

Blue Ocean Waves Centre could not achieve the results it does without the work and support of its volunteers. So we want to make sure you have a safe, rewarding and enjoyable experience.

We've provided some top tips for you and information around what you should do if you have concerns.

- 1. Keep the name and phone number of your Centre contact handy. In most cases, your Centre contact should be your first port of call.
- 2. Take time to get to know our people— encourage them to talk about themselves, find out about what they like doing, their hobbies, favourite sports teams, what they do at the weekends, what they like on TV.
- 3. Tell people a little bit about yourself. Remember to tell them that you're a volunteer it is a very powerful message!
- 4. When meeting with a person, contact them the day before to confirm and remind them of your meeting.
- 5. Always tell someone where you are going and give them your mobile number.
- 6. When meeting people one-to-one, always meet in a public place.
- 7. Do not meet with a person at your home or theirs, even if their home is their business premises.
- 8. Do not give a young person a lift in your car.
- 9. Never loan money to a young person or invest financially in their business.
- 10. Always let The Centre know about young people's progress. If you're a mentor, submit your mentor report to your Centre's contact after each meeting.
- 11. Respond to our invitations to attend an annual review. This gives you the chance to review your role, provide feedback, and hear from the young people and staff that you have supported.
- 12. Celebrate the achievements of young people by nominating them for a Celebrate Success Award.
- 13. When you get home after volunteering with The Centre, relax, put the kettle on and remember how grateful we are for all your support!