



Common barrier cards

Have you ever wondered how to respond to some of the common reasons that people give for not being able to volunteer with Girlguiding?

We've created some helpful responses to some of the common reasons that people have for not being able to commit to volunteering.





I don't have
the time





Totally understandable! The great thing about Girlguiding is that there are lots of flexible options. Some people help weekly, others just at events or occasionally when they're free. Even an hour now and then makes a huge difference.



Are men
allowed to
volunteer?





Yes!

We have lots of volunteer roles that are open to men – from helping at units to supporting behind the scenes you can volunteer in lots of different ways.



I don't want to
run activities with
kids





There are plenty of other roles available, such as secretary, treasurer or even social media coordinator. Many volunteers enjoy supporting their local units in a variety of ways which make a huge difference to the leaders who run unit meetings.



I have young
children





No problem at all.
There are lots of flexible roles
available and we can work
with you to find one you will
enjoy that fits around your
other commitments.



I don't think
it's for me





That's OK.

Do you know anyone else who might be interested in volunteering for Girlguiding? If so, we'd love to hear from them. Here, take some information.



Girlguiding
North East England

Common barriers



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I'm not confident
enough

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Joining Girlguiding is a great way to build your own confidence. You'll be supported at every stage of your journey by other volunteers. You'll get the chance to make new friends, try new things and play to your strengths, so it won't just be the girls benefitting from your involvement!



I am disabled/have a long-term medical condition. Can I still volunteer?





Of course!
We're happy to discuss any
support requirements you
have, so that you get the best
volunteer experience possible.



“

I'm too young/old
to volunteer

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If you're at least 13 years old
you can work towards your
Duke of Edinburgh's award, and
from 14 you can become a
young leader!

From 18 you can become an
adult volunteer and we
welcome volunteers of all ages.



Girlguiding's a bit
old-fashioned





Not at all – Girlguiding is always evolving! We offer modern, fun, and empowering experiences for girls, and volunteers get to be part of something meaningful, flexible, and fresh.



I don't want to
volunteer with my
daughter's unit





You can volunteer with another local unit so that you and your daughter can both have your own space in Girlguiding.



Girlguiding
North East England

Common barriers



I don't have any
experience working
with children





No experience is needed.
Just come along and see what
we're about. All skills are useful
and you'll quickly gain new
ones!



Common barriers



I was a member when
I was younger but I
didn't enjoy it





Girlguiding has changed over the years.

Maybe you'll have a better experience as a volunteer. You'll get to have fun, have adventures, make new friends and help girls develop life skills and discover their voice.



“

I'm studying at
the moment

”





There are flexible opportunities to fit around your studies, boost your CV and help you develop practical skills to support you with whatever you want to do after finishing your studies.



Girlguiding
North East England

Common barriers

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I'm not
sure...

”





As a volunteer with Girlguiding you'll have fun, make friends and make a difference in your community. You'll be part of over 300,000 girls and 80,000 volunteers in the UK.



Common barriers



“

I don't have
the right skills

”





You don't need to arrive with any specific skills. If you're kind, reliable, and happy to get stuck in, that's more than enough. We give full training, and you can choose the kind of activities you feel comfortable with.



I have to be super
outdoorsy/ crafty/
sporty





Not at all! We love a mix of personalities. Girlguiding is about giving girls different experiences, so whether you're creative, organised, social, practical, or quietly supportive –there's a place for you.



I'd have to run
a unit





Definitely not! Many volunteers help behind the scenes, support at meetings, or only at events. You can choose a role that feels right, and no one is pushed into leading if it's not their thing.



I wasn't a member
when I was younger





You don't need to have been!
Lots of volunteers never did
Rainbows, Brownies or Guides.
What matters most is wanting
to help girls have fun and grow
in confidence.



Girlguiding
North East England

Common barriers



It's all just
childcare





It's actually much more about fun, friendship and supporting girls as they try new things, develop skills, and have adventures and experiences they often can't get elsewhere.



It's a huge
commitment with lots
of paperwork.





We try to keep admin light. Most volunteers spend their time doing the fun part—activities with girls. Remember you can volunteer in small, manageable ways.



Girlguiding
North East England

Common barriers



I'm not creative
enough to plan
activities





You don't have to come up with ideas from scratch. Girlguiding has lots of ready-made activities, badges, and resources. You can always team up with others to plan together.



“

I wouldn't fit
in/it's too cliquey

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We hear that a lot before people join, but our teams are genuinely welcoming. Volunteers range from students to parents to retirees. Most people say they made friends much faster than expected.



“

It's too expensive
to volunteer

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Volunteering should never put anyone out of pocket. The cost of resources and materials is covered by the unit and volunteers' expenses, such as travel costs, can also be reclaimed from the unit. Financial barriers should never prevent anyone volunteering.



I have to commit for
years once I join





Not at all! Many volunteers start for a term or try a role for a few months. You can review things anytime—there's no pressure to stay longer than works for you.



Girlguiding
North East England

Common barriers



I'll be expected to know
all the Girlguiding
traditions





You don't need to know anything in advance. You'll pick up the fun bits naturally as you go, and you can choose what traditions you enjoy taking part in.



Girlguiding
North East England

Common barriers



I wouldn't feel confident leading a group of girls.





You never have to do that on your own. There's always a team, and you can start with small tasks until you feel comfortable. Many people are surprised at how quickly their confidence grows.



It's very formal
and rule-heavy





We do have safeguarding guidelines to keep everyone safe, but day-to-day volunteering is relaxed, friendly, and fun. If you're volunteering in a unit, you'll spend most your time running activities and chatting with the girls.



“
I'm not artistic or
organised enough
”





There are roles for every personality. Some people are great at chatting, some at planning, some at helping a girl tie her first knot—everyone brings something valuable.



Volunteering means
attending a unit
meeting every week





There are lots of one-off and short-term opportunities too.

You can help with events, camps, support with admin or social media, help at unit meetings occasionally.



I won't have support -
I'll be thrown in at the
deep end





You'll always have a mentor or team member to guide you. We take things at your pace, and no one is left to figure it out alone.



It's mostly just singing
songs and doing
crafts





That can be part of it, but Girlguiding today includes STEM activities, outdoor adventures, community action, life skills, and lots more. It's really varied!