

Volunteering Matters

Eastleigh Edition

October 2020



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 about volunteering, come to one of the events below, have a browse through this newsletter, or go to the website 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 023 8064 1202 (our Eastleigh Museum outreach), or ask for information by emailing volunteer@1community.org.uk



WESSEX
CANCER TRUST

Wessex Cancer Trust

The Starlit Trail is returning to Winchester on Friday 2nd October 2020! As night descends they will once again be walking through Winchester's historic streets, enjoying entertainment and

illuminations along the way. Join them for an evening full of joy and positivity and kick your weekend off to a shining start! The Starlit Trail will be an evening that unites the community to support local people affected by cancer. Taking part will give you the opportunity to be a fundraising star and see Winchester in a different light. A variety of volunteers are required: **Course Marshals** will ensure that walkers stay on the correct route and complete the course safely. **Tail Walkers and Route Sweepers** will follow the last participants around the route ensuring that they complete the course safely. They will be in charge of collecting all the route signage, lighting and equipment that is out on the course making sure they leave the beautiful city as they found it!

Registration Volunteers are needed to help set up the registration area and a **Mascot**. A fun role involving dressing up as **Wolly the Lion**, waving, shaking hands and interacting with people in one of the performance areas to meet the walkers as they go by.

The Point

Based in the centre of Eastleigh, The Point is a regional powerhouse for contemporary dance, circus, theatre and combined arts. Volunteers can participate in various areas, the main one being **ushering** for professional and cinema events. There is a strong team of around 40 ushers, but with The Point's continued expansion, they are always looking for more help. You will be working in a stimulating artistic environment with a broad range of people from diverse backgrounds.

the **point**
EASTLEIGH

Volunteer Centre Drop-In



Eastleigh Museum

First Tuesday of the Month
10am-12 Noon

Drop into Eastleigh Museum on the first Tuesday of the month, 10am-12 noon to talk about volunteering, or call 023 8064 1202 to make an appointment for a time to suit you.

Library outreach will resume shortly

Solent Youth Action (SYA)

Solent Youth Action is a youth volunteering charity based in Eastleigh and covering south Hampshire, coordinating a range of activities for 11 to 25 year-olds and supporting them to run their own youth-



led projects, accessing mainstream social provisions, and offering a range of training services. Governed by a committee of volunteers, new **trustees** are needed to support and contribute to the committee. Prior

experience or knowledge of the voluntary sector is not required, just an interest in helping young people to make a positive difference for themselves and others.

Simon Says

Supporting bereaved children and young adults, **caring volunteers** are needed to help with themed groups providing a fun, informal way of bringing together children who have been touched in some way by grief. The volunteers may



be included in the planning of the activities and helping the children to participate. Experience with working with children would be helpful but training and ongoing support is provided, and fun is guaranteed. A group for 0-11 year olds runs on a Sunday afternoon and is held in Chandlers Ford and a group for 11-18 year olds is held once a month in Eastleigh on a Tuesday evening.



CLIC Sargent

A charity that fights tirelessly to stop cancer destroying young lives, working hard to help when each child and young person needs it most, is offering a variety of **volunteering opportunities** including working the till, keeping the store presentable helping with the preparation of donations which may include ironing or steaming. Hours are flexible, depending on your availability and the needs of the business. Over 18's only and full training will be given.



MHA Community Eastleigh

The largest charity care provider in the UK, offer some of the highest quality care,

accommodation and support services for older people throughout Britain. Their mission is to inspire the best care and wellbeing at every stage of later life. **Social group support volunteers** are needed to lead group activities which include singing, music, reminiscence and craft. Do you have a skill that you could share and run some rewarding activities for MHA club members? Safeguarding, Data Protection and Fire training will be provided.

SENDIASS

Could you help support a parent in a meeting with educational professionals? Can you see yourself visiting a parent at home to help them to write their views about their child's special educational needs? Your role as an **Independent Parental Supporter** would help the parent to put across their views, help take notes to remind them of what was said and really help the parent to feel confident that their child is getting appropriate support. This is an interesting and rewarding role and you can choose to do as little or as much as you would like. Main tasks include helping parents understand paperwork or verbal advice from their child's school or the local authority relating to their child's education and signposting to other organisations when information, advice and support is required about matters other than educational issues.



MHA Community Eastleigh

Friendship visits and social support volunteers are needed. Would you like to spend time with older people either in their own home or in a social situation getting to know them and spending time together in a structured fashion? Members who are unable to attend groups are looking to make friends and spend time with people. Mandatory training includes safeguarding and DBS checks will be required.



One Community Covid—19 Support Volunteers



One Community is still getting shopping for people, and our volunteers who were originally off work are starting to return. Many of the calls we are receiving are from people who have recently

been near an infected person or who have an underlying issue such as receiving chemotherapy or have had a recent injury. We still need **volunteers** willing to do some food shopping, either on an add hoc basis or for a regular client once or twice a week. The shopping is done via the client's list, the volunteer pays for the shopping initially, then One Community reimburses the volunteer quickly by bank transfer and receives payment from the client. Our clients have found this bespoke service extremely helpful. Many of them have expressed the relief of knowing we are at the end of the phone. Client requests are sent out on WhatsApp so a daily choice of volunteering can be made and commitment controlled by the volunteer. This role can also mean collecting and delivering prescriptions to those continuing to shield.

Together (West Hampshire) This role is open to anybody with experience of using mental health services and feel they have the skills to support others. As a **Volunteer Peer Supporter** you will work alongside clients who use Together Hampshire (West) accommodation or community services in and around Eastleigh. With guidance from your Coordinator, you will support someone locally to you in a way that is led by them and suits your strengths and skills. Sharing your experiences in an appropriate way to express empathy and hopefulness, you will provide emotional and practical support and help to focus on strengths and set goals. An ability to deal with all enquiries sensitively, and confidentially and adhering to the Together policies and procedures are fundamental to this role.



Sporting Memories Network (Hampshire)

Promoting and developing the use of sporting memories to improve the wellbeing of people through conversation and reminiscence. The products and services have been devised as easy to use tools to facilitate this process for individuals, groups and organisations across the globe. This Role is for **Volunteer Group supporters** at a weekly group held at The Velmore Centre, Chandlers Ford, Mondays 4pm-6pm.

Activities may involve arranging tables and chairs, banners and sporting memories resources, welcoming participants and their relatives as they arrive at the venue, giving a brief description of what happens at the group. You will assist the group facilitator in ensuring the group runs in a friendly manner and being involved in the activities and encouraging interaction can enable participants to feel part of the group. Training, support & supervision sessions will be provided.



Independent Age (Eastleigh)

In the role of **Organising Volunteer** you will make a real difference to the lives of older people by building a relationship with one or more Independent Age volunteers who provide friendship support to service



users to promote wellbeing and reduce loneliness. Clients accessing friendship services are socially isolated and are matched with a Volunteer Visitor who will meet up with them for a chat. Giving time to listen to an older person can empower them, improve their physical and mental

wellbeing and build self-esteem. The role has two elements, volunteer support and key contact for Independent Age in your community. The assessment part of the role is optional, depending on the needs in your area. To become an Organising Volunteer you will need to either have some previous experience in a similar role or have volunteered for at least six months. You'll need to be aware of the needs of the older person at all times and have a keen interest in the issues of later life whilst recognising boundaries, with patience and empathy. Experience of working with older people is desirable, though not necessary. Volunteers are encouraged to commit to a minimum period of one year, to make full use of the training and support offered. All volunteers will receive an induction into Independent Age's culture and values, safeguarding and role specific training. You will need your own transport in areas where there is no public transport, use of a mobile phone whilst out on visits, DBS/ PVG clearance; this will be organised by Independent Age and access to a PC and an internet connection is essential for online reporting. Good computer skills would be an advantage.

Fledge

Fledge was originally the vision of Mark and Lauren Cheshire. Their experiences of working with young, vulnerable people and the challenges that youth homelessness brings led them to establish Fledge as a means of tackling this. Through the development of a group of founding trustees and a lot of hard work, Fledge was registered as a charity in May 2014. The next step was to develop a range of projects to tackle youth homelessness and raise enough funds to employ some key individuals to help make that a reality. They now have four properties that accommodate up to 21 young people aged 17 and over through a supported living model. Mentoring and support is provided by a fantastic team of staff and volunteers .



Motivated and passionate **Trustees** are required to aid with fundraising and PR to develop the charity. There is a passionate but small Trustee board and are looking to expand it both in size and expertise. Ideally trustees would be local to Eastleigh Borough for this role as we meet for meetings and working groups once a month. There is also a role for a **gardener** to help assist with the gardens Monday - Friday 9am -5pm. Some equipment is provided.



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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Hampshire County Council

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