

Volunteering Matters

Fareham
October 2020



Community



The Queen's Award
for Voluntary Service

Volunteering Matters provides a monthly round up of volunteering opportunities in the local area, provided by Volunteer Centre One Community. We are over joyed to have been in Fareham Shopping Centre for 3 years on September 16th. **Happy Birthday us!** During this time we have found many people volunteering roles they enjoy, roles they can get excited about each morning and roles in some cases that have led to paid work or a change in career. If you have recently found yourself out of work or with more time on your hands we can offer different opportunities for you to choose from, all of which will make you feel involved, valued and of benefit to your chosen organisation. As a volunteer centre, we meet with you, discuss your interests, time available and where you want to volunteer. This publication features only a few of the roles available, contact us or pop in and have a chat. We are here for you on the start of this interesting journey **Tel: 01329 239 934** volunteer@1community.org.uk or go to the website www.do-it.org to find all our volunteering opportunities online.

Fareham Community Link

Fareham Community Link offers tailored programmes of activity to adults with learning disabilities. Their support enables their service users to improve their skills for independent living and encourage community access and integration. In providing a full and exciting programme they are able to enhance wellbeing, health and fitness, positive self image and increased confidence to deal with future experiences. **Volunteers** are required for **Wellbeing Wednesday**, each volunteer is key to this fun and busy session, which includes many activities covering many interests. The aim is to encourage adults with learning difficulties to take part in activities such as aerobics, skittles, curling, laughter, yoga and table top activities for Mindfulness. The sessions are held in Fareham on a Wednesday 10.45am - 14.30pm.



Marvels and Meltdowns

This charity was founded in November 2014 by two parents both experiencing the heartache and frustrations of caring for children with a diagnosis of ADHD and Autistic Spectrum Condition.

Marvels and Meltdowns are looking for volunteers with social media skills to help with the marketing and communication, so if you are a dab hand with Facebook or Twitter, this will be right up you're #street.

Corporate Volunteering Do you know of a team/group/company looking for projects where they can offer their time and expertise in the community? We have projects to offer in the borough of Fareham, for community centre/garden make-overs. Get in touch with us for further information:

volunteer@1community.org.uk 023 8090 2457 or 01329 239 934

Portchester Community Association



Founded in 1962, it is one of the longest established Associations in Hampshire. The scheme looks forward to a time when volunteers can visit clients at home, and help them to engage with activities outside the home

again. PCA has always strived to meet local needs and, for many years, has hosted events, taster days and other initiatives designed to foster community spirit and cater for local interests.

They require a reliable and enthusiastic **volunteer chef** to prepare lunch for their older persons lunch club. They would like someone for up to four hours on a Friday. Also required are volunteers to deliver lunches Mondays-Fridays to housebound clients.

Fareham Shopmobility

This service gives freedom to otherwise restricted visitors to Fareham Centre. The scooter hiring service makes shopping, having a coffee, meeting friends and family a much more accessible and enjoyable experience.

Scooter assistants are required to help keep up the quality of their service. Someone with a knowledge of scooters and how to use them would be advantageous but training will be available. Movement into storage, charging, cleaning and checking for any maintenance needs will be required.

One of the most pleasurable and important parts of this role is to show customers how to use the scooters and ensuring they make the right choice for their needs.



Fareham Area Disability Forum

A volunteer is needed to help with the **general administration** of Fareham Area Disability Forum. They are a user led organisation and with various disabilities makes it difficult for them to take notes during a meeting. A computer user who is familiar with Word and Outlook would be ideal, also someone who has **experience of administration** and disabilities. The forum doesn't have the funds to pay travel expenses but will pay for postage and printing. They can provide some training and the previous secretary will do a hand over.



DEBRA

By funding research and healthcare this charity helps to support individuals and families affected by Epidermolysis Bullosa, a painful genetic skin blistering condition, which in some cases can be fatal. DEBRA was founded in 1978 by Phyllis Hilton whose daughter Debra had EB and was in the world's first patient support group.

Vintage fashion volunteers are required in Fareham to identify, sort, price and display vintage fashion. Experience in retail and customer service can be gained while helping to raise funds for this worthwhile cause.

Fareport Talking News

This is an exceptional service for anyone who is unable to read the paper. **Editors and sound technicians** are critical to its success. These positions offer an exciting challenge to a creative mind. Have you the skills they need to enhance communications with the blind and visually impaired? Training is provided, so don't be put off if you don't have any previous experience.

This role involves using simple software to edit recordings to make them perfect for the listeners, ensuring transmissions are clear, flowing well and have no repeated segments.



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.



Open Sight



Could you provide a much needed lift to a visually impaired person (VIP)? Open Sight runs four clubs in Fareham and the surrounding area. The clubs provide a valuable life line to local

visually impaired people, who are also often socially isolated, by providing guest speakers, entertainment, advice and information, but most importantly a chance for VIP to get together for a chat and a cup of tea! Your role would be to collect club members from their homes take them to the club and drop them home again. If you wished to stay and support with the club by running a raffle or organising refreshments you would be very welcome. **The Clubs are run by a small friendly team of volunteers so this is a great way to meet new people in your area.**

Abbeyfield Fareham Society



Do you like all aspects of **maintenance or DIY?**

Volunteers are required to work on various tasks such as putting up shelves, touching up paintwork, having a natter and much more. The Abbeyfield Fareham Society is a charity that provides 'home from home' accommodation for active older people on a non-profit basis. Our society has been successfully providing comfortable homes for residents since it was founded in 1963.

Red Cross

A **Mobility Aids Volunteer** is required to be on hand to deal with wheelchair requests and enter details onto a database. This key role will enable people to return home after an illness or surgery and help them to remain independent or go on a holiday or trip with friends or family. The beneficiary is at the centre of everything the Red Cross do. Tasks included in this Role: are taking calls and enquiries from people wanting to borrow a wheelchair and giving information about other Red Cross services, where appropriate.



The Beau Halo Trust

Providing a holistic approach to bereavement aftercare, when a child or young person passes away. The trust helps with the provision of emotional, practical and financial support to bereaved parents. The charity also raises public awareness of the impact that child loss can have on parents, families and others. **They are looking for enthusiastic and passionate individuals to join their team.** They have an array of diverse



roles available with which they are keen to fill with like-minded and committed people. Do you want to make a

difference to the lives of bereaved parents and their families? Maybe you have been personally affected? Or perhaps you know of someone that has been.

Ashcroft Arts Centre

Named after Dame Peggy Ashcroft, The Ashcroft Arts Centre is a great venue with something for everyone whether it be shows and gigs in the intimate theatre, dance classes in a vast dance studio or the varied menu of workshops in the Art and Classrooms. The centre was opened by Dame Peggy in 1989 after being refurbished from its original use as a school. Since 2014 the arts centre has been operated by Hampshire Cultural Trust. Front of house and box office volunteers are vital to Ashcroft Arts Centre with making visitors welcome. **The role includes helping with various front of house tasks, answering queries, directing people to correct areas of the centre, handing out tickets, taking payments, answering the telephone and some administration duties.**



Community Centres

We are currently looking for volunteers to support local Community Centres. We need **trustees, committee members** and **caretakers**. The Centres provide a focus for our communities, ensuring that local people and special interest groups have a place to meet. They are essential for social engagement, support, fun and all that adds up to healthy, happy, flourishing communities. If you care about your community and would enjoy getting involved, please do get in touch.



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
Funded in Fareham by
Fareham Borough Council

FAREHAM
BOROUGH COUNCIL

Fareham Edition