

Volunteering Matters

Fareham

January 2020



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.

Fire Cadet Trainer



HAMPSHIRE
FIRE AND
RESCUE
SERVICE

Fire Cadets is a uniformed youth organisation which inspires and empowers young people to be the best they can be. It is open to all young people aged 13 to 17 and is a nationally

recognised programme, delivered through fire and rescue services.

Could you be a volunteer instructor to help run a new cadet unit at Gosport Fire Station? The volunteer role is open to members of the community who can support and mentor young people in developing skills, knowledge and personal development and helping them make a positive difference in their local communities by taking part in social action.

This role requires volunteers who can commit to volunteering one evening per week on a regular basis and occasionally at weekends. Volunteers will be provided with full training, management support, personal development and uniform. Hampshire Fire and Rescue Service is committed to safeguarding and promoting the welfare of children, young people and adults. They expect all volunteers to share this commitment and ensure that recruitment and selection of volunteers reflects this commitment.

Yellow Bunny Knitters



The Royal Navy and Royal Marines Children's Fund has developed a book to help children cope with long parental absences. Parental absence can have a profound impact on the children of forces personnel. Zoe and the Time Rabbit is an original work of fiction that it intended to help a families during a long absence. As part of the campaign, they are asking Knitters of Britain to get involved

Volunteer Centre Outreach



Need volunteers?

Looking for a volunteering role:

Drop in and see us:

- Wednesday 8 January — **Portchester Library**, 70 West St, Portchester PO16 9TX 10am-12 noon
- Friday 10 January — **Stubbington Library**, Stubbington Lane PO14 2PP, 10am-12 noon
- Monday 13 January — **Fareham Library**, Osborn Rd PO16 7EN 10am-12 noon
- Wednesday 22 January — **Broadlaw Skills Café**, 1 Lion Place, Fareham PO14 1LE 10am-12 noon

by knitting pairs of Time Rabbits.

The story follows Zoe and her emotions when her father has to go away and the help she gets from a magical time rabbit. We need people to knit Yellow Bunnies. These are a companion for the child to understand when their loved one will return from deployment. A simple pattern that can be easily followed is supplied and your costs for wool etc reimbursed.

Fareham ShopMobility



The Fareham ShopMobility service provides mobility scooters, electric and manual wheelchairs to people with limited mobility, enabling them to access Fareham town centre and

shop independently. They are currently greatly in need of volunteers to support this valuable service.

Receptionist—This role would be great for a volunteer who is good at customer care and understands the factors that can affect people who may be in need. As well as general reception duties, you will need to be aware of the voluntary services and the local community so that you can signpost people to the information that they need. Confidentiality and respect for all aspects of Shopmobility is essential, and a clean and tidy appearance is required of all personnel.

Full training will be given so that you can have a full understanding of the variety of Shopmobility equipment available to customers and the good practice of using them.

Scooter Assistant—The Scooter Assistant allocates equipment to customers, and in this role you would:

- store, charge and inspect the scooters for each booking
- wipe down & check all equipment on its return, reporting any defects to the Manager & Maintenance Dept
- park scooters appropriately for customer use and assist to ensure all customers have the correct choice of equipment
- deliver initial scooter assessments and explain customer responsibilities
- promote and display good scooter handling, driving ability and safety awareness
- support customers in parking their vehicles and deliver or collect equipment as needed
- understand correct scooter / powerchair use

and the laws governing this practise

- use of two-way radio

Scooter Cleaner —The Scooter Cleaner keeps the scooters in tip top condition, the volunteer would:

- clean, sweep & polish the mobility equipment to a good standard, recording any defects and informing the manager
- assist moving mobility equipment
- always use protective equipment provided, and ALWAYS follow the manufacturer's instructions and guidelines when using cleaning products
- promote and display good scooter handling, driving ability and safety awareness

These are rewarding roles that make a real difference to the customers who use ShopMobility

Bookshop Volunteer



Portchester Hub is situated in the main shopping area in Portchester, offering many different community activities, such as art class, preschool, toddler group, badminton, toy

library, community learning, lunch club, kurling, petanque, social club, craft group, tea dance, job club, a second hand book shop and much more. Help is always gratefully received in the bookshop. Funds raised by the sale of books are used to develop community projects.

This role would suit someone who is good as part of a team, good at organising and enjoys working with the public.

Volunteer Host

Reengage is dedicated to tackling loneliness and social isolation amongst older people, through



regular face-to-face contact. Supported by a network of volunteers, Reengage organises monthly Sunday afternoon tea parties for small groups of older people aged 75 and over, who live alone, offering a regular and vital friendship link every month.

Volunteer hosts/hostesses invite small groups to their homes for an afternoon tea party twice per year. This would normally take place on a Sunday afternoon by prior arrangement with a Group Coordinator. The hosts' house should have a

downstairs toilet and suitable seating. Hosts provide a simple selection of food and drink. And a warm friendly welcome.

Volunteer drivers deliver and collect the elderly guests. Volunteer drivers are needed in the Fareham Borough area. You will pick up between 1 and 3 elderly people from their homes one Sunday afternoon per month and take them to a host family for afternoon tea. Groups usually meet on the same Sunday each month. The group co-ordinator provides dates in advance.

Volunteer drivers must have their own car and full clean driving licence. You will be required to sign a declaration confirming that your vehicle insurance company is aware of the intention to provide this service.

Practical Conservation



Hampshire Conservation Volunteers (HCV) carry out practical conservation tasks to improve, protect and create valuable habitats in Hampshire.

They welcome all, from age 16, who can undertake practical conservation tasks such as scrub removal, putting up fences or path construction. Tasks are at weekends from 10am-3pm. No previous experience is necessary. New volunteers will be trained on tasks. Tools are provided, volunteers will need to bring sturdy gloves and their own packed lunch. Volunteers will need to be able to get to whatever site HCV are working on, so a car is useful.

Recent tasks have included rescuing a footpath from an impenetrable thicket at Shedfield Common, mending fencing at Netley Common and surveying reptiles at Wendleholme, Warsash.

Abbeyfield Fareham



The Abbeyfield Fareham Society is an independent voluntary organisation. It 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. Volunteers are the lifeblood of Abbeyfield, they are currently in need of people to fill the following roles:

Gardener—Abbeyfield in Fareham is very fortunate to have beautiful gardens for the

residents and guests to enjoy all year round. They are matured for ease but still need some level of care. The work that is needed includes light weeding of beds, trimming and pruning, watering in the summer and similar duties. Only a few hours here and there are needed and you would be joining a great team and be supporting a valuable residence in Fareham town centre.

Trustees—The Abbeyfield Fareham Society is a charity run by trustees. The trustees have overall responsibility for the management of the Society and its assets, and for the welfare of the residents. This is a responsible and rewarding role suitable for professional local residents, who would like to use their knowledge and experience to support the running of this valuable local charity.

Maintenance Volunteer—Do you like all aspects of maintenance? DIY? A maintenance volunteer at Abbeyfield Fareham will need to have good people skills, like a natter and also be keen to work on various tasks such as putting up shelves, touching up paintwork and much more.

Countryside Education Volunteer



Country Trust Hampshire, which is a countryside education charity, coordinates farm visits and educational projects for schools at working farms and estates throughout Hampshire.

They need volunteers to help support these visits whether moving groups of children, helping with educational activities or using their skills to lead an activity. It is a great opportunity to spend the day on a farm with children as they enjoy learning about the countryside. Visits take place once a year at each host farm, and are on various days throughout the year.

Volunteers have made it possible for The Countryside Trust to provide transformative experiences to hundreds of thousands of children over four decades. Just a few hours of your time can make a huge difference and you'll be part of a dynamic team all focused on the same cause.

Chrysalis

Chrysalis aims to provide support for persons with gender Dysphoria, referred to as transgender people. Chrysalis aims to promote self confidence and wellbeing through education and support. Chrysalis Meeting Centre



provides a place to discuss all aspects of gender identity issues, in confidence, and help with specific issues. They provide guidance for members and their families and an opportunity to meet others in similar circumstances. They have a number of volunteer roles:
Counsellor—This role is to provide transitioning transgender people 1-2-1 confidential support, interconnected with the Group Facilitator and workshops that are provided. You will provide counselling over 8 sessions. This role is for someone who holds or is in training towards a diploma level qualification in Counselling.

Counsellor Supervisor—This role is to provide supervision to the group of counsellors. Supervisors need to have extensive counselling experience and have or be working towards a supervision qualification.

Group Facilitator—This role is to support the safe and effective running of the peer support group within Chrysalis guidelines. Good communication skills are essential as well as the ability to complete paperwork and work within a team.

Support Worker—Support workers meet and greet new beneficiaries and welcome them to the group. They also ensure that the structure of meetings stays within Chrysalis guidelines. The groups meet on the 1st and 3rd Friday each month from 6pm - 10pm. Counselling hours are provided during groups meetings and outside of group meetings as required. All volunteers will need to attend an induction and training programme before they start volunteering. You will receive ongoing training and support.

Shop Volunteer



Autism Hampshire offers direct services to over 200 individuals on the autism spectrum each year as well as providing community access support to around 100 families. Their portfolio of services now includes a Life Skills College, residential care homes, an Adult Day Service, Domiciliary Care, Supported Living projects, University Study Support and a Community Access Team offering signposting and life changing advice on matters such as education and employment. Autism Hampshire opened their shop in the Fareham Shopping Centre in November 2019 to raise funds for this essential charity. The secret to the success of their shop is the volunteers. They invest in their volunteers and encourage them to shine in the areas they enjoy. Whether this is serving customers, finding hidden gems in donations, seeing potential in the smallest of items or doing eye catching displays. Volunteers work a shift or two a week, supporting the manager when and where they need it and ensuring the customers find a bargain and feel welcome. Charity Shops are a social place, and Autism Hampshire wants their customers, volunteers and staff to feel welcomed, comfortable and calm. This role would suit someone who likes being in a small friendly team, working together for the same goal. They operate a rota'd week and ask volunteers to commit to a regular time slot. morning or afternoon - Monday to Sunday. Volunteers are given support and training by Autism Hampshire.



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
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Volunteer Centre
One Community
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Fareham Edition