

Volunteering Matters

April 2018



Longer days and lighter evenings make us more likely to get out and about and doing stuff. If you are interested in trying volunteering for the first time, or trying your hand at a different kind of volunteering, we've got plenty to offer you. The volunteering opportunities listed here in this newsletter are just a drop in the ocean. To find out more come and see us at one of our outreach events (see below), give us a call for a chat, or make an appointment to meet us in the office on 023 8090 2458. You can also browse our volunteering opportunities on the do-it website: www.do-it.org

Shop Assistant, Countess Mountbatten Charity Boutique, Hedge End



Countess
Mountbatten
Hospice
Charity

As a volunteer, you will be part of an enthusiastic and dynamic team that works hard to make the

store a great success. Your role will be varied and interesting and could include sorting donated items, preparing clothes for sale, merchandising stock on the boutique floor, assisting customers with their purchases and serving at the till. All of these tasks combined go into the daily running of the shop and help to maximise opportunities to raise income by selling donated items, maintaining the tidy appearance of the shop and providing a consistently high standard of customer service.

Volunteering with the shop is an excellent way to gain skills that could help you find future employment, boost a college or university application and meet new friends, all whilst supporting the work of two local hospices that provide care for patients with life limiting illnesses and the people closest to them.

The charity is looking for friendly and enthusiastic people who enjoy working with others and have an interest in customer services. If you enjoy a busy and varied work environment and would like to gain new skills, we would like to hear from you. Volunteers must be 16 or over.

Coordinator - Hamble Good Neighbours

The coordinator is the first point of contact for clients needing transport to medical appointments. Working from home with a dedicated phone line, they identify suitable drivers for the task. Hamble Good Neighbours is looking for a volunteer to give 1-2 hours a week of their own time to help connect people to the support that they need. The co-ordinator needs good organisational and communication skills and to be able to use a telephone with an answering system. Hamble Good Neighbours Scheme provides drivers to transport elderly and/or disabled people to and from hospitals, surgeries etc. They are also looking for drivers.

Volunteer Centre Outreach



- Looking for volunteers for your organisation?
- Looking for a volunteering role that's just right for you?

Drop in and see us at:

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

Netley Library, Station Rd, Netley SO31 5AB, **10am-12pm, Friday 20 April**

Citizens Advice Volunteers

Citizens Advice Eastleigh is run by a team of paid and volunteer staff. CAB is often in need of new volunteers to help meet the demand for its services. Frontline volunteers first train to become a gateway assessor. Once volunteers have gained experience as an assessor they may then be able to train to become an adviser. From time to time CAB also recruits trustees and volunteer administrators. With so many different roles available you should be able to find a way to get involved. You'll make new friends and gain the satisfaction of contributing to your community.

Gateway assessors help clients get the right help in the fastest time possible. They assess people's needs, either face-to-face or over the phone, and identify the most appropriate course of action. That might be self-help information, referral to a specialist organisation or an appointment with one of the advisers. Assessors also help to cover reception duties on a rota.

Specific qualifications or experience are not required to train for the role. You need to:

- be good at listening
- have a good manner when talking to people
- have basic computing skills
- be open minded and non-judgmental
- enjoy helping people

Assessors, advisers and administration volunteers must be able to volunteer for a minimum of one day a week. There is much to gain in return. If you want to get back into the workforce or improve your prospects, CAB training is highly respected by employers.

Salvation Army Shop Eastleigh

Volunteers are needed to support the Charity Shop Manager in running the Salvation Army charity shop in Eastleigh. Tasks could include:

- sorting and processing new donations of clothing, books, furniture and general bric-a-brac
- greeting customers and helping the shop to have a welcoming and friendly environment
- operating the till and serving customers
- ensuring the shop is kept clean and tidy

The shop raises funds to support the valuable work of the Salvation Army. The Salvation Army provides training, support and expenses. Hours can be agreed with the shop manager to suit you.

Fleming House

Fleming House is a residential and nursing home for older people in Eastleigh. It offers a range of volunteering opportunities, including visiting residents and having a chat over a cup of tea, helping in the garden, being behind the bar at the Fleming Arms, the on-site pub, or painting residents' nails in the nail bar.

Minibus Driver for Seeability

Seeability is an activity centre for adults with visual impairment and additional disabilities. Trips out in the community are important to enable people to have an active social life. Seeability is looking for a volunteer driver to drive their new mini bus, to enable the activities to take place. This is an opportunity which is both enjoyable and rewarding

Friends of In Touch



Friends of In Touch is looking for Trustees and a Minutes Secretary. Would you like to get involved in the local community, develop new skills and make a difference? Would

you like the opportunity to give children and young people with autism the chance to gain independence and life-skills? Do you have good organisational skills and experience of how a charity functions? Do you have a few evenings a year to volunteer your time to this charity? If so, Friends of In Touch is looking for interested individuals to apply to join its Board of Trustees.

Friends of PICU

Volunteer helpers are needed for the Friends of PICU 2018 Family Fun Day in the grounds of the Cleveland Bay Pub, Chandlers Ford, on Saturday 23 June 12-5pm. The event is being held to support Friends of PICU, which supports critically ill children from across the south of England and the Channel Islands who come to the Paediatric Intensive Care Unit at Southampton General Hospital (the regional centre). The event, to be opened by a local celebrity, includes a dog show, children's entertainer, bouncy castle, fire engine, ambulance, raffle, children's fairground rides, fun games, Centrestage Productions, stalls, food and drink and much more!

Eastleigh Borough & Romsey

MENCAP Society

Eastleigh Borough and Romsey MENCAP Society runs a number of activities and projects in the region aimed at supporting people with learning disabilities. They are looking for volunteers in a number of different roles

Chill Out Club Volunteer - The Chill Out Club is an evening social club held in a pub in Eastleigh. It offers the opportunity for people with learning disabilities to go out for an evening with friends, without their usual carers. No activities are provided, members come each club night to see friends, meet new people, have a drink and a chat.

Volunteers are welcomed into the club to chat with club members, get to know them and to help create a warm and friendly space and also to assist the paid staff as necessary. The club has been running for more than 10 years and it has proved to be a valuable social opportunity for adults with learning disabilities who may not usually go out on their own at all.

Eastleigh and Borough MENCAP Committee - Do you have a particular flair for fundraising? Or could you help keep the charity's accounts up to date? Even if you only have an hour or so to spare each month, your contribution would be much appreciated.

Basket Ball Club - The Club is for people with learning disabilities of different ages and abilities. The charismatic coach has shown members that basketball is a great sport for them but a volunteer is needed who will work alongside the coach and encourage people to participate as fully as they are able.

Members learn and practice skills that help to improve and maintain their mobility and flexibility as well as enjoying the sport and supporting each other. Sessions are dedicated to drills, exercises and a short game.

Grantham Green Growers - In 2016 members of Eastleigh Borough & Romsey MENCAP were asked about their usage of Grantham Green, and as a result ornamental shrubs, wildflower turf and additional benches have been provided. People with learning disabilities are involved in maintaining the ornamental beds and have a watching brief over the wild flower turf.

Volunteers are needed to support this

endeavour. This is a great opportunity to meet people with learning disabilities and to enjoy working alongside them in the fresh air. The horticultural co-ordinator, Maria, will be teaching skills, so this could be a way of enhancing your gardening knowledge.

Gardening Club - MENCAP Gardening Club is held at allotments in West End and managed by the co-ordinator. They have been fortunate enough to acquire a second allotment recently, which needs some work doing to it before the members can start growing flowers and vegetables on it. The Gardening Club is held on a Monday afternoon and Saturday morning during March to October, but volunteers can, if they wish, visit the allotments during other times of the week to carry out maintenance work or help with watering the beds during hot weather. Regular meetings are held during the winter months to prepare for the next season.

Fundraising Volunteer - Do you have a flair for organising fundraising activities? Are you bursting with imaginative and new ideas to encourage the public to support our Society? If so, MENCAP would love to hear from you. The Development Officer has responsibility for sourcing funds for MENCAP projects, funds are also needed to cover non-project related costs, such as insurance, administrative expenses, website costs. The opportunity is home based plus committee meetings one evening every 6/8 weeks in various locations in Eastleigh and Chandlers Ford.

House Guides Mottisfont Abbey

The guides help visitors and supporters to enjoy and learn more about National Trust Property Mottisfont Abbey, and the ever changing exhibitions in the new art gallery spaces.

Guides play a key role in making the visitors feel really welcome and add to their experience of the whole property. Volunteers are needed who can be proactive in initiating conversations with visitors, and are enthusiastic about Mottisfont and its gardens. Good interpersonal skills are vital as the role requires a customer-focused approach.

Volunteers are not expected to be experts in the history of Mottisfont or of art: learning can take place on the job, through listening to others, briefing sessions and by reading some of the information in each of the historic rooms and the

art gallery. Volunteers will receive induction and training in the role. This is not a tour guide role. Volunteers work as a team, being part of a group who enjoy pulling together and giving visitors a great experience.

Cooks Needed for Hedge

End Retired People's Thursday Lunch Club

Volunteer cooks are needed on a Thursday to prepare a meal for up to 40 older people at the Centre 2000, comprising a main course and a dessert. The cooks choose what ingredients they need to make their choice of dishes, supplementing all that is in the store cupboard.

Cooks usually start at 9.30am and are finished by 1.45pm. Cooks work as part of a team and would not be thrown into the deep end!

Bursledon Windmill Volunteers

Join the Team at Bursledon Windmill, where Hampshire Cultural Trust is recruiting volunteers for the following roles:

- Trainee millers play an important part in caring for the Windmill and keeping it open to the public. As a trainee miller you will work in the windmill to make flour as it was produced 200 years ago. Visitors are able to see the milling on guided tours and buy the flour, giving them a very special experience
- Tour Guides play an important part in caring for the Windmill and keeping it open to the public. By imparting your enthusiasm and knowledge you will give visitors a truly memorable experience and help promote the work that the Trust does.

Also needed:

- Learning assistants
- Digital volunteers
- Gardeners

Most importantly, you'll be playing a part in the mill's history, keeping this very special site open. You'll be part of a friendly and dedicated team with the opportunity to meet new people, learn new skills and pass on your own experience. Volunteers also receive two free admission tickets for every three month period worked and are eligible for special concessionary rates to events.

Full training is given and you'll meet lots of interesting people.

Trinity

Trinity, the charity that works with homeless and vulnerable people, needs some support over the next few months to help with events, collecting donations and giving out leaflets. Details of dates, times and activities on request.

Volunteer marshals are needed by Trinity in Eastleigh Town Centre on Saturday 2, 9, 16, 23 and 30 June, 7.30am-3pm. Charities that provide marshals for the town centre boot sale get £100 per day for the charity.

For further information

023 8090 2458

Find all our opportunities

www.do-it.org

Email

volunteer@1community.org.uk

Website

www.1community.org.uk

Registered charity number

1052978

Company limited by guarantee

3132524

Volunteer Centre

One Community

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