

Volunteering Matters

Fareham Edition
September 2022



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 from One Community. We are here to help you find a role to suit you. To find out more about the volunteering roles listed here, or volunteering in general, contact us on 01329 239934 or volunteer@1community.org.uk. We are also happy to arrange a time to meet for a chat about volunteering options at our Information Centre in Fareham Shopping Centre, or you can come to one of our drop-ins (see below). You can find all our volunteering opportunities online at <https://1communityvolunteering.org.uk>



One Community Fareham Information Centre

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. 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 Friday 10am-2pm Saturday.

Volunteering in a charity shop

What's involved?

Working in a charity shop is rewarding and you get to become part of a friendly team and learn new experiences. In some of the charity shops you can pick and choose your role. This maybe lifting and sorting of new donations, serving customers at the till, decorating the window, researching prices online or keeping the shop tidy and clean. However you help, no experience is necessary, you just need to be willing to learn and be part of a team.

Shifts tend to be morning or afternoon and most shops are open 7 days a week now, so there is a lot of choice.

If you think that you can provide the support they need, then let us know and we can match you up with one of the shops in need of volunteers.

Volunteer Centre Outreach Drop in and see us:

Wednesday 14th September

Portchester Library

70 West St
Portchester
PO16 9TX
10am-12 noon

Friday 9th September

Stubbington Library

Stubbington Lane
PO14 2PP
10am-12 noon

Monday 12th September

Fareham Library

Osborn Rd
PO16 7EN
10am-12 noon

Tuesday 6th September

Fareham Job Centre

Crown buildings
Civic way
PO16 7HR
2pm-4pm

**Find out about volunteering
opportunities you might enjoy**



Core20PLUS Volunteering



The Core20PLUS Connectors programme is part of the support framework for progressing the goals of Core20PLUS5, a national NHS England and NHS Improvement approach to support the reduction of health inequalities at both a national and system level. The programme builds on many other community-based initiatives and experience from other volunteer roles which support health improvement and reducing inequalities. These include Community Champions,

Vaccine Champions, Link Workers, Peer Advocates, and the extensive network of Social Prescribing link workers. **CorePLUS Community Connectors** are the point of contact for the initiative in Fareham and the role will be varied and extremely valuable. This is an amazing opportunity to reach out to local people and educate them on what to look for to self care. Teach people, maybe from lived experience, what health issues and symptoms they need to be aware of. You need to be: genuine, honest and non judgemental, empathetic with good listening skills, a good communicator, approachable, an ability to develop positive relationships and able to use a PC.



Disabled People's Voice are organising five Great Big Advice Days. Make Your Money Go Further' starting in September.

Although these free day long events are being organised by a Disabled People's Organisation they are for anyone struggling with the cost of living. They want to make it as easy as possible for people to access services, benefits and information to empower them to deal with their personal cost of living crisis. They want people to go home from the Great Big Advice Days armed with tools, knowledge and strategies to help them deal with inflation and rising prices. The events will run from 10am to 4pm

- Heart of the Park Havant, 15th October 2022
- Winchester, January and Eastleigh, February 2023

All the venues booked are on bus routes and have parking.



EBP South are looking for **Business Volunteers** to help with a range of events in schools, including interview ready Sessions, employer interviews and speed networking.

This is a great way to share your skills with young people and bridge the skills gap by educating and inspiring people about your industry. They supply an on the day briefing, support and event day materials.

There are additional benefits to volunteering including: The chance to give back to community, raising awareness of your industry, increasing self confidence and CPD opportunities to help develop your skills including leadership, communication and presentation.

Autism Hampshire

Fareham Serendipity Group.



Why not go along and join the friendly Fareham Serendipity group, a social group for Autistic Adults. They are a safe and friendly space where they play board games, bingo, have quizzes and chat.

This past month they have had great fun with a popular game 'What am I?' Members have been trying to figure out if they are a food, piece of furniture or animal, it has been very fun and puzzling. They have also had some great quizzes and found out that President Jimmy Carter used to be a peanut farmer.

The Fareham Serendipity Group is based at the Ashcroft Centre and as well as playing games and chatting there are also refreshments. They also occasionally do mini trips out too. They had a fabulous time at the beach to celebrate the Platinum Jubilee and ate lots of ice creams. They also met up with the Lee-on-the-Solent group and had a great time playing bowls at a local pub.

If you would like to join them for a session or find out more please head to

www.autismhampshire.org.uk/how-we-can-help/serendipity-social-groups

They are always looking for more **volunteers**. If you are looking for an opportunity to help out at one of their social groups and can offer a couple of hours every other week, they would love to hear from you.



The Blue Cross rehoming centre urgently need short term **foster carers** to look after small animals until they're found homes and animals recuperating from illness. This is a great role if you like the benefits of a pet without the commitment. All equipment and costs are covered.

Dementia Support - Hampshire & Isle of

Wight Dementia Support Hampshire & IOW is a new charity that has been set up to respond to the needs of local people living with dementia and their family carers, by providing emotional support, information, and signposting.

Every Monday afternoon 12-4pm Dementia Support attends a drop in at One Community Fareham Information Centre to provide emotional support information and signposting for people living with dementia and their family carers. Volunteers are needed to help with the activity table, chatting to group members & making teas and coffees.



They are also looking for a HR or Recruitment Specialist to join the Board of **Trustees**.

The trustee board work with the Charity Director to

agree the strategy, business plan and budget, and to monitor performance and governance.

Your role will be to oversee the recruitment process and advise on HR related processes and policies.

You would also be expected to support the charity at fundraising and awareness events wherever possible.

Time commitment: 2-6 hours a month, participation in charity events.

Board meetings are bi-monthly on Zoom.



Falls Friends Talk

Tuesday 20th September 2022

10:30 am-11:30 am

Fareham Library – Makery Room

Osborn Road, Fareham, PO16 7EN

FREE ADMISSION

Would you like to know more about reducing the risk of falling? Falls Friends talks explain the causes of falls and how to reduce the risk of falling. The session is one hour and is run by Southern Health NHS Foundation Trust, HCC and Hampshire Fire and Rescue Service who have worked in partnership to develop the Falls Friends programme. Your session will be led by Southern Health's Specialist Falls Prevention Team.

To book, contact the Specialist Falls Prevention Team on 023 8231 1690 or email: clinicaladmin@southernhealth.nhs.uk

QUIZ NIGHT

FRIDAY 14TH OCTOBER
7PM - 10.30PM

at: Gateway Church
The King's Centre, 171-173 West St,
Fareham PO16 0EF

Includes choice of:
Fish n Chips
Sausage n Chips
Veggie option n Chips

Bring your own drinks

£12

Tickets available from One
Community Information Centre
Opposite Millets, Fareham

Pay and display parking available in Trinity Street, nearby

Registered Charity Number 1052978. Registered in England as
a company limited by guarantee Company Number 3132524.

Richmond Fellowship Fareham Provide

additional support to individuals who are going through their own mental health recovery journey whilst living in open supported housing. They offer support to clients both within an open supported housing environment and in the community.

Tasks are flexible, but may include:

Supporting clients to gain the life skills needed to live independently, **buddying up** with clients, sharing your own skills and hobbies, identifying activity opportunities within the community, supporting clients with **attending activities**, attending running of house meetings and basic **record keeping**.

Time commitment: 2 hours a week minimum.

The Hovercraft Museum Trust



Why not consider joining as a **volunteer member**? From working on the hovercraft to

giving tours, to helping in the gift shop and selling tickets, they have something for everyone to do. No experience is required as you'll be working alongside experienced members who will be able to teach you everything you need to know about building, restoring and maintaining hovercraft.

TITCHFIELD FESTIVAL THEATRE

TFT is a well respected community theatre company. It is the largest producing theatre in Europe. Producing over 30 shows per annum in house. It is a not-for-profit charity and

attracts a broad age range to its membership and audience figures. It has a full constitution allowing its members to choose its officers. TFT does not charge a fee to join like other community groups and is solely funded through their own box office receipts and commercial activity. Current active membership is over 400 with an audience mailing list of over 4000. The company employs professional directors for its productions and owns its own technical equipment, seating, **wardrobe** and **properties**. The company does not rely on sponsorship, grants (either national or local) or donations to ensure it continues its activities.

Due to the quality and variety of the entertainment they offer, the parking area becomes busy prior to performances. Some patient **Parking Coordinators** are needed to help direct people in and out of parking spaces, offering them alternative parking areas and seeing them out onto the road, ensuring everyone's safety is maintained. Equipment such as high vis jackets and torches will be provided.

TFT is fortunate to have two bars, located near the studio and theatre. Each one offers drinks and nibbles. They offer refreshments prior to performances, during the interval and in some cases following the show. **Bar Volunteers** should have good people skills, like banter and enjoy providing a good level of **customer service**. You will need to work as a team to keep the bar and seating areas clear of glasses, clean and tidy. The bars are covered on a rota, this is done in advance and circulated offering spaces, the shifts are usually 6-10.30pm and ideally Bar Volunteers should cover at least two shifts a month. Bar experience is not necessary.

Or you could volunteer front of house as the box office and foyer area becomes busy prior to performances. The theatre is keen to provide a welcoming atmosphere from the moment visitors arrive and Front of House Volunteers will be the first point of contact. **Box Office Volunteers** will be taking payment for bookings, providing tickets and programmes as well as answering questions on upcoming shows etc. This a very rewarding role, especially if you like theatre, drama and have seen some of the shows. When on duty, Volunteers can watch the shows for free.

Shopmobility Fareham

Shopmobility is a service that gives freedom to otherwise restricted visitors to Fareham Centre. The scooter hiring service makes shopping accessible and enjoyable. Volunteer **Scooter Assistants** are crucial to the quality of the service. Not only do they like you to have a knowledge of the scooters, how to use them, they also need you to be willing to move them into storage, charge them when needed and, whilst cleaning them, checking them for any maintenance needs. One of the most pleasurable and important parts of your role is to show customers how to use the scooters and ensure they make the right choice for their needs.



For further information
01329 239934

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

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