

# Volunteering Matters

Fareham Edition

August 2020



**V**olunteering 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 as lockdown eases 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](http://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](mailto:volunteer@1community.org.uk). For an appointment to discuss volunteering please call us on 01329 239934 or email [volunteer@1community.org.uk](mailto:volunteer@1community.org.uk).

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## Driver



Revitalise is a National Charity which provides short breaks and holidays for people with disabilities in accessible centres in the UK (one of which is in Netley.) Their shops support this service by raising income for the charity.

Revitalise is looking for a volunteer who is willing to drive stock between their local shops.

The role would ideally be up to three mornings a week for 3 hours each morning. All fuel expenses will be paid. You'll need to be reasonably physically fit to lift stock in and out of the vehicle and available immediately.

## Puppy Parent for Canine Partners

Canine Partners transforms the lives of people with physical disabilities by partnering them with assistance dogs. The amazing dogs bring a greater independence and quality of life to their partners, offering security, companionship, and practical help with everyday household tasks.

Canine Partners needs puppy parents who can help provide a home for, and train their puppies from eight weeks old until they are 12-14 months old, when they will be ready to start their advanced training at one of the training centres.

Being a puppy parent is a highly rewarding, challenging but fun opportunity. Full training is given and you will need to commit to follow all Canine Partner guidelines.



## Hampshire Conservation Volunteers



HCV will be restarting in August. They will be out most weekends carrying out practical conservation work for landowners such as Hampshire Wildlife Trust and Butterfly Conservation. No prior experience is needed as full training will be given on the task. You will need to have your own transport, as some tasks are in remote locations, and a reasonable degree of physical fitness. Future tasks include Ragwort pulling on Magdalen Hill Down, clearing vegetation at Phrympt Wood and clearing invasive scrub at Winnall Moors.

## Outdoor Activities Volunteer



The Friday Night Club host a range of affordable activities for individuals with a learning disability or mental health issue. The aim is to provide opportunities to socialise and learn key life skills. The activities are held

within the Hampshire area on various days of the week.

Group members are really keen to be able to start meeting again so Friday Night Club is planning to restart outdoor activities soon. They are looking for volunteers who have the skills to lead some outdoor activities. In the past group members have enjoyed archery and off-roading but they're open to trying some new activities. It's all about getting together, making friends and having fun. If you have skills in leading (or helping with) outdoors activities, do get in touch.

All volunteers will have an informal chat with the trustees and will need to provide two character references. The role is subject to a DBS check.

## Fareham Shopmobility Volunteer



Fareham Shopmobility was able to reopen on June 29th. They provide mobility scooters and wheelchairs to the people of Fareham to enable them to shop independently. They are looking for volunteers who are

able to help out at the Shopmobility centre and volunteers who are able to push a manual wheelchair round Fareham shopping centre. Volunteers will be given full training on the operation of the centre.

## Keystone Befriender

Locks Heath Keystone is a unique service; they are renowned for working with adults with very severe and complex learning disabilities, people with complex communication who are often considered as hard to reach, but they reach them every day! Their aim is to enable adults with complex learning disabilities to engage in individualised, meaningful activities, with the ultimate aim of enhancing the quality of their lives and to be part of their local community.

The role of the volunteer is to enhance the quality and experience offered to service users when accessing the day service. Volunteers work

alongside staff building a rapport with individuals.

For this role volunteers will need to be:

- A good listener and communicator
- Patient and caring in nature
- A non-judgemental enabler
- Able to work as part of a team
- Able to think 'outside the box'
- Dedicated to improving the lives of others
- Someone with a good sense of humour

Full training and support will be given.

## Portchester Community Centre

It's great news that community centres are starting to reopen, though still with some restrictions. Portchester Community Centre is no



exception. They can now open to some groups and are starting to plan the restart of some of their key community activities. They need to fill the following roles to restart some of these much needed community activities:

**Lunch club 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 provides 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 cook is a highly rewarding task, you would be much appreciated. It's not yet clear when the lunch club will be able to reopen, but the first step is to ensure there is a cook in place. 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 for this role is from 10am - 1.30pm every Monday. Training in food hygiene can be provided.

**Thursday morning baby group** This volunteer role involves setting up for and packing away after the baby group, as well as serving refreshments and snacks. They are looking for a volunteer who enjoys working with young children and their parents. Another pair of hands to help set up and pack away as well as supporting the smooth running of the club would be really appreciated. This is a rewarding fun role for someone who likes working as part of a team.