



Volunteering Bulletin September 2019

Portsmouth Together

Central Library, Guildhall Square Portsmouth,
P01 2DX

Tel: 02392 841080

Text: 07585961240

Email: volunteer@portsmouthcc.gov.uk

Find us on Facebook:

www.facebook.com/PortsmouthTogether

Find us on Twitter: @Pmouth_Together

Web: <http://volunteer.portsmouth.gov.uk>

NEW! One off / events /no commitment volunteering

Organisation - Portsmouth Together

We are creating a bank of volunteers who are on standby to help out both at times of great opportunity and at times of crisis. Opportunities to volunteer will come in the form of VIP visits, cultural festivals or similar events and celebrations that give us a chance to showcase all the good things happening within the city.

These could include: litter picks, festivals, sports/fun days, award nights etc.

They might be suitable for all ages, types of people & groups.

Your details will be added to our email list and we will contact when an opportunity comes available. There is no requirement to do any, just respond to the ones you want.
EASY!

Receptionist & Admin

Organisation - Portsmouth Together

We are now looking for more volunteers to join our team, & support with the volunteering advice drop in sessions in central library. This is a public facing role, chatting with the general public and basic admin duties.

Requirements - Good communication skills & pleasant manner when dealing with people. Basic computer literacy.

- Central
- 16+
- Mon-thur



****This is just a small sample of the current volunteering opportunities, all available online or pop in for a friendly chat...****



To apply or find out more information please visit us at:
<http://volunteer.portsmouth.gov.uk> or pop in
for a chat Tuesdays and Thursdays 11am-2pm
At central library, Portsmouth

Voluntary Car Driver

Organisation -South Central Ambulance Service NHS

Do you like driving? Do you like meeting new people? South Central Ambulance service helps hundreds of people access hospital services every day of the year. Assisted by dedicated volunteer car drivers, who provide transport using their own cars, for patients who experience difficulties travelling to their appointments

Requirements - valid UK driving licence (no more than 3 penalty points), 4 door car

- DBS check required
- 18+
- Flexible hours/days



Bike Mechanic

Organisation -Community Cycle Centre

We will provide tools needed, this is a recycling project. We need you to identify if a bike is worth repairing, or should be used for parts. You will assist with repairs & inspect work done by untrained volunteers.

Requirements - no formal qualifications needed, but knowledge of bike repairs & maintenance

- 15+
- Saturdays Baffins



Chop, Cook, Chat Cookery Assistant

Organisation -Portsmouth city council

Chop Cook Chat sessions provide social cooking opportunities for older men to learn basic practical cookery skills to enable them to cook simple healthy, low cost meals.

To help Cookery instructor pre session and during the session, but allowing group members to take ownership & responsibility for their sessions

Requirements - basic home cooking skills

- 18+
- 3hrs per fortnight



Arts & Crafts Volunteer

Organisation -Minstead Trust

We are looking for volunteers to support & assist with our arts & crafts sessions to provide a fun & creative social activity for people with learning disabilities. These sessions aim to produce craft worthy of selling to the general public as part of the Trust's fundraising effort, whilst also encouraging our service users to improve and develop new & existing skills.

Requirements - No experience needed, our only requirement is enthusiasm & a willingness to get involved!

- DBS check required
- 18+

****Make a difference with your interests****

If you have an interest in a certain sport or hobby, why not volunteer to help support your passion? You will help to sustain the activity you love and you will be volunteering with something you truly enjoy.

Befriender - Care Home

Organisation - Be There For Care

We are looking for volunteers to support and assist the care teams who look after our residents, some of whom receive no visitors and where loneliness is a problem. Could you spare a few hours on a regular basis, to pop in and spend some time with someone with dementia?

Requirements - Good communication skills, be able to actively listen. Committed and reliable

- DBS check required
- 16+



Community Friends

Organisation - THE YOU TRUST

We are looking for volunteers to befriend isolated people by visiting them at their home to chat and bring a smile to their day. This will help their carer to have a couple of hours break for themselves. This could be staying in or accompanying the person out and about.

Requirements - Good communication skills, be able to actively listen. Committed and reliable

- 18+
- DBS required

Side By Side Befriender



Organisation - Alzheimer's Society

As a Side by Side volunteer you will enable people living with dementia to keep doing the things they love. You will be participating in activities, giving advice & signposting them to services, assisting and supporting people living with dementia.

Requirements - Good communication skills, be able to actively listen. Committed and reliable

- DBS check required
- 18+
- Min.6 months commitment

Community Placement Volunteer

Organisation – Portsmouth City Council Youth Offending Team

We support young people who are carrying out hours of 'reparation' in the community. Activities may include helping out at sports sessions, helping in the community at charity organisations or assisting on community projects such as gardening etc. The aim of our projects is to help to give something back to the local community and also repair the harm caused to a victim,

Requirements – non-judgemental and able to communicate with young people, patient

- DBS check
- At least 1 session across a 2 week period

****Be part of the community****

Whilst it's well known that volunteering can help you to meet new people; it's also a great way to build a sense of community for yourself and other people. This can be something missing in the modern pace of life.

Unit Helper/occasional

Organisation 1st Portsmouth Brownies

Volunteering at unit meetings means getting messy, meeting new people & running activities that help girls discover their potential. Unit meeting are usually an hour & half once a week. There is no responsibility for planning in this role just be the extra pair of hands needed!

Requirements - an open & approachable manner, fun-loving, enjoy working with young people

- 18+
- DBS check



Nursery Support

Organisation – The EC Roberts Centre

To assist staff with interacting with children through play, help setting up activities, assist staff with toilet duties, helping with lunch time.

Requirements – interest in children, child development & play - ability to work as a team.

- DBS
- Old Portsmouth

Hampshire Healthy Families Community Volunteer

Organisation – Barnardo's, Hampshire Healthy Families

Barnardo's is passionate about creating safer childhoods, stronger families and positive futures. We are looking for enthusiastic and creative volunteers to support project staff and health visitors in the delivery of services and activities to children, parents and carers.

Requirements – A desire to volunteer with children and adults, good listening skills with an empathetic approach, patience and strong relationship-building skills

- DBS



Family Support Volunteer

Organisation – Rainbow Trust Children's Charity

We are looking for a volunteer to support Rainbow Trust care teams with home visits to provide practical & social support to families in the home and local community. Role may include: practical support in the home; social support for siblings; accompanying the family out...

Requirements – ability to work with children & young people, commitment, non-judgmental approach

- DBS check
- 18+

****HAVE FUN****

Giving up your time for volunteering can be immensely rewarding. It gets you out of your house, your headspace and gets you meeting new people.



Museum stock control & retail

Organisation - Portsmouth Museums

To help the Retail Officer ensure stock is checked in, priced up, distributed between sites and attractively displayed. For example; helping check in deliveries, pricing items, and displaying stock

Requirements - good numeracy skills, good computer skills, a reason level of fitness

- Central
- Min half a day per week

Library Assistant

Organisation - Portsmouth Library

General activities will include meeting and greeting library customers, shelving returned items; making sure items are in correct order; helping with general tidiness of the library and providing basic assistance to our customers.

Requirements - 3hrs a week (mon-sat)

- Various locations



Archive Cataloguing

Organisation - Guildhall Trust

The Guildhall is undertaking an exciting project to record and make accessible the heritage & history of this unique venue. We have been collecting archive material and now need to catalogue it.

Requirements - can follow a set process, are methodical and organised.

- Central
- 18+
- Mon-weds

Theatre assistant

Organisation - Red Sauce Theatre

Red sauce theatre is an inclusive drama initiative which delivers performance workshops as therapy and social inclusion to a wide range of groups from older people in care homes to children with special needs. Our current project is a commemorative show for D-day at the New Theatre Royal.

Requirements - Knowledge of drama and performing is an advantage but willingness to learn and engage is the key.

- Flexible
- 3 hours per week



****GAIN SELF-CONFIDENCE****

If you are preparing for work, in between jobs, or just looking for something that builds you up; volunteering is a great option. Its combination of soft skills and organisation specific skills can really strengthen your self-confidence.

IT Drop In Support

Organisation - The Learning Place

Enjoy helping people get to grips with IT?
Come and be part of our amazing team of IT volunteers!

Requirements - good working knowledge of general IT, including Microsoft Office, tablets and smartphones.

- DBS
- North End
- 18+



ITCanHelp Support

Organisation - Abilitynet

Our volunteers visit older and/or disabled people at home to offer one-to-one support with their technology (computer, tablet, smartphone etc.)- help set up new tech, show them how to use it

Requirements - good working knowledge of general IT

- DBS
- 18+



Session Support volunteer

Organisation - Ready2Shine

To support the effectiveness of the weekly sessions by supporting the trainer with communicating the messages within each session. To support people with learning disabilities during the session if any information needs a change of communication style.

Requirements - clear & concise written & spoken communication skills, experience working with people with learning disabilities and/or sexual health desirable

- DBS
- 18+

School Governor

Organisation - Portsmouth School Governors

Being a school governor is a challenging but rewarding role, It will give you the chance to make a real difference to young people and develop your skills in a board-level environment.

Requirements - There is no requirement for you to have an understanding of the education system, just the necessary skills, character and time to contribute.

- 18+
- 8hrs per month

****NEW TO THE AREA****

If you are new to Portsmouth, volunteering can be a good way of adapting to your new home. Regardless of your background, there are volunteering options for all.

Telephone Befriender

Organisation - Salvation Army Haven

Could you spend 5 minutes or half an hour chatting to one of our clients from the comfort of your own home? Many of our clients are unable to leave their own home and desperately miss talking to people. Other clients just want someone to call to ask if they are alright, so they are not alone. Just a couple of minutes on the phone can really help make a difference!

Requirements -

- 18+
- DBS
- Any time



Pick up food donations

Organisation -Family Church

We are in need of a local volunteer with a vehicle who can pick up food donations from Tesco Havant on Wednesdays between 2pm and 7pm and drop them off in Kingston Road. These food donations will then be used for our Food and Drop .

Requirements - no experience is required

- 18+



Collection Can coordinator

Organisation -Wessex Cancer Trust

Every year our Can collectors raise thousands of pounds to support people living with cancer. From making connections with local shops, pubs & businesses to replacing the collection cans when they are full. You will be managing an important source of funds for the charity, by handling donations & maintaining relationships with the collection sites. You can invest as much time as you like.

Requirements - fun & outgoing personality, able to use spreadsheets & counting cash donations, access to car/local transport

- DBS check required
- 18+
- Flexible hours/days



Treasurer

Organisation - Portsmouth Victoria Synchronised swimming

To be responsible for the clubs finances, plan the annual budget, prepare end of year accounts and general finance duties

Requirements - attendance at monthly meetings, experience of QuickBooks beneficial

- 18+
- Home based

****GAIN Accreditation or RECOGNITION****

Some voluntary opportunities offer their volunteers the chance to attain accreditation. Others allow their volunteers to use their voluntary hours towards certificates.

Retail and growing project volunteer

Organisation - Waterfront Garden Centre

The garden centre in Southsea will be providing volunteering opportunities for those wanting to gain, learn, and share horticultural and retail skills.

Requirements - Passion for working with people, an interest in plants. Prior plant knowledge and retail experience is desirable, although not essential. Comfortable working with a range of supported volunteers.

- DBS
- Southsea
- Min 1 day week



Tree nurturer & waterer

Organisation - Charles Dickens Community Orchards

In the summer we will be looking for volunteers to keep our thirsty trees watered. This helps the trees produce larger fruit come the autumn.

Requirements - no experience is required

- Landport/Buckland/Portsea
- 18+

Garden Helpers

Organisation - Stacey Community Orchard

The Stacey Community Centre has a beautiful community orchard, which has a variety of fruit trees, fruit bushes, wildflowers & vegetable growing beds. We have a volunteer group, we would love more to help look after the orchard. Garden tasks include watering, weeding, trimming, planting etc.

Requirements - no experience is required

- Baffins
- Wednesdays 10-1pm
- 18+

Moneyfields Community Allotment

Organisation - Food Portsmouth

Lovely friendly group meet at the organic community allotment, Wednesday afternoons. Great opportunity to learn new skills & socialise with others whilst growing veggies.

Requirements - No previous skills needed just enthusiasm for all things green & growing.

- 18+
- Wednesdays



QUALITY TIME AWAY

If you feel stretched by the daily grind why not take up volunteering as a means of taking ownership of a bit of your time? Volunteering can give you some precious time away from other demands.

Shop Assistants Cosham

Organisation - Wessex Cancer Trust

We are looking for friendly & active volunteers to join our busy charity shop team. You may be serving customers and operating the till or be out the back sorting, steaming & preparing goods for sale. Our charity shops are in the heart of local communities raising vital funds to provide cancer support services

Requirements - be friendly & able to work as part of a team, be physically fit & active, be able to commit to a regular slot

- Cosham
- 16+



Tea Bar Assistant

Organisation - League of Friends St Mary's Hospital

Providing assistance in one of our tea bars at the St Mary's Healthcare Campus. If you are able to help for a morning or afternoon once a week, we will be delighted to hear from you.

Requirements - food handling, good communication, cash handling

- DBS check

Retail, customer service, stock control

Organisation - Debra

We rely on shop volunteers to keep our furniture & electrical charity shops running smoothly. From moving furniture to answering phones. Perhaps you could help with merchandising, advising customers or making customers welcome with a smile - there's a role for everyone!

Requirements - no previous experience necessary - we have a position for everyone

- Southsea
- 15+

Charity Shop Assistant

Organisation - RSPCA

If you can spare a minimum of half a day on a regular basis, why not come help with the running of our charity shop in Fratton? There are many roles to suit a variety of skills and abilities.

Requirements - would suit someone who likes being with people, who is organised & enjoys being part of a team

- Fratton
- 9:30-1:30 or 1:30-5:30pm

****FEELING VALUED****

It's well known that volunteering can build up your team working skills. However by working in a supportive team you are also made aware of your innate strengths.

Digital Support Volunteer

Organisation - Ready2Shine

To support with creation of digital resources (mainly videos) that aid understanding of what we deliver for the people who have Learning Disabilities.

Due to the fact we work with Sexual Health & relationship subject matter, you would need to be open minded & happy to discuss sensitive subjects.

Requirements - computer literate, clear & concise written & spoken communication skills, experience working in teams

→ 16+



Information Centre Receptionist

Organisation - Drayton & Farlington Action

The information Centre is open weekday mornings, providing assistance on a wide range of topics. We offer general admin services as well.

Requirements - interested in helping people

→ Drayton

Administrator

Organisation - Portsmouth & Havant Live at Home Scheme

To complete basic admin, such as filing & record keeping, respond to telephone enquiries, produce letters, help with preparation of newsletter....

Requirements - good organisation & communication skills, communicating face to face, telephone and via email; passion for people

→ Eastney

Project Lead

Organisation - Provide a meal

Provide a meal is a social enterprise offering a great opportunity for people to get involved in reducing the effect of food poverty within our community and we are looking for a project lead to run with the vision. See website for more details

Requirements - ability to write clear reports, excellent communication skills, project lead experience, ability to work on own

→ 18+

→ Flexible hours



****USING EXISTING SKILLS****

If you have existing skills, professional know-how or experiences, volunteering can be a great way of sharing your abilities for the benefit of others.