

# Volunteering Matters

Eastleigh Edition

September 2019



**V**olunteering Matters provides a monthly round up of volunteering opportunities in the local area, provided by Volunteer Centre One Community. These are only a few of the many available, and we are here to help you find a role to suit you.

To find out more about volunteering, come to one of the events below, have a browse through this newsletter, or go to the website [www.do-it.org](http://www.do-it.org) to find all our volunteering opportunities online.

Otherwise, you can call us to make an appointment for a chat on 023 8090 2458, or ask for information by emailing [volunteer@1community.org.uk](mailto:volunteer@1community.org.uk)

## Friends of Fernhill

Friends of Fernhill provide entertainment and outings for the residents of Fernhill Court Sheltered Housing in Chandlers Ford. The Friends of Fernhill have been in operation for nearly 40 years, since the first residents moved in. They consist of a willing, friendly group who would love some new 'Friends' to join. They are just starting to plan a celebration event to mark 40 years since Fernhill opened, so it's a great time to get involved. They are particularly in need of a chairperson for the group. If you enjoy organising, being part of a team, and would like a rewarding role that is not too arduous, then this could be the role for you. Do get in contact to find out more.

## Eastleigh Child Contact Centre



In the Contact Centre children of all ages spend time with the parent they no longer live with, and sometimes other family members. Volunteers are central to making this possible. They work as a small team to ensure a safe, child friendly and calm environment for contact. Volunteers are asked to add their name to a rota (either once a month / 6-weekly). Volunteers help prepare the contact room with toys, games and crafts, serve refreshments and welcome parents and children. Volunteers need to be able to listen to children or adults who may be under stress, without judging, advising or taking sides. Volunteers are offered training and ongoing support, and will need to agree to a DBS check. If you become a Child Contact Centre volunteer, you will be joining a group of people whose work has made, and continues to make, a very real difference for a significant number of families throughout the whole of the United Kingdom.

Eastleigh Child Contact Centre is especially keen to have a balance

## Volunteer Centre Outreach



**Come and see us at:**

**Eastleigh Museum**, 25 High Street, Eastleigh SO50 5LF, second Tuesday of every month, 10am-12 noon, Tuesday 10 September

**Netley Library**, Station Road, Netley, SO31 5AE 2pm—4pm, Tuesday 17 September

**Eastleigh Market**, Leigh Road Eastleigh, 9am-4pm, Thursday 12 September

**Eastleigh Pride**, Leigh Road Recreation Ground, Eastleigh, 11am-5pm, Saturday 7 September

**Eastleigh Remembers**, Leigh Road Recreation Ground, Eastleigh, 11am-5pm, Saturday 14 September

of male and female volunteers (more men welcomed!) and also to represent the many different cultures of families who use the centre.

## Community Champions – food and composting



Hampshire County Council's Smart Living team is looking for volunteer 'champions' to help spread the message about how people can save money by

throwing away less food and successfully making compost at home.

Champions will be involved in passing on tips and advice to help local residents reduce their waste, in turn helping to reduce the amount of waste disposed of in the county.

The type of activities you could be involved in as a champion are:

- Identifying and attending suitable local events to promote food and garden tips and advice
- Giving talks to interested groups, such as community groups, students and businesses
- Writing blogs or articles for local magazines or newsletters

No previous training or experience is needed for this role, however an interest in cooking, or experience in growing your own food or home composting might be helpful. You will be provided with training and resources to help you deliver the tasks and duties. You will be supported by staff and other volunteers. Community champions typically commit about 30 hours over 12 months.

## Village Agent—Age Concern



Do you enjoy being active in your local village community and have a few hours per week? Then why not consider

becoming a village agent for your village - linking older people in your community to the services and information they need?

The role of a village agent is to pro-actively bridge the information gap between your rural village community and the organisations that can offer support to the older people within your village. Activities will include signposting and linking older people to the services and information they need

by liaising with existing community services and facilities; also identifying gaps in older people's service provision that your village may benefit from. You will be fully supported by the information and advice team at Age Concern Hampshire and full training will be provided at the start of your volunteering. This role usually takes 4-6 hours a week.

## Telephone Companion



Blind Veterans are looking for Hampshire volunteers willing to make a difference to the life of a Blind Veteran. Spend an hour a week brightening someone's day without even leaving your living room.

Blind Veterans are committed to supporting blind veterans no matter where they are. Telephone companions provide crucial social interaction for veterans who can't reach a Blind Veterans centre, and can often feel isolated or lonely.

By having a quick chat once a week, telephone companions are a friendly voice on the other end of the phone that can make all the difference to a veterans. Whether it's a conversation about what they've been up to that week, reminiscing about their time in the military or even just a chat about who won the football, every call is valued.

Although you will be working independently, the volunteer manager is only a phone call away and there is a network of other volunteers for you to link in with too. Volunteers must be over the age of 18 years and understand the importance of confidentiality and relationship boundaries. The role can be flexible around your other commitments, but you do need to be reliable and punctual for the veterans. Full training is provided.

## Simon Says—Treasurer

Simon Says is a registered charity which provides support for children and young adults within Hampshire, who have a close relative or friend who have died or are dying.

Simon Says helps the children to understand what has happened and to help them re-build lives through appropriate support and information. They hold monthly support groups to give bereaved children the opportunity to meet others in the same situations as themselves, to play and do activities/craft projects, having the opportunity



to talk with trained volunteers, where they are helped to explore those emotions that are a result of their grief and loss.

Simon Says is seeking a Treasurer to join the team of Trustees. The

role includes overseeing the financial affairs of the Charity and ensuring they are legal, constitutional and within accepted accounting practice. You would need to ensure proper records are kept and that effective financial procedures are in place, and monitor and report on the financial health of the organisation.

Knowledge and experience of current and fundraising finance practice relevant to the Charity, and knowledge of bookkeeping and financial management is essential, as it the ability to communicate clearly and work with a small team. Ideally you would be able to offer a minimum of 4 hours a week. In addition, there are 4 Trustee meetings a year and an Annual General Meeting.

### Eastleigh Scouts



Eastleigh District Scouts are looking for more volunteers to supervise and lead their groups. Without them, no more prospective Scouts can join and they will have to remain on waiting lists. Potential volunteers

will be offered a 4-week trial with Beavers, Cubs, Scouts or Explorers before they commit to the role. You don't need to be a parent of a child attending a scout group to be part of Eastleigh's great Scout leadership team, even if you can only spare an hour a week you will be welcome. Scouting is growing; it's all about helping young people develop Skills for Life. Each new adult volunteer means that 5 more young people can join a Scouting group and get the opportunity to gain those transferable skills. For this role, the ability to work as part of a team, and a good sense of humour is essential. Volunteers must be aged 18 or over and have a reasonable degree of physical fitness. Scout groups meet on various weekday evenings across the borough of Eastleigh.

### St Francis Animal Shelter Trustee

St Francis Animal Shelter is looking for extra trustees to join the committee of one of the oldest animal charities in Hampshire.

Trustees oversee the running of the animal shelter. If you enjoy working as part of a team and care about animal welfare, this role could be for you.

This is worthwhile work to improve the lot of needy animals in the area. Trustees also get involved in open days which are great fun and well supported by the local community.

As a trustee you will be required to attend one meeting a month on a Monday evening plus follow up work as decided by the individual and the committee.



### West End Youth Club Helpers

West End Youth Club has a membership of young people aged 8 to 18 years. The club is open three nights a week from Tuesday to Thursday and is looking for volunteers to work alongside youth workers



joining in with a range of activities such as playing pool, table tennis, art and crafts, cooking, football and basketball, and lots of trips.

West End Parish Council runs the Youth Club, which offers pool, table tennis, football etc, and supports young people who wish to pursue Duke of Edinburgh Awards.

This role would suit someone who has good listening skills and empathy with young people. The ability to build good relationships with young people is essential.

### The Beau Halo Trust

The Beau Halo Trust (TBHT) aims to provide a holistic approach to bereavement aftercare when a child or young person passes away; with the provision of emotional, practical and financial support to bereaved parents. The Trust also raises public awareness of the impact that child loss can have on parents, families and others. They are always looking for enthusiastic and passionate individuals to join the team. They have an array of diverse volunteer roles available which they are keen to fill with like-minded and committed people. Roles include: campaigning and awareness raising, fundraising, front-line bereavement volunteer, phone-led bereavement



volunteer, and trustee.

Do you want to make a difference to the lives of bereaved parents and their families? Maybe you have been personally affected? Or perhaps you know of someone that has been? Please get in contact if you'd like to find out more about volunteering for The Beau Halo Trust.

### Front of House Usher—The Berry Theatre



The 312 seat state-of-the-art building in Hedge End presents professional touring classics; dynamic performances for children and their families; live music; film screenings; comedy and places a

specific focus on the development and support of new work for children and young people.

They are seeking dedicated volunteers to join the friendly front of house team to create a warm, welcoming environment for the patrons. Volunteer ushers play a vital role in providing customer care and ensuring the safety of the audience throughout the show; working alongside the Front of House Assistants and Duty Manager to ensure that health and safety and licensing regulations are met, and that the audience has the best experience possible.

If you enjoy working with the general public as part of a team, have excellent communication skills and a willingness to provide first-rate customer service, you could be just the person they are looking for! The role requires ushers to work during evenings, weekends and matinees. In return for your support, you get the chance to work with the lively, supportive team in a creative and sociable environment; the opportunity to see a range of productions while working; a staff discount at the bar; theatre career advice; and twice yearly usher parties.

### MultiSports Club

The Multi Sports Club is for young people, aged 16 and over, who have learning and/or physical disabilities. The club provide a range of activities throughout the year, aiming to give people a chance to try something new, and to participate in an activity outside of school or college. Whilst the emphasis is on having fun, people will also gain social skills, improve fitness, co-ordination and sports skills.

Volunteers help the coaches and the club members, You don't need to have any particular sports ability (although it does help!) just enthusiasm and a willingness to help out and join in the sessions. The club takes volunteers ages 14+.

#### Current vacancies:

Friday evenings - football at Crestwood College, Eastleigh, 6 - 7pm

Sunday mornings - Multisports at Thornden School, Chandlers

Ford, 2 groups: 10 - 11am and 11 - 12noon



For further information

023 8090 2458

Find all our opportunities

[www.do-it.org](http://www.do-it.org)

Email

[volunteer@1community.org.uk](mailto:volunteer@1community.org.uk)

Website

[www.1community.org.uk](http://www.1community.org.uk)

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Volunteer Centre

One Community

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