

Volunteering Matters

Fareham Edition

June 2020



Volunteering Matters provides a monthly round up of volunteering opportunities in the local area, provided by Volunteer Centre One Community. During these unprecedented times many charities have had to close their doors and many volunteer roles can not be carried out. However there is still plenty that you can do to support the charitable sector and your local community during these times.

To find out more about volunteering, 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 for a chat on 07702 802555, or ask for information by emailing volunteer@1community.org.uk. We have currently suspended our outreach and volunteering appointments, but do please get in contact by phone or e-mail.

One Community, Registered Office 75 Leigh Road, Eastleigh SO50 9DQ

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Volunteers' Week

The first week of June is Volunteers Week. We would usually be celebrating all the wonderful work that volunteers do across Fareham Borough in a series of thankyou events. We can't do that this year, however we are immensely proud of all the hardworking volunteers who do amazing work across the borough. **Thank you**, we look forward to being able to celebrate your contributions to the community next year. Here are a couple of quotes from volunteers about why they do what they do:

'Volunteering is one of the best things I have ever doneI love that I am making a difference in a small way and to be honest it helps with my own mental well being, giving me a sense of being and pride during these hard times.'

'The reason I chose to help with shopping and prescriptions is I would always hope that someone would always help if a member of my family were in need. I would love to do more.'

British Red Cross Community Reserve Volunteer



Community Reserve Volunteers are a network of people ready to help in an emergency; supporting their community by sharing public health messages, connecting with others safely and helping provide basic supplies. During an emergency, they will help with practical tasks such as preparing kit and equipment, sorting and handing out supplies and making refreshments.

Volunteers need to sign up in advance and must be 18 years or older. Community Reserve Volunteers will be contacted if there is a major incident in your local area and will not need any specialist skills as quick training will be provide on the scene.

Butterflies Bereavement Support

Butterflies Bereavement Support is a community based bereavement charity operating across Hampshire. They are still open during these unprecedented times and are looking for volunteers to support their loneliness project. Friendship Telephone



Buddies are volunteers who can connect with lonely people who have no friends or regular contact with the outside world. They ring their clients each week for 30 minutes, and if any issues arise report them to the coordinator for action. Full training will be given, volunteers are asked to commit to this role for a minimum of 6 months.

Age UK Neighbourly Volunteering or Digital Buddies



Age UK is looking for people to take part in neighbourly volunteering and help support older people who are staying at home due to the coronavirus epidemic. You can get started immediately by watching the video on their website which gives you all the information that you need. Watch the video, then print off the postcard and fill it in to provide some key information to your older neighbours, drop the postcard in to someone who might need help and off you go. Neighbours might need some simple assistance with shopping, gardening, putting their bins out, and collecting prescriptions, or they may just need a phone call.

#MindYourHaircut



Solent Mind is a charity that provides a wide range of services to support people with mental health problems across the southern area. They are not currently recruiting volunteers to the majority of their services, however they are looking for caring people to help them with their fundraising efforts.

Could you sign up for the #MindYourHaircut challenge? With hairdressers and barbers currently closed, why not take the chop at home? Support Solent Mind by donating the cost of your haircut or asking others to sponsor you as you create your new look! Don't forget to post a before and after picture to social media using the hashtag #mindyourhaircut

Volunteer Arabic Translator

One Community has recruited a new volunteer who is fluent in Arabic and has offered her services as a volunteer translator, should they be required. Please contact us for further information.

Cardmakers Wanted

One Community would love to include a small card, just to say hello, in all the grocery bags we deliver to vulnerable people, to those living and working in care homes and to others who are having to self-isolate. Could you produce a card and One Community will act as postman?

Cards can be posted to 75 Leigh Road, Eastleigh, SO50 9QD.

Cards can be drawn or created using photographs, we only ask that there are no identifying personal details – so please avoid people in any photographs, or house numbers etc.

If you wish to sign the card, please only give your first name as we will NOT pass on personal contacts. Help us to brighten people's days.

MyPortchester

MyPortchester is a community paper, produced by volunteers, for the benefit of residents of the East Fareham/North Portsmouth corridor. Nearly 20% of



local residents are not online so MyPortchester is vital in ensuring that they know what is happening in the local area. Could you get involved? Volunteers are needed in the following roles:

Admin support Could you spare a couple of hours a week to help with some general admin such as filing, writing stories, making phone calls, sending letters, chasing contacts etc.

Leaflet delivery The paper is produced once a month, and can be delivered in small quantities over a week. Local knowledge would be helpful for this role, you'll also need to be reasonably physically fit.

Trustee

The Abbeyfield Fareham Society was formed in 1964 to provide accommodation for active retired people who did not want to live on their own, but preferred to maintain their independence by living in a small community with some basic services provided. The society is run by dedicated trustees and they are looking for new people to join their team. If you're a local resident of Fareham with experience of strategic leadership then they'd love to hear from you.

