

# Accessible Volunteering

## Self-Assessment

Take a step back and plan your next steps.  
Use this quick self-assessment to see how accessible your volunteer journey is and where you can grow.



*Small changes  
can make a big  
difference to the  
experience of  
volunteering*

Rate each stage of your volunteer journey by ticking a circle

Not Yet ☐  
We haven't started  
this yet

Developing ☐  
We're making  
progress

Established ☐  
This is embedded in  
most areas

Excellent ☐  
This is consistently  
embedded and  
reviewed

|          |                                                                                                                                |                       |                       |                       |                       |
|----------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>1</b> | <b>Advertising roles</b><br>We reach a diverse range of people with clear, inclusive role adverts                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>2</b> | <b>Helping people find the right role</b><br>We support people to explore roles and match their strengths, interests and needs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>3</b> | <b>Application process</b><br>Our application process is simple, accessible and easy to complete                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>4</b> | <b>Recruitment &amp; interview</b><br>We create a welcoming, inclusive and low-pressure experience                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>5</b> | <b>Onboarding &amp; first weeks</b><br>We provide clear information, support and a good start                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>6</b> | <b>Ongoing support</b><br>We check in, listen, adapt and celebrate contributions                                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>7</b> | <b>Leaving volunteering</b><br>We ensure a positive ending and learn from every experience                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

### Celebrate your strengths

What are you already doing well?



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### Priority actions

Choose up to 3 areas to focus on first

- ☐ Advertising roles
- ☐ Helping people find the right role
- ☐ Application process
- ☐ Recruitment & interview
- ☐ Onboarding & first weeks
- ☐ Ongoing support
- ☐ Leaving volunteering

### Our action plan

What will we do, by when, and who will lead it?

| Priority | What will we do? | Who? | By when? |
|----------|------------------|------|----------|
| <b>1</b> |                  |      |          |
| <b>2</b> |                  |      |          |
| <b>3</b> |                  |      |          |



**Together, we make volunteering welcoming and inclusive for all**  
Keep coming back to this self-assessment. Small, consistent changes create the most inclusive and welcoming volunteering experiences.



**Cup-O-T:**  
Wellness and Therapy Services.