

## Deprivation

### 1. Income Deprivation

#### Volunteer Actions:

- Help run or support food banks and clothing drives.
  - Assist with budgeting or money management workshops.
  - Support community kitchens or lunch clubs.
  - Offer IT support for job seekers applying for benefits or jobs online.
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### 2. Employment Deprivation

#### Volunteer Actions:

- Offer help with CV writing, interview practice, and job applications.
  - Mentor people looking to re-enter the workforce.
  - Partner with local businesses for volunteer-led skills training or apprenticeships.
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### 3. Education, Skills and Training Deprivation

#### Volunteer Actions:

- Support after-school homework clubs or youth mentoring schemes.
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### 4. Health Deprivation and Disability

#### Volunteer Actions:

- Provide transport to medical appointments for those with limited mobility.
  - Support walking or activity groups to promote healthy lifestyles.
  - Help at local mental health drop-ins or wellbeing cafes.
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### 5. Crime

#### Volunteer Actions:

- Join or support neighbourhood watch schemes.
  - Help run youth clubs or sports activities to offer positive alternatives.
  - Support restorative justice or mediation initiatives.
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### 6. Barriers to Housing and Services

#### Volunteer Actions:

- Help individuals navigate housing applications or service systems.
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## 7. Living Environment Deprivation

### Volunteer Actions:

- Organize or assist in furniture reuse/recycling projects.
- Volunteer with housing improvement or decorating support groups.

### Volunteer Actions to Support Children in Poverty

#### 1. Supporting Educational Inclusion

- Fundraise or donate to subsidize school trips, uniforms, supplies, and extracurricular activities.
  - Volunteer at homework clubs to support children with schoolwork, especially those without help at home.
  - Mentor children or teens to boost confidence, study habits, and aspirations.
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#### 2. Tackling Food Insecurity

- Help at community food banks or coordinate "kid-friendly" food parcel donations.
  - Organize community meals where families can eat together in a welcoming environment.
  - Deliver packed lunches to children during school holidays ("holiday hunger" schemes).
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#### 3. Reducing Social Isolation

- Offer transport to local events for families who can't afford buses or petrol.
  - Coordinate birthday gift schemes or seasonal events, so no child feels left out during celebrations.
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#### 4. Improving Access to Enrichment Activities

*Provide children with meaningful experiences beyond school.*

- Sponsor or volunteer in arts, music, or dance classes for children from low-income homes.
  - Create a "family outings fund" to offer subsidised trips to parks, museums, or theatres.
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#### 5. Supporting Families Directly

*Help parents build stability and resilience.*

- Help families navigate local services (housing, benefits, childcare) through drop-in support or signposting.
  - Volunteer in parent support groups, offering childcare while parents attend workshops or job training.
  - Offer peer mentoring—parents helping other parents with practical and emotional support.
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#### 6. Ensuring Access to Essentials

*Bridge the resource gap with community sharing.*

- Collect and distribute pre-loved items, such as prams, high chairs, or laptops for remote learning.
  - Support charity shops or community swap events, making essentials affordable or free.
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## **7. Advocacy and Awareness**

*Give a voice to families in poverty and reduce stigma.*

- Raise awareness through storytelling projects, helping families share their experiences safely.
- Advocate for local policy changes, such as free school meals or reduced transport fares.
- Partner with schools and councils to make sure support reaches the most vulnerable families.