

# vInspired



Team V – young people  
volunteering

vInspired is an independent charity dedicated to helping young people volunteer in ways that matter to them.

**vInspired is the UK's leading youth  
volunteering charity.**

vInspired has been around since 2006 and in that time they've created more than one million volunteering opportunities and have changed the face of volunteering – one in three young people know who we are.

Both Gravity FM and vInspired believe that young people's creativity, energy and optimism can change the world. We're both dedicated to helping them improve their skills, confidence and employability whilst doing things they really care about.

vInspired provide opportunities for all young people to do

good things – whatever they're into, wherever they are and however much time they have to give. vInspired make volunteering fun, rewarding and easy!

Gravity FM is registered with vInspired and supports young people in achieving recognition for the volunteering they do through the vInspired Awards Programme. Unlike many awards programmes, this volunteering is not just the work they undertake with us, but extends to include any volunteering they complete within their community. It also does not have to be a regular commitment, young people volunteering at one off events can also receive recognition for their contribution.

You can find out more about vInspired by following the links below:

[Gravity FM vInspired Page](#)

[vInspired Volunteering Opportunities](#)

[vInspired Awards](#)

[vInspired Charitable Information](#)