

Mentoring and Supporting People Who Have Offended, Including Veterans

**Hampshire
& Isle of Wight**
Community Rehabilitation Company



An Interserve-led company

The Hampshire & Isle of Wight Community Rehabilitation Company (HIOW CRC) works with service users – men and women who have been placed by the Courts under their supervision, or those who have been released from prison on licence – to manage risk to the public, and to enable them to make the right decisions in managing a life which is free from offending.

They are particularly in need of ex-forces men and women as veteran mentors.

HIOW CRC's work involves helping service users to develop the skills and commitment to live a crime-free life. This may involve the completion of unpaid work, group work activities or programmes, and accessing help through referrals to services such as substance misuse, housing, education and employment agencies.

Volunteers undertake a variety of roles in different settings across the organisation, with the common goal of improving service users' engagement with their orders and licences and helping them integrate into their communities.

Some volunteers work on a one to one basis with service users; others work with groups of service users. There are volunteers who work particularly with veterans and these volunteers have a Forces background themselves. This enables them to have a unique insight into the needs of veterans and a common understanding of their experiences. Volunteers will work closely with their Volunteer Coordinator to ensure that they can successfully undertake their role. A Volunteer/Mentor/Veteran Peer Mentor may be involved in:

- Supporting and encouraging Service Users to keep to the terms of their order or licence.
- Supporting Service Users to attend unpaid work projects and engage positively.

- Supporting Service Users to complete application forms for housing and other agencies.
- Encouraging Service Users to set their own realistic goals and work towards them.
- Encouraging self-help and the development of the Service User's self-esteem.
- Supporting the Service User to positively fill their time.
- Helping Service Users to access relevant local resources and services that they may need.
- Assisting Service Users to attend appointments.
- Helping Service Users to improve their literacy skills.

FareShare—Redistributing Surplus Food



FareShare Southern Central is one of 21 regional centres that make up FareShare UK, the UK's largest food redistribution charity. It tackles food waste and food poverty by redistributing in-date, surplus food that would otherwise be wasted, to frontline charities and community groups, including breakfast clubs for disadvantaged children, homeless hostels, lunch clubs for older people and domestic violence refuges. These organisations then transform the food into nutritious meals, which they provide alongside life-changing support.

Over the last 12 months, 6,723 charities and community groups received 13,552 tonnes of food through FareShare, enough to provide almost 28.6 million meals for people in need with an estimated value to the charity sector of £22.4 million. One hour's volunteering provides 71 meals for vulnerable people. FareShare is currently in need of warehouse assistants and driver's assistants:

FareShare Warehouse Assistant

Work in the warehouse to pick, pack and stack the

daily deliveries of fresh food FareShare receives from its food partners. It's a great work out and all you need is a sturdy pair of hands! You will be:

- Working as part of a team to manually sort and store large deliveries of surplus food.
- Helping to assemble the daily deliveries of food for local charities and community groups.
- Making sure the food is within use by dates and handled safely.

You will:

- Be able to perform physical tasks including lifting and loading.
- Have basic literacy and numeracy skills to record quantities and types of food donated
- Work well as part of a team.
- Be happy to complete tasks independently according to instruction.
- Be adaptable - managing surplus can be unpredictable so day to day tasks can vary.
- Be positive, friendly, and enthusiastic about tackling food waste and food poverty.
- Gain warehouse management skills such as a Level 2 Food Safety and Hygiene certificate and forklift training .
- Need to be moderately fit to carry out this role.

FareShare Driver's Assistant

Head out with a FareShare driver for a day on the road making deliveries of food to charities like community centres, older people's lunch clubs and nurseries in your local area. Help to get food to where it's needed! In this role you will :

- Accompany a volunteer driver to deliver and collect food.
- Help load and unload the vans.
- Be an extra pair of hands helping the driver with navigation, route planning and timing.

You will need to be:

- Good at map reading and able to use a Sat Nav system.
- Able to perform physical tasks including lifting and loading.
- Positive, friendly and personable, able to interact well with different people.
- Adaptable - managing surplus can be unpredictable so day to day tasks can vary.

Volunteers receive reasonable travel expenses and a free lunch.

Revitalise Shops West End & Lowford

Revitalise

Revitalise has been providing short breaks for disabled people and carers at accessible Centres in the UK since 1963. They firmly believe that disabled people should have the same rights, freedoms, responsibilities and quality of life as those without disabilities.

Revitalise Enterprises has 13 shops in all areas and they are looking for people like you. They need volunteers to help the manager to bring in maximum income for the charity. There are so many tasks, big or small, for you to help with and every minute you give has a huge impact on what the shop can achieve.

Are you able to help sort through donated items? Decide what would sell? Maybe price and assist on the till? Display items? Talk to the customers?

You will need to be reasonably fit and good with people. Volunteers are particularly needed on Fridays and Saturdays at West End.

SeeAbility

SeeAbility provides extraordinary support and champions better eye care for people with learning disabilities and autism, many of whom have sight loss. SeeAbility encourages people with disabilities to challenge what they expect from life, from themselves and from wider society. The people they support overcome huge barriers to achieve exciting new things every day: some big, some small, all extraordinary. They challenge us all to rethink disability. They have the following volunteering roles:

Musician

Do you enjoy making music? Seeability has a visually impaired lady who loves music and they need a volunteer who can play guitar and/or keyboard and sing with and to her. The lady in question does have a guitar (which will need tuning), and an electric organ. Volunteers are also welcome to bring their own instruments if they would like to. She also has various percussion instruments that she can use as well. This is a

wonderful chance to use your skills and experience to make a difference to someone's life.

Reading Companions

Are you a caring person who loves to read? We need a volunteer to read to a young lady who is blind.

Drivers

Some of the Seeability residents are looking for drivers who are willing to drive the resident's own car.

General Helpers

Volunteers who are happy to work alongside staff to give an extra hand when needed. Would be welcome.

All these opportunities are based in Twyford Road, Eastleigh, about 15 minutes walk from Eastleigh Station.

Free Befriender Training Course in February

Friends of the Family is inviting local people to apply now for its next befriender training course, taking place in Winchester in February 2019. The free, two-day course, will enable participants to become a volunteer befriender with the charity's 5s to 13s Befriending Service and offer support to a local child. Once trained, volunteers are carefully matched to a child whom they spend two hours with each week for a period of 12 months.

Befriending usually takes place after school and volunteers engage in a range of activities with the child such as taking them to the park or local library, playing games, doing arts and crafts, reading or helping with homework. In addition to free training, volunteers receive paid travel expenses, regular supervision and invitations to volunteer get-togethers.

Commenting on the training course, Friends of the Family volunteer Debbie Morgan, said: "The friends of the family training was really helpful and gave me the confidence to know that I can help and support a child. There are times in life when we all need a friend and I am hoping that I can be that friend to help a child through a difficult time."

Friends of the Family would like to hear from anyone who enjoys spending time with children and who would like to make a positive difference to a child's life.

Eastleigh Visiting Scheme Needs Visitors

Loneliness and social isolation is a huge problem among older people and others who find it difficult to get out and about. One Community runs a visiting scheme running across the borough of Eastleigh to address that need. The scheme, which provides companionship to older and physically disabled people, is looking for friendly people who can commit to eight visits at a time. All that is asked of the volunteers is to visit a client at home for an hour or two, simply to chat to someone who finds it difficult to get out of the house.

Training is given and full support and supervision is provided, with mileage expenses paid at 45p per mile.

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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Eastleigh Edition