

Volunteering Matters

Fareham

September 2019



One Community
together we make a difference



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. 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.

Telephone Companion



Blind Veterans are looking for Hampshire volunteers willing to make a difference to the life of a Blind Veteran. Spend an hour a week brightening someone's day without even leaving your living room.

Blind Veterans are committed to supporting blind veterans no matter where they are. Telephone companions provide crucial social interaction for veterans who can't reach a Blind Veterans centre, and can often feel isolated or lonely.

By having a quick chat once a week, telephone companions are a friendly voice on the other end of the phone that can make all the difference to a veteran. Whether it's a conversation about what they've been up to that week, reminiscing about their time in the military or even just a chat about who won the football, every call is valued.

Although you will be working independently, the volunteer manager is only a phone call away and there is a network of other volunteers for you to link in with too. Volunteers must be over the age of 18 years and understand the importance of confidentiality and relationship boundaries. The role can be flexible around your other commitments, but you do need to be reliable and punctual for the veterans. Full training is provided.

Fareham & Gosport Wellbeing Centre

Fareham and Gosport Wellbeing Centre provides a wide range of services that guide people towards wellbeing and recovery. The service is primarily for people aged 18 plus who live in the Fareham and Gosport area. The centre has a range of groups, wellbeing clinics and activities. Staff at the centre work closely with clients to help develop a support plan to set out what they

Volunteer Centre Outreach

Need volunteers?

Looking for a volunteering role?

Drop in and see us:

- Wednesday 4 September — **Job Centre Plus** Crown Buildings, Civic Way, Fareham PO16 7HR, 10am-12 noon
- Thursday 5 September — **Highlands Hub**, 103 Highlands Road PO15 6HZ, 10am-12 noon
- Monday 16 September — **Fareham Library**, Osborn Rd PO16 7EN 10am-12 noon
- Wednesday 11 August — **Portchester Library**, 70 West St, Portchester PO16 9TX 10am-12 noon
- Friday 13 September — **Stubbington Library**, Stubbington Lane PO14 2PP, 10am-12 noon
- Wednesday 25 September — **Broadlaw Skills Café**, 1 Lion Place, Fareham PO14 1LE 10am-12 noon



would like to achieve and how the centre can best provide support.

Administrators

They are looking to build a group of administration volunteers, to work with staff at the Wellbeing Centre in Fareham. These volunteers will be crucial in the day to day running of the centre.

Tasks could include: answering the phone, welcoming visitors, photocopying, filing and much more. However each volunteer will have their own tasks around their skills set and interests. The volunteers will add value to the work of Solent Mind regardless of their experience and skills.

Group Support Volunteers

Do you have a sense of Mental Health problems, maybe through being through it yourself or knowing someone who has? This role offers the opportunity to make a huge difference to clients' wellbeing on the day of the group and beyond. Support Volunteers will be helping the facilitator by making time for individuals, chatting, listening, making drinks and in some cases assisting with projects.

All volunteers must have had a full 6 months clear of any mental health support. Training will be provided and expenses reimbursed. References and a DBS checks will be needed for both roles.

One Community Trustee



One Community is a registered charity and a company limited by guarantee. It promotes voluntary action and provides Voluntary Sector Support and information giving through community

development work and its Volunteer Centre in both Fareham and Eastleigh. It also provides care, and transport services in Eastleigh.

One Community was established in 1978, and its aim is to improve the quality of life for residents within its areas of operation.

Do you have skills and experience from your professional/voluntary life that you could bring to the Board of Trustees, if so One Community would like to hear from you.

The Board meets bi-monthly in central Eastleigh on a Monday evening, but trustees may also be involved with other activities linked to the organisation, it's staff and volunteers.

The Beau Halo Trust

The Beau Halo Trust (TBHT) aims to provide a holistic approach to bereavement aftercare when a child or young person passes away; with the provision of emotional, practical and financial support to bereaved parents. The Trust also raises public awareness of the impact that child loss can have on parents, families and others.

They are always looking for enthusiastic and passionate individuals to join the team. They have an array of diverse volunteer roles available which they are keen to fill with like-minded and committed people.

Roles include: campaigning and awareness raising, fundraising, front-line bereavement volunteer, phone-led bereavement volunteer, and trustee.

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? Please get in contact if you'd like to find out more about volunteering for The Beau Halo Trust.



The Solent Diabetes Association Shop

The Solent Diabetes Association aims to reduce the risk of diabetic complications by helping people to manage their diabetes, and enjoy a healthy and fulfilling life. Money raised from the two charity shops in Fareham and Gosport is used by the charity, funding local diabetes research projects, providing holidays for people with diabetes and training and support for people with diabetes.

Volunteers are encouraged to do all the different tasks within the shop, should they wish to. The role includes opening and sorting donated items, operating the till and serving customers, displaying, pricing and keeping the shop attractive. The Fareham shop is open 9am-4pm Monday-Saturday.

Community Connectors

One Community's Information Centre, in Fareham Shopping Centre, is a one stop shop for support, health awareness, volunteering opportunities and general information. We're looking for volunteers



to talk to anyone who visits the shop and deal with their enquiries. You will either direct them to the support that they need locally or register them for local volunteer opportunities.

This role is perfect for someone with a welcoming nature and good people skills. You'll be best suited to this role if you enjoy helping people.

All training and support will be given.

Shifts are from 10am - 1pm or 1pm-4pm, Monday to Saturday.

Y Services

Y Services' mission as a charity is to support and develop the delivery of quality youth work that meets the needs of young people. Y Services delivers a range of approaches that support children and young people in their local communities.

The currently have centres in Broadlaw Walk, Crofton, Fareham North West, Locks Heath, Portchester, Titchfield and Central Fareham.

Youth Workers—All these centres rely on a team of enthusiastic volunteers to engage with young people in crafts, games, sport and social activities. The volunteer teams play a vital role in the community and ensure a youth club full of activities. Y Services is looking for some more enthusiastic volunteers. Experience is not required and training / guidance will be given. Could you join the team giving just a few hours a week?

Y Services Genesis in Locks Heath is in need of volunteers to fill a range of roles:

Admin—to carry out light admin duties such as answering the phone, writing letters, filing and photocopying.

Café Assistant—someone to work in the busy morning cafe and also at events. Jobs would include preparing bacon baps, cheesy chips and selling confectionery.

DIY—could you do small DIY tasks such as painting and repairs?

Events—to support and facilitate events within the Genesis centre; quiz nights, bingo, etc. All ideas are welcome.

Music Studio— the recording studio needs volunteers with technical knowledge who can support the studio and artists.

Music Volunteer—to work with young people creatively using instruments or vocal skills.

Play/Party Worker—Genesis Stay and Play



sessions are held on Saturdays in the main hall from 9am-12.30pm. This is a play time for children aged 0 -12 years. Volunteers help with the sessions. You will need to have experience, a good sense of humour and be able to play and socialise with children.

Volunteering with Y Services is rewarding. The clubs are run at different times across the borough, so get in contact to find out more.

Portchester Community Centre

Portchester Community Centre is run by a friendly, welcoming team of all ages and abilities. The centre wouldn't be the success it is without the committed volunteers. Whatever your skills, they will work to find a role to suit you.

The centre is really sociable and a great place to make new friends. Why not pop in and see for yourself. They are open seven days a week and love to stop for a cuppa and a chat!

Lunch club chef/cook

Mondays are special at the Portchester Community Centre, it's the time when local, lonely, isolated people can visit the lunch club. Very successfully run, the lunch club is a specially planned meal for approximately 30 people. In most cases these 30 local people won't have seen anyone since the last meal. Being the chef/cook is a highly rewarding task, you would be much appreciated. This role would suit someone who is friendly and can work as part of a team and who is passionate about hospitality and care. The time commitment is from 10am-1.30pm every Monday. Portchester Community Centre could assist with training on food hygiene.

Gardener

Within the community centre there are the hidden treasures of two gardens. Hopefully one day one will become a butterfly and culinary garden - featuring herbs and a selection of plants to attract butterflies - and the other a coastal garden. Could you be a key mind/designer in the gardens of the future? Maybe you'd prefer to just turn up and muck in ... Either way the community centre wants to hear from you! An interest in gardening is essential and, most importantly, community spirit! You will need to provide your own tools, and have an appreciation for the gardens purpose. You will work with the guidance of the Deputy Community Manager.



Volunteer Counsellor



The Moving On Project is a charity working in Fareham and Gosport, to provide help for young people aged 11-25, to improve their lives. They offer confidential, discrete support, including free counselling to local young people. The Project has a 94% success rate; this is partially due to the training and supervision for counsellors, which is free. They are based at the X-perience Youth Centre in Fareham. Are you a good listener? Are you non-judgemental? Do you have or are you studying towards a Diploma in Counselling? Are you looking to volunteer to work 1:1 with this client group in Fareham. The Moving On Project is always interested in new volunteer counsellors wanting to join the team. You must be willing to work with young people aged 11-25 on all issues. As a minimum you must be studying in the second year of your Diploma, although they very much welcome fully qualified counsellors.

Titchfield Festival Theatre



Titchfield Festival Theatre and TFT Studio are one of the UK's largest amateur theatre groups. With three venues situated along the south coast of Hampshire, they have multiple productions running all year round. The theatre is operated entirely by volunteer enthusiasts.

General volunteers are always welcome to work within the Titchfield Festival Theatre Team. You can work alongside fellow volunteers in set design, costumes, front of house, theatre care and audience/customer service. Volunteers must be 16 or over, have good people skills and enthusiasm for theatre life.

Refreshments Volunteers prepare the bar area prior to performances, take orders, make drinks and serve during the interval and after the performance. You will also need to maintain a clean bar area at all times, take money and provide change. Refreshment volunteers must be 18 or over, have good people skills, be able to handle cash and the confidence to check ID when needed. You will need to be able to stand and carry trays. There is some lifting involved.

Befriender - Fareham Good Neighbours



Fareham Good Neighbours visits people who are isolated, lonely and in most cases housebound, across the borough of Fareham. Volunteers can change someone's life simply by being there and listening. Volunteers usually visit once a week, and can visit for many months or even years. Referrals for this valuable service are on the increase so more volunteer are needed. If you enjoy listening and talking, and can maintain confidentiality then please get in contact.



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 Edition