

HOW DO I GET INVOLVED?

If you would like to find out more about social action – the kinds of things you can do and where to go if you want to get involved – then have a look at our online guide for lots of ideas and useful organisations to contact.

If you are already involved in some kind of social action or volunteering, it might be simply a matter of making sure you know how to talk about what you have been doing, what you have learnt and what skills you have developed.

You can find out how other young people are talking about their experiences by visiting www.cafonline.org/ucas

“ To me, social action is making a difference through donating your time. At school I volunteered a lot and I reflected this in my personal statement. I included the social action I had done but tailored it to my chosen degree so that it was cohesive and supported my application.

Charlotte Hodgson

ABOUT US

Charities Aid Foundation (CAF) is a registered charity that promotes charitable giving. We help people to give to the causes that they care about, support charities to make the most of their money so that they can improve lives and communities and we work with businesses to help them achieve positive social impact.

We work across the UK and around the world, harnessing local knowledge and expertise to help charities succeed.

GET IN TOUCH

Please talk to us if you want more information or if you'd like to share your story and tell us how you've benefited from being involved in Social Action.

Email campaigns@cafonline.org
or contact us on Facebook at **Charities Aid Foundation** or
on Twitter [@cafonline](https://twitter.com/cafonline)

GIVE ~~LIVE~~ & LEARN

If you take part in social action such as volunteering, the skills you gain from it can help your personal statement to stand out in your UCAS application

Check out the free online guidance at www.cafonline.org/ucas

HOW DOING GOOD CAN GET YOU PLACES

Whatever you choose to do after leaving school – whether it's heading to university or college or looking for your first job or an apprenticeship – the skills and experiences that you can gain from 'Social Action' (doing something for others to create positive change) can make all the difference.

Whether it's fundraising or volunteering for your favourite charity, getting stuck into an environmental clean up, campaigning to improve your community or caring for a family member – all of this good stuff can make you stand out from the crowd and help you get where you want to go.

WHAT IS SOCIAL ACTION?

'Social Action' means "taking practical action in the service of others to create positive change". The great thing is that there is something for everyone to get involved with:

HELPING YOUR LOCAL COMMUNITY

CLUBS, SOCIETIES AND YOUTH GROUPS

CAMPAIGNING AND USING YOUR VOICE

ENVIRONMENT, CONSERVATION AND SUSTAINABILITY

ADVICE AND MENTORING

FUNDRAISING AND CHARITIES

SPORTS, OUTDOOR ACTIVITIES AND COACHING

CARING FOR A FAMILY MEMBER OR FRIEND

“ Being involved in social action was the perfect way to illustrate to universities that not only did I have the communication skills, time management and the independence to survive university but also that I had commitment and drive that goes beyond the exam syllabus.

Evie Aspinall



WHAT DO YOU GET OUT OF IT?

Whether you help to improve your community or the lives of other people, giving your time and getting involved in a good cause can bring you all sorts of benefits too.

“ Taking part in social action is without doubt one of the main reasons why I was successful in my application. It gave me the confidence and communication skills I needed for the notoriously difficult interviews. It also allowed me to demonstrate my leadership skills, compassion and ability to make a real difference to the lives of others.

Emeka Obasi

TEAMWORK RELATIONSHIP BUILDING

CHALLENGING YOURSELF LEADERSHIP

PROBLEM SOLVING

ORGANISATION AND TIME MANAGEMENT

SELF CONFIDENCE COMMUNICATION

INDEPENDENCE KNOWLEDGE