

# Support for SEND and Neurodiverse Volunteers

We want every volunteer to feel welcome, supported, and confident. Many opportunities are designed to be flexible, low-pressure, and accessible, and organisations are happy to make adjustments so you can take part in a way that works for you.

## Adjustments that can be made

Volunteers can ask for a range of simple, helpful adjustments, such as:

- Clear, step-by-step instructions
- Extra time to learn tasks
- A quiet space or low-sensory environment
- Written or visual guides
- A buddy or named contact for support
- Flexible timings or shorter sessions
- Breaks whenever needed

These adjustments are common and completely okay to request.

## How to request support

You can ask for support at any stage – when applying, before your first session, or once you've started. Most organisations will have a contact person you can email or speak to. You can simply say what helps you do your best, for example:

- “I find written instructions helpful.”
- “I might need a quieter space.”
- “Could I have a quick check-in before we start?”

You don't need to share personal details unless you want to – just what support would make the experience comfortable for you.

## What to expect on the first day

Your first session is usually relaxed and focused on helping you settle in. You can expect:

- A friendly welcome from a staff member or volunteer
- A simple introduction to the space and the people
- Clear explanations of what you'll be doing
- A chance to ask questions
- The option to observe first or start with a small task
- Reassurance that you can take breaks or pause at any time

There's no pressure to get everything right straight away – everyone learns at their own pace.



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