

WHAT IS GIRLS FRIENDLY SOCIETY?

We are excited to offer a different kind of group for girls. Our weekly, volunteer-run social groups give every girl the space she needs to grow in confidence whilst enjoying a range of fun activities based around our six empowering programme themes.

WHAT WILL I GET FROM VOLUNTEERING?

Volunteering with GFS gives you the chance to make a real difference in the lives of girls and meet new people. You'll be part of a team who are passionate about female empowerment and have the opportunity to gain experience and learn new skills in working with young people.



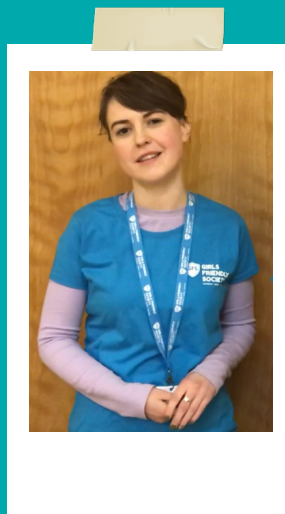
GIRLS FRIENDLY SOCIETY

confidence • growth • friendship

“

I enjoy volunteering with GFS because it's a chance to do some good. It's great seeing the girls flourishing, and being able to tailor the sessions to their needs.

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VOLUNTEERING AT GIRLS FRIENDLY SOCIETY



Contact us
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girlsfriendlysociety.org.uk
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[@gfsenglandwales](https://www.tiktok.com/@gfsenglandwales)

Charity no. 1054310

WHAT DO VOLUNTEERS DO?

Girls need positive role models. That's why we are looking for women to be involved with all aspects of running a GFS group.

Our Group and Activity Leaders plan and deliver weekly sessions with girls that follow our programme themes. They are passionate about giving girls the chance to be heard and excited about finding new ways to challenge gender stereotypes.


Programme themes


Happy to Be Me
"I like myself and am aware of issues affecting girls/ young women like me."


My Community
"I feel a sense of belonging and connection to people and places."


Be Creative
"I can express myself and have interests and talents."


Get Active
"I enjoy feeling healthy and positive."


Have Fun
"I have fun, take risks and like working in a team."


Skills for Life
"I know how to look after myself and others."



WHAT EXPERIENCE DO I NEED?

None. We're more interested in your passion than your credentials.

We have training and support available to ensure that everyone can volunteer. It is our hope that while you're with us, you will gain skills that will be beneficial in whatever you do.

However, if it does happen that you have some specialist experience you'd like to share (maybe you're an amateur artist or know all about bike maintenance), there will be loads of opportunities to incorporate it into your sessions.

HOW DO I SIGN UP?

It's easy!

Sign up at:

girlsfriendlysociety.org.uk/volunteer

and we'll get in touch with you about volunteering opportunities in your area.

HOW MUCH OF A COMMITMENT IS IT?

Groups are generally an hour and a half long and only meet during term time, but the overall time commitment will vary depending on the role you take on. Group Leaders average five to six hours per week, whereas an Activity Leader is closer to three or four.

Volunteers will need to complete around eight hours of training over the course of three months to make sure that they are able to run sessions safely and confidently.

Of course, we would like you to volunteer with us for as long as you can! However, we know that people's lives don't stand still. With this in mind, we ask for a volunteer commitment of at least nine months.

