



MOMENTUM
YOUTH AWARD
FOR VOLUNTEERING

Momentum Youth Award for Volunteering

What is the Momentum Youth Award for Volunteering?

This award recognises young people's participation, development and the impact they have on their community.

The three core areas of the Momentum Youth Award for Volunteering:

Personal Development: Developing a personal quality, learning a new skill or discovering a new interest

Working with Others: Working well as a team, bringing good qualities to a group

Making a Difference to Your Community:

Having a positive impact on the local community



Who is it for?

Any young person aged 11-25 years who attends a youth club or group in Norfolk. The award is open to all clubs, groups and organisations that work with young people. You do not need to be a member of Momentum to run the award.

How does it work?

With the help of a youth worker / volunteer, each young person sets themselves three personal goals (one for each of the core areas) and fills out the first page of the "Log of Volunteering Activity" for each core area. The goals should be a challenge for that young person.

The young person then spends at least five hours working towards each of their personal goals. The core areas can be completed in any order and can be undertaken at the same time or one after another.

After completing the hours required, the young person completes the final page of the "Log of Volunteering Activity", reflecting on what they have enjoyed, what they found difficult, and how they have benefitted from the experience. The youth worker / volunteer adds their comments about how well they have done and the progress they have made and will also ask for and record comments from the rest of the group. The youth worker / volunteer who adds comments **must** have witnessed the young person working towards their goal.

Photocopies of the completed "Logs of Volunteering Activity" should be sent to Momentum (please do not send originals). Once they have been received and validated by Momentum, a certificate is awarded. There is a certificate for each of the core areas, and the full award is attained once all three areas have been completed. After successfully completing the award, young people can opt to have their names listed on the Momentum website.



Norfolk Youth Awards

Young people who have completed all three core areas are eligible to apply for the Momentum Volunteer Award category of the Norfolk Youth Awards, which are organised by OPEN Youth Trust. The Norfolk Youth Awards are designed to highlight young people's astonishing achievements and to give them the recognition and encouragement they deserve. Nomination forms for the awards will be sent to the group leader once young people have completed all three areas.

The winner of the Momentum Volunteer Award will also be put forward for the Eastern Daily Press' Stars of Norfolk and Waveney Awards.

Please go to www.opennorwich.org.uk for more information.



Examples of young people working toward the Core Areas

Personal Development:

Cassie has been attending youth club for some time and is interested in taking on more responsibility, so she volunteered to run the tuck shop for an hour each week. Cassie and her club leader agreed that her goals were to improve her self-confidence and become more responsible. For Cassie this is a challenge as she has not taken on this level of responsibility before.

Working with Others:

Brandon is taking part in a media project at his youth centre, where he will work with a group of other young people to make and edit a short film. He has not worked with others very much before and he knows it will be challenging as he struggles to build relationships with other young people. His goal is to make new friends and develop his social skills.

Making a Difference to Your Community:

Ruby is involved in an intergenerational project in her area. There have been problems in the local park with anti-social behaviour, and the project members have agreed that it would make a difference if the park was better maintained. Ruby offered to help organise a community litter-pick and get other young people involved so they could take ownership of the park. This is a challenge for Ruby as she has never helped to organise an event before.

All three areas can be covered within a single project.

Max is a Young Leader at his youth club. Every week he arrives an hour before the session to help set up the room and welcome other young people, especially those who are new to the club. During the two hour youth club session, he works with the adult leaders to run activities such as crafts and active games.

Max's goals are to improve his leadership skills (**Personal Development**), ensure new club members feel welcomed (**Making a Difference to Your Community**), and learn to work as a team with the adult leaders (**Working with Others**). After five weeks (fifteen hours of volunteering) he will have done enough to achieve the full award.

Questions and Answers

How do I know if the young person has done enough?

The rule of thumb is whether the youth worker / volunteer believes that the young person has made the appropriate effort to reach their goal.

How long do young people have to complete the award?

There is no strict time limit to complete each core area, but we would suggest that a core area should be achieved within four months so that the personal goal(s) remains relevant by the end of the challenge. Once a young person has started the process it would be good to encourage them to complete all the core areas so that they can achieve the full Momentum Youth Award for Volunteering, but there is no set time frame for this.

What other awards / opportunities are there?

For further and more challenging awards/opportunities that recognise young people's progression and volunteering you could consider:

- Duke of Edinburgh's Award
- Diana Awards
- National Citizen Service
- vInspired Awards

If you have any other questions about the Momentum Youth Award for Volunteering, please contact:

Aimee Gedge, Supporting Excellence Officer: email aimee@momentumnorfolk.org.uk or call 01603 883869.

The Momentum Youth Award for Volunteering was previously known as the Norfolk Youth Award, and was set up by Norfolk County Council's Youth Service to celebrate young people's achievements.

