

Volunteering Matters

Fareham
July 2019



Volunteering 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, come to one of the events listed below, drop into our Information Centre (Osborn Mall, Fareham Shopping Centre), call us on 023 8090 2458, ask for information by emailing volunteer@1community.org.uk or go to the website www.do-it.org to find all our volunteering opportunities online.

Fundraising Group Member British Heart Foundation



Become a fundraising group member and join a network of dedicated volunteer fundraisers who help BHF keep hearts beating. BHF aims to invest 100 million each year in lifesaving research and they could not do this without their fundraising teams.

This role will involve supporting your local group in organising and running fundraising events, representing BHF in your community and working alongside the Fundraising Manager and other group members.

You'll need to be good at team work and have good interpersonal skills for this role. You'll also need to be enthusiastic, confident and willing to act as the face of BHF in your community. This role would suit someone reliable, flexible and able to motivate others, with a commitment to BHF's values.

The BHF is committed to ensuring that volunteers have an enjoyable and worthwhile volunteering experience. You will be supported in this role by other group members and the local Fundraising Manager. There will be opportunities to gain new skills and meet new people. Out of pocket expenses will be reimbursed in line with the BHF policy. This role will be based locally in your community, the time commitment is flexible and can be made to fit round your existing commitments.

Newsletter Editor

Kroma is an empowering and enabling organisation for the LGBT+ communities, through awareness, inclusiveness and supportiveness.

The main aim of the Newsletter Editor Volunteer is to collate and present information in order to



Volunteer Centre Outreach

Drop in and see us:

- Wednesday 3 July—**Job Centre Plus** Crown Buildings, Civic Way, Fareham PO16 7HR, 10am-12 noon
- Thursday 4 July—**Highlands Hub**, 103 Highlands Road PO15 6HZ, 10am-12 noon
- Monday 8 July—**Fareham Library**, Osborn Rd PO16 7EN 10am-12 noon
- Wednesday 10 July—**Portchester Library**, 70 West St, Portchester PO16 9TX 10am-12 noon
- Wednesday 10 July—**ASDA** Fareham, 10am- 4pm
- Friday 12 July—**Stubbington Library**, Stubbington Lane PO14 2PP, 10am-12 noon
- Friday 12 July—**Summer Fair**, West St, Fareham, 9am—3pm
- Wednesday 24 July—**Broadlaw Skills Café**, 1 Lion Place, Fareham PO14 1LE 10am-12 noon

maximise the impact of Kroma and to promote Kroma as widely as possible to their subscribers.

Key tasks will include:

- the development of a newsletter plan to promote the activities and achievements of Kroma
- ensuring that subscribers are updated regularly
- liaising with volunteers to find out stories
- tracking the effectiveness of the newsletter and recommending ways forward
- visiting projects and attending events with a view to writing articles about them.

To do this role, you will need an awareness of issues affecting LGBT+ individuals and to be able to work on your own initiative, prioritise and meet deadlines. An understanding of different types of marketing and communications media, including electronic and social media, along with good computer skills and knowledge of using Mail Chimp are essential, as is the ability to communicate effectively. This role will require you to be respectful of confidentiality issues and also to maintain boundaries. It would suit someone who is reliable, respectful, sensitive and caring.

This role can be done from home in your own time, but you will need to attend a meeting one Tuesday evening a month.

Enable Ability



Enable Ability runs projects that enable young people with physical and/or mild - moderate learning disabilities to have a social life, like their peers, without their parents and carers. Through the activity programmes, Enable Ability aim to

build on a young person's confidence, self-esteem, independence and social skills.

Volunteers support, befriend and encourage the young people by taking a full and active part in the activities. This could be by helping a young person take part in sports, assisting them with arts and crafts or going to the cinema or trips out with them. Activities are all done in group sessions so it's fun, sociable, and extremely rewarding. Junior Club activities are organised on Sundays.

Advocacy Volunteer

Volunteer Advocates work with clients with disabilities and to advocate on their behalf. An

advocate acts independently of all other services to enable a vulnerable adult to let their 'voice be heard' in situations where they need to get their view across. In this role, you would be helping them do this and also offering the support needed, as required, in a wide range of situations. Volunteers do not need to have any previous experience as training will be provided, however they must be reliable and enthusiastic. Pre agreed expenses can be paid.

Volunteer Companion Sidekick

Would you be interested in supporting someone with a learning disability to do the activities they love in their local area? If you are over 18, enthusiastic, friendly and fun, then this could be the perfect role for you.

Mencap is looking for a volunteer to meet regularly with a lady in Fareham who is in her 50's. Mencap doesn't have the capacity to support her much with leisure activities. A volunteer to work with her would greatly improve her confidence, independence and quality of life. She would like her Mencap Sidekick to go with her for lunch, leisurely shopping trips and to the theatre.



Citizens Advice Fareham

Citizens Advice Fareham has been helping the people of Fareham since 1942 with impartial, independent advice on money, debt, housing, consumer problems, family and relationship issues, employment worries and more.

Do you have a free day or even half a day a week? Would you like to spend a few hours in a worthwhile and rewarding role helping others? Do you like variety, where every day is different? If you are interested, Citizens Advice would ask for:

A commitment to regularly donate your time.
A commitment to equal and fair treatment for all.
A desire to make a difference to your local community

Administration Volunteers

Administration Volunteers are needed to answer the phones on Monday



mornings and Tuesday mornings, or to man the reception on a Wednesday. Ideally you would also have an interest in either helping to maintain the financial records, or in promotions and marketing or in campaigns and research. The role is to help ensure the smooth running and organisation of the bureau, supporting the advisers and management team.

Friends of Citizens Advice

In addition to traditional volunteering roles, CAB would like to build up a network of 'friends' who are willing to share tweets and Facebook updates, display posters and leaflets or even distribute them, and be open to completing the occasional survey. There is no set time commitment involved in becoming a friend, CAB would like to chat with you - either face to face or by phone, so they know that you understand their work and values and what they are hoping their 'friends' can do for them. They will then take some contact details, and keep you updated on what they are doing. You can choose to share and promote as many or as few events, campaigns and research activities as fits in with the rest of your life. You can choose to only be a friend or you might want to occasionally help out with an event. How much time you commit is up to you.

Volunteer for The Stubbington Ark



The Stubbington Ark provides care, rehabilitation and rehoming for all manner of animals, domestic, wildlife, farm stock and exotics and there are usually more than 250 animals on site at any one time. They are completely self-funded, being primarily responsible for raising funds locally. They have lots of interesting and varied volunteering roles. Here are just a few of them:

Kitty Knitters

Volunteers are needed to make blankets for the animals at The RSPCA Stubbington Ark. Join the team of Kitty Knitters, working at home, to make wool blankets,. Knit or crochet, the animals do not mind!

The Stubbington Ark can provide donated wool when it is in stock and are happy to deliver wool/ collect blankets if needed. Blankets need to be approximately 20inches/50cm square or larger - just let your creative juices flow!

Help our furry friends keep warm all year round.....any of your kind help always much

appreciated. (If you have any donations of wool, They are always very grateful for any double knitting or thicker type wool)

Driver

Drivers are needed to transport foodstuffs/ bedding/ bric-a-brac/shop donations /newsletters/ collecting tins to and from individuals and shops. You will use the Fundraising Van (Citroen Berlingo Manual) to collect and return to the Shelter during opening hours..

If you've got a full clean driving licence, have a friendly, confident approach to people and good communication skills, then this role could be for you. Commitment will be required throughout the year on an ad hoc basis using a list of designated drivers.

Fareham Pop Up Pet Shop

If you can spare half a day on a regular basis. Why not come and help with the running of the Fareham Pop Up Shop. The pop-up Petshop in Fareham Shopping Mall is open every Saturday. They Volunteer support is needed on both Saturday mornings and afternoons.

Trustee for Open Sight

Open Sight, a charity based in Hampshire, is seeking to recruit Trustees with professional backgrounds in Human Resources and also Finance. These are unpaid Director Trustee positions, with paid expenses (e.g. travel, childcare) which would provide an excellent development opportunity, perhaps for someone aspiring to a Board level position. Alternatively they would be very happy to hear from anyone with Trustee or Board level experience.

Open Sight has provided uninterrupted support to the blind and partially sighted community of Hampshire since 1922. Their mission is to support people with sight impairment or who are at risk of sight loss to achieve their personal goals, remain independent and live a full life. Training is available. Trustee meetings are held late afternoon/ evening, approximately 6 times per year. Directors also support staff at Head Office in Eastleigh and work on specific projects and attend other meetings and events. The time offered by Trustees varies depending on their commitments The charity is based in Bishopstoke, Eastleigh, where trustee board meetings are held. The charity has a county-



wide remit, so is looking to recruit from across Hampshire.

School Holiday Activities Volunteer



Marvels and Meltdowns is a parent-led charity supporting families with children affected by ADHD (Attention Deficit Hyperactivity Disorder), ASC (Autistic Spectrum Conditions), and SPD (Sensory Processing Disorder), in Gosport, Fareham and the surrounding areas, through the provisions of their ADHD & ASC family centre, weekly group support meetings and their online social media community. They are looking for volunteers to support their Holiday Activities. Are you active, creative and good at keeping children and young people engaged, YES ? Then they are looking for you!!

Hampshire & Isle of Wight Wildlife Trust - Swanwick Lakes

Swanwick Lakes Nature Reserve holds scenic lakes, woods and grassland, created by nature from abandoned clay workings. Woodland has grown up on spoil heaps and wildflowers abound in original and planted meadows. There are over 2 miles of paths around the lakes and woods with over 1 mile of surfaced marked trails. It provides a valuable space for people to relax and learn about wildlife.

Gardening Volunteer

Within the Nature Reserve, adjacent to the education centre, there is a small garden which some time ago would have been a kind of cottage garden. They are looking for a volunteer who can come in once a week and look after it. Initially you may have to bring the garden back to health. You'll need to be happy to work alone and able to regularly liaise with the reserve team to follow their vision for the area. All tools are provided and any support needed given. Flexible days/times over 18s only

Education Volunteer

Could you assist with the delivery of outdoor learning to groups and visitors at the Swanwick Lakes Study Centre and Nature Reserve? This role would suit someone with experience with primary school aged children. The role is to work with the education officer to facilitate a class of primary school children from 15-20 in number, using the H&IWT workshop templates to educate, inspire and involve all members of the group – regardless of ability and age. Various topics are used and all preparations are done prior to the day. Responsibilities include working with the children to complete their tasks as a team, monitoring the group and the individuals as well as laying out papers/equipment/topics and helping to clear away etc. You'll need to be enthusiastic with an interest in wildlife. A basic understanding of ecology and general natural history knowledge is helpful. The days run from 8.30am-3pm and a debrief following the lesson is carried out between staff/volunteers. Volunteers must be identifiable as a volunteer by wearing a Trust sweatshirt/t-shirt (which will be provided). Reasonable pre-agreed expenses can be paid.



For further information
023 8090 2458

Find all our opportunities
on www.do-it.org

One Community
Information Centre
55 Osborn Mall
Fareham Shopping Centre

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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Fareham Edition