

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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