

Volunteering Matters

Fareham
May 2019



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.

Revitalise Shop Wickham or Stubbington



Revitalise has been providing short breaks for disabled people and carers at accessible Centres in the UK since 1963, the nearest of which is in Netley. Revitalise has 13 shops and

they are looking for people like you. They need volunteers to help the shop managers to bring in maximum income for the charity. There are so many tasks, big or small, for you to help with, and every minute you give has a huge impact on what the shop can achieve.

Could you help sort through donated items? Decide what would sell? Maybe price and assist on the till? Help with displays and talk to the customers?

This role would suit volunteers who are reasonably fit and good with people.

Trustee Vacancy Earl of Southampton Trust



The Earl of Southampton Trust can trace its origins to approximately the year 1597. It is an amalgamation of five earlier charities and, from 1969 until 1989, was called The Titchfield Welfare Trust. The name was changed at that time to The Earl of Southampton Trust in order to avoid confusion with The Titchfield Village Trust, a local environmental pressure group.

The Trust provides Relief in Need grants and Almshouse accommodation to residents of the Ancient Parish of Titchfield. This covers the area of the present day Church of England parishes of Titchfield, Sarisbury Green, Locks Heath, Hook with

Volunteer Centre Outreach

Drop in and see us:

- Tuesday 7 May—**Café Imbizo**
171 West Street Fareham
PO16 0EF, 10am—12 noon
- Wednesday 1 May—**Job Centre Plus** Crown Buildings,
Civic Way, Fareham PO16
7HR, 10am-12 noon
- Thursday 2 May—**Highlands Hub**, 103 Highlands Road
PO15 6HZ, 10am-12 noon
- Monday 13 May—**Fareham Library**, Osborn Rd PO16 7EN
10am-12 noon
- Wednesday 8 May—
Portchester Library, 70 West
St, Portchester PO16 9TX
10am-12 noon
- Friday 10 May—**Stubbington Library**, Stubbington Lane
PO14 2PP 10am-12 noon
- Wednesday 22 May—
Broadlaw Skills Café, 1 Lion
Place, Fareham PO14 1LE
10am-12 noon

Warsash, Stubbington, Whiteley and Lee-on-the-Solent.

The Trust also runs Day Rooms in Titchfield providing lunch for the elderly. This is a very rewarding role, so do please get in contact to find out more.

Volunteers Needed for Fareham Triathlon

Everybody Active is looking for volunteers for the Fareham Triathlon on Sunday 19 May, from 7am to mid-afternoon. You'd be helping to marshal and assist with the transitions between the 400m swim, 19km cycle and a 5km run. All volunteers will receive a refreshment voucher.

This year triathlon events are happening across the weekend of Saturday 18 and Sunday 19 May. There are a number of different races for people to take part in.

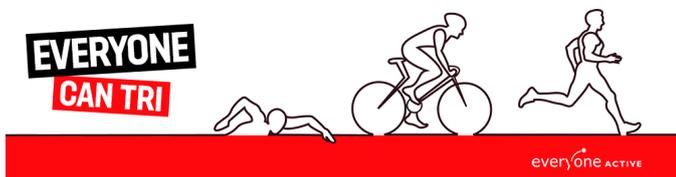
Saturday 18 May 2019

Junior Triathlon for young people aged 8-16 (Swim, Bike, Run – distances vary depending on age group)

Sunday 19 May 2019

Adult Sprint Distance Triathlon (400m swim, 19.2 bike, 5.1k Run)

Volunteers are particularly needed for the Sunday race.



Treasurer for Home-Start Hampshire



Home-Start Hampshire is seeking a new Treasurer for their multi-faceted Board of Trustees. It is a great opportunity to contribute to a locally based family support charity that is going through a new and exciting period of expansion and change. They provide volunteer support to over 400 families in need each year, and are looking for someone who wishes to utilise their skills and experience and help ensure financial viability and that proper financial records and procedures are maintained. The time commitment for this role is approx. 12 hours per month. The Board meets monthly at present with additional meetings with the finance team and Finance Sub-

Committee as required. Meetings are usually held in Rushmoor.

Lions Club of Fareham

The Lions Club of Fareham provides aid to those less able in the community.



Event Helpers - Get hands-on with fundraising events and projects.

Help put up bouncy castles, gazebos, tables, fences at events such as Stubbington Fayre, Wallington Fete and help with collecting during the Christmas Sleigh runs etc. Join in with community service projects, such as painting a shelter for the homeless, tree planting, repairing a public park or playground, repairing summer camps for disabled children, new community facilities for persons in need, the possibilities are endless. You will need a reasonable degree of physical fitness for this role.

Public Relations Volunteer - Help Fareham Lions Club to spread the word about the fantastic work they do in the media through press releases and posts. Help maintain their positive profile to the public and stakeholders through press liaison and communication. Work with other members to develop policies and procedures and to deliver a program of actions to recruit new members and spread understanding about the Lions.

Service Project Helper - Make a difference by assisting with service projects such as the annual Senior Citizens Easter Party with Bingo, making sure everyone has enough sandwiches and cakes etc, distributing message in a bottle, presenting flowers to the Mayor, helping to collect spectacles for eyeglass recycling, Fareham Christmas Sleigh, collecting money or looking after raffle prizes etc.

For all these roles, after a successful trial period, you will become a member of Fareham Lions Club and be involved in part time occasional voluntary work. Membership of Lions Clubs is £5 per month. Meetings are at Broadlaw Walk in Fareham. Events take place across Fareham.

KIDS Family Centre Fareham

KIDS support over 8,000 disabled children, young people and their families every year by delivering around 125 services across England. KIDS is unique; there is no other organisation dedicated



Giving
disabled children
a brighter future

to providing such an extensive range of services to disabled children and young

people. Their vision is a world in which all disabled children and young people realise their aspirations and their right to an inclusive community which supports them and their families.

Centre maintenance KIDS welcomes volunteers to help at the Family Centre, to maintain the facilities and provide a clean, safe and fun place for disabled children to play and learn.

Fundraising office KIDS has opportunities to volunteer and support the fundraising teams; whether that is admin support or working on a specific project or campaign. Depending on your level of experience and the time-commitment you are able to offer, there are different kinds of office roles available. Volunteers can get involved with tasks such as photocopying, filing, writing letters and maybe answering phone calls. The office is a fun environment with an ever changing work load where no two days are the same.

After School Club Support Are you enthusiastic, do you enjoy working with children of all ages? Could you support a team and develop skills? This is an active role and one that involves a variety of tasks and projects. Occasionally the after school clubs go on trips and support at such events is also needed. Locations vary including South Downs College and St Vincent's College Gosport, However there are also some opportunities within the main Fareham Centre.

Pets as Therapy

Becoming a volunteer PAT Team is incredibly rewarding. Thousands of people benefit every week from visits provided by PAT Teams, who visit residential homes, hospitals, hospices, schools, day care centres and prisons. Volunteers, with just a small amount of time each week, work with their own pets, to bring joy, comfort and companionship to many individuals who appreciate being able to stroke a friendly animal.

All breeds of cats and dogs can become part of a PAT team, they must have been with their owner for at least 6 months, be over 9 months of age, and be able to pass the temperament assessment. All pets must be fully vaccinated.

There is no minimum or maximum time commitment, though pets should not work for more than two hours at one time and must have regular breaks. A small annual subscription is payable which goes towards the volunteer's liability insurance.

Volunteers for Autism Hampshire



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. Other services include an Information Resource, a seminar programme featuring national and international speakers and award-winning community based projects.

Autism Hampshire is looking for volunteers to work in their fundraising office in Whiteley, this is a great opportunity to gain experience of working in a busy fundraising department.

If you would like to work in a busy office environment, then Autism Hampshire has tasks to suit all tastes! Depending on skills and time commitment, you could help with mail-shots, data-inputting, mailing to thank donors or source raffle prizes, designing posters, formatting spreadsheets, updating the database, loading events onto local websites ... the list is varied and endless! Autism Hampshire has an exciting calendar of events each year, and a whole host of fundraising activities, and this means that they always need support in administration, research, general office duties and occasional support at events. All go a long way to helping the fundraising team achieve their goals.

Full training and materials will be provided and hours are flexible to suit your lifestyle, although they ask for a regular commitment of at least once a fortnight for three months or more. Most work is likely to be done in the fundraising office and you will be fully supported by the Events & Volunteer Fundraiser.

Any volunteer wishing to apply would have to be honest and reliable, be able to handle confidential information and have strong telephone skills.

Chrysalis Group Facilitators



Chrysalis is a charity that aims to provide support for persons with gender dysphoria, referred to as transgender people. Chrysalis aims to promote self confidence and wellbeing through education, practical application and support, thus enabling progression into becoming a whole person

capable of independent living. Chrysalis Meeting Centre provides a place to discuss all aspects of gender identity issues, in confidence and offers help with specific issues. They provide guidance for members and their families and an opportunity to meet others in similar circumstances.

A group facilitator is needed to help with the smooth running of group meetings, which are on the first and third Friday of each month from 6pm to 10pm. This role involves presenting pre-prepared workshops, or arranging speakers, leading discussions on relevant topics, and encouraging active involvement in the group. The group facilitator will ensure that the structure of the meeting stays within Chrysalis guidelines. Group facilitators need to attend facilitators' meetings and liaise with head office, the volunteer co-ordinator and area co-ordinator.

Group facilitators need to be positive and outgoing, confident in speaking to and leading a group. Empathy and a willingness to gain understanding of transgender issues is essential. You will need to be able to complete paperwork and work with a small team of volunteers who will be supporting very vulnerable beneficiaries.

Drivers and Social Club Helpers for Open Sight

Can you provide a much needed lift to a visually impaired person living in the borough of Fareham? Open Sight currently runs 4 clubs in the Fareham area.

Fareham, 1.45 to 3.45pm, last Wednesday of the month, St Columba Church Hall, Hilson Drive.

Locks Heath, 2 to 4pm, 1st Monday of the month, St Margaret Mary Church Hall, Middle Rd.

Portchester 2 to 4pm, 1st Thursday of the month, Methodist Church Hall, Castle St.

Stubbington, 2 to 4pm, 3rd Thursday of the month, Melvin Jones House, St Mary's Rd.

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 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. If you're friendly, have a full clean driving licence and are willing to use your own car, then this role could be for you.



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