

Volunteering at **essentials**



Thank you for showing an interest in volunteering at Essentials!

I am Meg, the Basic Needs Project Coordinator at Leeds University Union and it is my role to run the day-to-day provision of Essentials. This includes sourcing donations, creating stakeholder relationships and coordinating all our wonderful volunteers! This service would not be



what it is without incredible volunteers like you dedicating your time to the betterment of the service. We cannot wait to have you onboard!

Once you've read this document, click below to register your interest in volunteering for Essentials!



Introduction from the Advice and Wellbeing Manager

I'm Tom Clarkson, the Advice and Wellbeing Manager here at Leeds University Union.



Thanks for your interest in the Essentials service at LUU. Here, you'll find emergency food support, breakfast items, and personal essentials when you need them most.

Essentials is also a space to feel happy, healthy, and connected. We run fun activities, life skills workshops, and more – a place to relax, make friends, and pick up useful skills. We can also signpost you to wellbeing, financial, and other support services.

Over the past year, Essentials has grown into a welcoming hub at the heart of our LUU community. If you'd like to volunteer or are interested in donating items, please get in touch.



Volunteer Protocol

Everyone is welcome at Essentials. As a volunteer, you'll have access to the space, services, and activities.

We accept volunteers, but only 2 can work at a time so everyone gets a fair chance to gain skills and experience. If you can't make a session, please contact Meg or the team. If you miss three sessions in a row without notice, we'll email you and arrange a quick chat to check in.

Our main ask: **Be kind, Respectful, and Enjoy Yourself.** Volunteering is about helping others, and passion for this is essential.

Volunteer Learning and Development

Here at LUU, we aim to develop our people, and we have a keen desire to ensure that you get an incredible experience when volunteering.

You will be encouraged to develop new skills such as...

- ♥ Problem Solving
- ♥ Empathy and Compassion
- ♥ Teamwork and Leadership
- ♥ Communication and Customer Service
- ♥ Advocacy
- ♥ Creativity



What to expect as a volunteer...

Volunteering at Essentials is a unique opportunity where you combine your skills with giving back to the student community. Our job is supporting student's basic needs, and therefore ensuring they love their time at Leeds. As a volunteer, you can expect to...

- ♥ Support the day to day running of Essentials
- ♥ Design and create for the service
- ♥ Talk to other students about the service
- ♥ Do **SO MUCH MORE!**



We aim to give you a supportive environment, with a chance to develop your skills and an opportunity to meet new people. We want Essentials to be a fun experience that you will never forget!



What we expect from you...

Voluntary work is such a good opportunity to develop your skills and meet new people with similar interests to you at university. However, it's vital to ensure that we maintain high standards and create an inclusive environment.

- ♥ A commitment to the service
- ♥ A kind and respectful mindset
- ♥ To have a supportive attitude to the students you serve

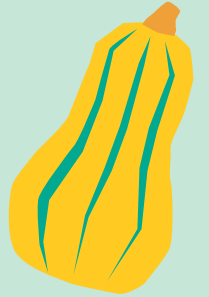
Volunteer Hours

Here at Essentials, you can volunteer at a time that suits you. We use an hours scheme to make it clear when you, and we, are available. Last year, our volunteers worked for 2200 hours!



Volunteer Quotes

The staff never make you feel embarrassed for needing help. They just listen and treat you with respect.



For me, Essentials is a safe space to share what I'm thinking without being judged.



Volunteering at Essentials gave me a sense of purpose, community and belonging.

What did we achieve last year?

Last year, we achieved so much in Essentials, and hope to achieve even more in the coming year!

25 Engaged
Volunteers

Over 2200 hours
volunteered

New friendships
forged

Skills developed

Achievements
celebrated
together

Many successful
donations



What do we want to achieve this coming year?

Each year, we aim to grow and improve our service. See below for a full breakdown of the strategic direction for the next academic year and how you can contribute.

We will...

Continue our
successful
partnership with
Fare Share

Run a programme
of fun events and
workshops

Work with a range
of stakeholders

Foster creativity
in all we do



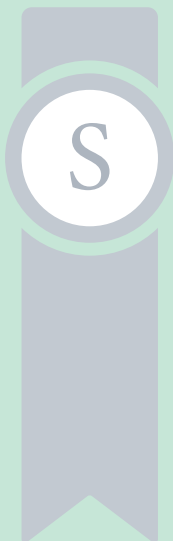
Volunteer Recognition

Here at LUU, we are incredibly proud of our dedicated staff and volunteers. We are excited to announce the Volunteer Award Scheme for 2025/26. Achievements will be celebrated together by staff and volunteers at an end-of-year celebration, to which all volunteers are invited.

**50
HOURS**



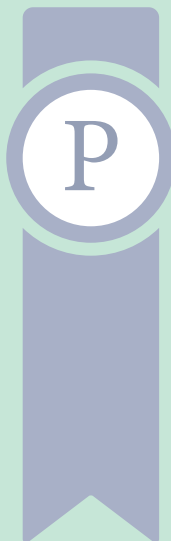
**100
HOURS**



**150
HOURS**



**200
HOURS**



**200+
HOURS**



