getting into rivers, seas and forests and protects animals from getting hurt with plastic and glass.

You can do a litter pick just about anywhere that could use some cleaning up. This could be in your local park, on holiday at a beach or even on your street.

All you need to get started are gloves and a bin bag. If you want to look like a seasoned professional litter picker you could invest in litter picking sticks, which are available to buy.

Always make sure you wash your hands when you finish your litter pick and make sure your adults are supervising everything you are picking up, to make sure it's safe.

We love our litter picking sessions at FVC, such as when we went to Fairlands Valley in Stevenage!



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Help Wildlife and the Environment

Eco Explorers

This summer why not help your grown ups a bit more, by helping them separate their recycling and get everything ready for the weekly collection day!

This is a great way to reduce waste, protect the environment, and build good habits at home.

Step 1: Look for the recycling label on the packaging of the rubbish you're throwing away

Step 2: Make a recycling station with clear bins/boxes for different materials

Step 3: Be the eco-warrior in your house by telling family and friends to reuse bags, bottles and containers and encourage the whole family to recycle more

You may want to make a craft with the recycling you find such as binoculars with toilet rolls, cut up egg cartons to create bugs or even a caterpillar or even use an old jam jar and turn it into a pencil holder. You can get creative! We love being crafty and recycling, just like our friends at REMO in Fenland!

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Help your Community

The Kind Kids

Have you got a neighbour who is an older adult and might appreciate a friendly gesture? Why not connect with them to spread some joy by making a kindness card and post it through their letter box.

Just get some card and whatever crafting / colouring pens you have at home and get creative! Maybe you can draw a rainbow, some flowers or use your imagination.

Creating a kindness card can brighten someone's day, and can help those people that may be feeling lonely or isolated. We love connecting with older members of our community including at Jubilee Court Care Home in Stevenage!

Little Library Club

This activity is all about passing on your pre-loved books to someone else! Take time to go through your old book collection and drop any that you no longer need to a local book swap collection point. It is a fun way of sharing books which can help local families in need and swapping books means less waste. If you don't have a book swap collection near you, why not ask some of your friends to swap books between yourselves!

Passing on books is a fun way to reuse and share joyful stories with more people! We loved wrapping books for Olive Branch Aid in London to give to local children last year.



Little Sprinklers

Does your neighbour have a garden that may need watering? Offer to come over and help them water their plants. Not only will you be helping the flowers, fruits and veggies in your local area you will also be helping a neighbour which is a thoughtful and caring thing to do.

Watering plants is great fun, especially on a hot day! We enjoyed watering plants at Bailey Park in Abergavenny recently.

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Help your Community

Paint a Rock

Rock painting is a simple, creative, and joyful activity. It is a great way to let your imagination run wild.

Whilst out and about this summer holiday, choose a rock to take home and paint! You could paint a smiley face, your favourite animal or something else! All you need is some paint, brushes and a smooth stone. It is a perfect activity for all the family to enjoy.

Once you've painted it, place it carefully somewhere, maybe outside your house or somewhere that passersby will see it (make sure no-one will trip over it!) This will create a small moment of happiness for people in your community, whilst they are out and about.

We do lots of rock painting at FVC, and we even got to make treasure boxes for the Stevenage Covid Cobra earlier in the year!



Friendship Bracelets

Making friendship bracelets is an activity where you can get creative and have lots of fun with colours and patterns.

From using just two pieces of wool to something more elaborate with beads- have a look online for different ways of making friendship bracelets!

Once you've made your bracelets, you could sell them at local car boot sale, to people you know, or just hand them to a local charity shop for them to sell on their counter! And donate the money to a local charity of your choice.

Or instead of selling them, you could even just want to make them for your friends and family to spread some extra love.

We had lots of fun recently in Manchester making friendship bracelets to give to the 422 Food Bank, to share with the families who use their services.



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