

# Volunteering Matters

Fareham

February 2020



One  
Community  
together we make a difference



The Queen's Award  
for Voluntary Service

**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, come to one of the events listed below, drop into our Information Centre (Osborn Mall, Fareham Shopping Centre), call us on 01329 239934, ask for information by emailing [volunteer@1community.org.uk](mailto:volunteer@1community.org.uk) or go to the website [www.do-it.org](http://www.do-it.org) to find all our volunteering opportunities online.

## Volunteer Camper



**OVER THE WALL**  
a seriousfun camp

Over The Wall is a Hampshire charity that provides free residential camps for children

with serious illness. Each camp provides children with memorable, fun and empowering experiences in a physically safe and medically sound environment. The idea is to help children to discover how amazing they truly are, with a strong focus on fun. The camps take place all over the UK. Activities at camp can include kayaking, fishing, dancing, climbing, swimming, arts & crafts, taking part in challenge courses, archery, talent shows, discos and much more.

Over The Wall's camps are action packed, and full of fun and the rewards of being a volunteer are immense; gain new skills as well as making new friends. There is a variety of roles at camp including Team Mate, Clinical Volunteer (for people with medical backgrounds such as paediatric nurses, doctors and paramedics), Camp Recorder, Activity Leader and Safeguarding Officer. Volunteers do not need specific qualifications, but experience helps, and enthusiasm is essential. Over The Wall provides full volunteer training, free food and accommodation for the duration of the camp for all volunteers. Camps range from three-night weekends to weeklong experiences.

## Great British Spring Clean



Keep Britain Tidy exists to inspire people to eliminate litter now and for future generations.

They will be running the Great British Spring Clean again this year 20 March-13 April. If you want to join a clean up or sign up to host one then do get in contact.

Last year over 563,163 people got involved in 17,097 clean-ups.

## Volunteer Centre Outreach

### Need volunteers?

### Looking for a volunteering role:

### Drop in and see us:

- Wednesday 5 February — **Job Centre Plus**, Crown Buildings, Civic Way, Fareham PO16 7HR, 10am-12 noon
- Thursday 6 February — **Highlands Hub**, 103 Highlands Road PO15 6HZ, 10am-12 noon
- Monday 10 February — **Fareham Library**, Osborn Rd PO16 7EN 10am-12 noon
- Wednesday 12 February — **Portchester Library**, 70 West St, Portchester PO16 9TX 10am-12 noon
- Friday 14 February — **Stubbington Library**, Stubbington Lane PO14 2PP, 10am-12 noon
- Wednesday 26 February — **Broadlaw Skills Café**, 1 Lion Place, Fareham PO14 1LE 10am-12 noon

957,377 bags of litter were collected, which is 239,344 wheelie bins full of rubbish or 4,308 tonnes worth (data from the Keep Britain Tidy website.) That's a lot of litter cleaned from the streets, parks and beaches of the UK!

### Blue Cross Foster Homes for Pets



Blue Cross Rehoming Centre is all about making sure unwanted pets get all the care and attention they need until The Blue Cross can find them new homes. They are desperately in need of more short term foster carers

for small animals.

As a volunteer foster carer you will look after needy animals in your own home while they are recuperating from operations or illness, or young kittens or puppies until they are able to find a permanent new home. There is a particular need for homes for indoor rabbits at the moment. This is a great role if you would like the benefits of a pet without the long term commitment. Volunteers must live within 30 minutes drive of the Blue Cross Centre with access to your own transport. All equipment is provided and costs covered.

### Pets as Therapy



Becoming a volunteer with the PAT Team is incredibly rewarding. Thousands of people benefit every week from visits provided by PAT

Teams, who visit residential homes, hospitals, hospices, schools, day care centres and prisons. Volunteers, with just a small amount of time each week, work with their own pets, to bring joy, comfort and companionship to many individuals who appreciate being able to stroke a friendly animal.

All breeds of cats and dogs can become part of a PAT team, they must have been with their owner for at least 6 months, be over 9 months of age, and be able to pass the temperament assessment. All pets must be fully vaccinated. There is no minimum or maximum time commitment, though pets should not work for more than two hours at one time and must have regular breaks. A small annual subscription is payable which goes towards the volunteer's liability insurance.

### Back to the Future



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 support scheme to address that need. The

scheme, Back to the Future, is looking for friendly people who would like to support isolated people to reconnect with their local community.

Volunteers visit clients in their own home, to have a chat and work towards helping them access the local support services. Volunteers will visit a maximum of 12 times, with a view that by that time the client will be attending a lunch club, doing their own shopping, using community transport or signing up to something like the home library service. It is hoped that clients will develop the confidence to eventually go out on their own.

Back to the Future volunteers will need patience, sensitivity and empathy combined with the ability to work with vulnerable people and to respect confidentiality.

This is a very flexible role, with visits arranged at the mutual convenience of the volunteer and client. It is a role that can fit around any other commitments you may have. Training is given and full support and supervision is provided, with mileage expenses paid at 45p per mile.

### Tea & Coffee Servers

One person in every 500 has Parkinson's; symptoms are such that all family members are affected. The Fareham district support group is full of supportive, knowledgeable volunteers who give their time and experience to support and guide families, partners and people directly dealing with Parkinson's.



A successful support group is run in the Crofton Community Centre, with a regular attendance of 80 or more from across the region. This club is a positive focus for many and inspiring to be involved with. Members are encouraged to have refreshments during the support group session and to talk. The refreshments volunteers are key to the success of the group. This role would suit someone with a chatty disposition who doesn't mind washing up! Responsibilities will include

filling kettles, laying out cups and biscuits and collecting used cups and saucers from the hall.

### Stubbington Ark Shop



In Fareham, the RSPCA shop provides income for the Stubbington Ark only. Every penny spent in the shop will help local animals to not only be cared for until a new home can be found, but also pay for much needed treatments when needed. Come and support the friendly team. Volunteers are needed in a variety of roles:

**Donations Volunteer** - Do you like bargain hunting, do you have an eye for detail? Could you hunt through the bags of donations to find items to sell?

**Shop Floor Volunteer** - Shop floor volunteers are the meeters and greeters. They ensure the shop is clean, tidy and eye catching to shoppers and ensure that shoppers feel welcome, giving them first class customer service. Till work is optional in this role, training and support will be provided.

**Gardeners—Sarisbury is** are looking for a small group of community minded gardeners who would be willing to help tidy up their grounds and keep the centre looking appealing for centre users. The centre gardens are the focal point of the community centre entrance. Could you help develop them and keep them looking beautiful? This role could be done with friends, and hours could be arranged to fit round your existing commitments.

### Richmond Fellowship Fareham



Richmond Fellowship works towards a society that values everyone with mental health problems. It is part of Recovery Focus, a national group of charities making individual recovery reality. They have a range of volunteering opportunities in Fareham that would suit volunteers with lived experience or a good understanding of Mental Health.

**Supported Housing Peer** - This role is to work with Service users to encourage them to achieve their recovery goals by running activities in their home such as living skills, social activities and workshops. This role would be ideal for an organised person who is passionate about helping others. Good listening skills and knowledge about housing and

life skills would be helpful.

**Peer Support (Telephone)** - Are you good on the phone? This role involves making outgoing phone calls to community clients to encourage and remind them to attend their support groups, and to help reduce any potential barriers with advice and guidance. This role is for a minimum of 2 hours per week.

**Peer Mentor** - Peer Mentors support individuals to reach their goals, by providing practical advice and guidance as well as sharing coping strategies. Volunteers meet the service user in the community at an agreed time and date from time to time. Good listening skills and patience are the main requirements for this role. Peer mentors can make all the difference in a service user meeting their recovery goals.

**Awareness Raising Volunteer** - Raise awareness of Richmond fellowship services by building a network with outside agencies, holding stands/drop ins and talks. Are you a good communicator and passionate about mental health? This role is all about attending events and building connections to promote awareness of the work of Richmond Fellowship in the area. Full training will be given and out of pocket expenses paid for all volunteer roles.

### Titchfield Festival Theatre

TFT is a well respected community theatre company, producing over 30  shows per annum in house. It is a not for profit charity and represents a broad age range in its membership and audience. Being such a busy theatre, they are always looking for volunteers. There's pretty much something for everyone to do at the theatre and listed below are some of the roles that volunteers undertake:

**Front of House Box office** - Welcome visitors as they arrive, answer questions, take payment for tickets, generally make sure that visitors have an enjoyable, seamless experience when they arrive at the theatre. This is a role for someone who likes to be busy and likes working with the public.

**Bar work** - The bars provide refreshments before the performance, during the interval, and in some cases after a performance. This is a great role if you like a bit of banter and enjoy providing a good level of customer service.

**Parking Co-ordinator** - Parking can get busy prior to

performances. This role involves directing people in and out of parking spaces, offering them alternative parking areas and seeing them out onto the road, ensuring everyone's safety is maintained.

**Brochure designer** - If you've got some experience in marketing, then this role's for you.

**Office Volunteer** - There's a range of office work that needs to be done: filing, inputting information into pre-designed forms and spreadsheets, ordering items and answering the phone when required. Hours are very flexible, to suit the right volunteer. When on duty, volunteers can watch the show for free.

### Fareham & Gosport Basics Bank



The Friends of the Homeless in Fareham and Gosport is a Christian charity which started The Basics Bank in July 2003. The Basics Bank provides short term practical support to anyone in a crisis or emergency situation.

**Donate** - They are totally dependent on voluntary donations which are always gratefully received. Food, toiletries, nappies and sleeping bags are needed. Please do get in contact to find out the details of what is most needed this month, however the items that are most often needed are UHT milk, cereals, tinned meats tinned vegetables, coffee and squash, sugar, jam, packets of cuppa soup, toilet rolls, toiletries, nappies, sanitary products, washing powder and washing up liquid.

**Volunteer** - The Friends of the Homeless are pleased to welcome caring and willing volunteers. You could offer help in a number of ways. It could be that you are able to spare a couple of hours once a week or may be able to help on an irregular basis to cover for people on holiday or sick. They ask volunteers to complete a short application form and supply two reference before starting volunteering.

### Open Sight Social Club Helper



Open Sight provides information and supports visually impaired and partially sighted people. They run Social Clubs, Holidays, Equipment and Fundraising activities. They currently run social clubs in Fareham, Locks Heath Portchester and Stubbington, all of which are looking for some volunteer help. Social Clubs offer an opportunity to meet and socialise with other visually impaired people in the area. The clubs are managed by trained volunteers who organise meetings, outings, entertainment and provide a friendly and caring environment for their members. Transport to the clubs is usually available.

Sight loss can often mean isolation and spending long hours alone at home. But it doesn't have to, Open Sight Social Clubs can get people with visual impairment out and about, making new friends and new memories.

If you'd enjoy running or helping with your local club then do get in contact. The clubs run on a Thursday or Monday afternoon 2-4pm. Most clubs run once a month.



For further information  
023 8090 2458

Find all our opportunities  
on [www.do-it.org](http://www.do-it.org)

One Community  
Information Centre  
55 Osborn Mall  
Fareham Shopping Centre

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

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

Registered charity number  
1052978

Company limited by guarantee  
3132524

Volunteer Centre  
One Community  
Funded in Fareham by  
Fareham Borough Council

Fareham Edition