

Portsmouth

Volunteering Bulletin

December 2019



Portsmouth Together

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NEW! One off / events /no commitment volunteering

Organisation - together in the Hive
portsmouth

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.

Social Media & Digital Marketing

Organisation - Together in Hive
Portsmouth

Looking for a volunteer to help raise awareness about volunteering in Portsmouth. We work with over 1,000 volunteers & 200+ organisations we need help to promote this. Helping with social media, website, newsletters etc.

Requirements - computer literate, clear & concise written & spoken communication skills



- ➔ Central Library
- ➔ or at Home

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

Car Driver for Patient Transport

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 repair & maintenance



- 15+
- Saturdays Baffins

Community Meals Fratton

Organisation -Foodcycle Portsmouth

Fratton Big Local and Food Cycle Portsmouth are starting a new regular community lunch on Thursdays at St Mary's Church. The meal, vegetarian soup, a pudding and tea or coffee will be served at 12noon. Its free and aims to encourage local people to eat together. Could you volunteer to prepare food, cook, serve or clear away?

Requirements -

- 18+
- Thursdays afternoons

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+



Hospital Support

Organisation - Rainbow Trust Childrens Charity

We are looking to provide respite support to parents by sitting with a child or young person in hospital, reading, playing games or just talking for a couple of hours to give parents a short break from the hospital ward.

Requirements - Ability to build relationships based on excellent communication and active listening skills

- 18+
- DBS required



Support Group Host

Organisation – S.A.D

SAD offers an open access group offering support to individuals and the friends & families of those dealing with the effects of stress, anxiety & depression.

We need volunteers to set up the room as necessary, to welcome visitors and generally assist in the running of the group.

Requirements – friendly, good communication

- Tuesday's 7:30-9pm
- Hilsea

Group Leader

Organisation - Macular Society Support group

The aim of the leader would be to establish an active committee made up of several people who can take on the responsibilities needed for the group. See role on our website for more details

Requirements - Good communication skills,

- 18+
- Fratton - Friday 12-2pm



****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 meetings 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

Male 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+

Leader/helper

Organisation – 4th Portsmouth Boys Brigade

We are looking for someone to help out with our youth group. Whether that's helping to lead programmes or just helping us set up and help out on admin tasks

Requirements – good with young people, willing to share your own talents and experiences

- DBS
- 18+
- Thursday night



****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.

Gallery Interpretation Natural History Museum

Organisation - Portsmouth Museums

We are looking for volunteers to enhance the experience of visitors to Cumberland House Natural History Museum by interpreting the galleries, interacting with visitors and assisting with activities.

Requirements - you will need to have an interest in natural world and sciences

- Eastney
- 18yrs+

Fort Brockhurst



Organisation - English Heritage

We are looking for a team of volunteers to help us provide presentable site & a friendly welcome for visitors to the site. We also need the support of local people who are prepared to visit & monitor the site, report issues to us, & in some cases to do work.

Requirements - an interest in heritage or history

- Gosport
- 18yrs+

Oral History Volunteer

Organisation - Pompey History Society

Interviewing, recording & transcribing the oral memories of those who remember the 1949-51 Portsmouth Football Club league winning seasons.

Oral history volunteers will be given oral history training by the British Library

Requirements - If possible, previous experience conducting oral history recordings would be desirable, but not compulsory as full training & support will be given.

- 18yrs+

Ushers, Bar staff, front of house

Organisation - The Groundlings theatre

Ushers, bar staff, general staff to work within our theatre. Full training given and the chance to see many performances too.

Requirements - ideally skills with Front of House or good communications skills.

- 18 years +
- Old Portsmouth
- Flexible

****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.

Cyber Ambassador Scheme

Organisation - Hampshire & Isle of Wight Youth Commission

The Cyber Ambassador Scheme skills-up a small number of students in education settings on key online safety issues. Volunteers will support the scheme coordinator within the classroom with the young people participating in the training.

Requirements - ability to travel independently, interest in the digital world & awareness of current online issues; confident to work with children & young people

- DBS
- 16yrs+
- Between 9-1pm weekdays

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
- 18yrs+

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
- 18yrs+

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.

- 18yrs+
- 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



Event Fundraiser (new)

Organisation - Dreams Come True

We are putting together some new and exciting volunteer groups to help promote and fundraise. As the Events Fundraiser, you will help the local group to plan and organise awareness and fundraising events in the local community

Requirements

- Work from home
- Show commitment to follow through the team's work plan

Treasurer

Organisation - Good Neighbours Network

Compassionately Portsmouth is an exciting new initiative which aims to bring compassion to the heart of the city. This is an opportunity for an enthusiastic treasurer to help shape the initiative from the start.

Requirements - an accounts background would be preferable, computer literate, able to work on own initiative.

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



Read Easy Pioneer

Organisation - Read Easy

Read Easy is an organisation that recruits, trains & supports volunteers to give one-to-one tuition to adults who struggle with reading. A pioneer has the task of doing the groundwork that is needed to establish a Read Easy group in a new area. The goal is to form a management team to help set up the groups.

Requirements - need to have initiative, confidence in networking & communication. At least 1 day per week spare

- 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.

Conservation Volunteer

Organisation - Friends of Portsdown Hill

Volunteers meet every Wednesday to help with a variety of essential maintenance tasks, including fencing, scrub cutting, hedge laying and hedge planting.

Requirements - no experience is required, tools provided, you need to be reasonably fit to get up and down the hill.

- Portsdown hill
- 18 yrs or with an adult
- Wednesdays

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+

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



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 and Thursdays 10-1pm
- 18+

****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.

Refreshment Hut Assistant

Organisation - Baffins Pond Association

We are looking for friendly people to sell hot drinks & sweets in our garden refreshment hut. Without volunteers we cannot open. Can be quite quiet.

Requirements - be friendly, suits someone who doesn't mind working alone.

- Baffins
- 16+
- Saturdays between 12-4pm



Shop Assistant

Organisation - Scope Charity

What we would like from you as a volunteer is - although you need no specialist knowledge we would like it if you have an interest in fashion, are experienced as a till operator and/or have customer service experience.

Requirements - No particular skills required, but retail experience would help

- North End
- 2x references
- 3hs



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+

****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.

General Admin & Debt Relief Admin Assistants

Organisation - The YOU Trust

At Advice Portsmouth, we provide free, independent & confidential advice to people in Portsmouth. We provide advice on Housing, benefit, debt, employment & more. Tasks include: Writing letters, making telephone calls, scanning, photocopying

Requirements - good communication skills

→ Fratton

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

Interviewing & Admin

Organisation - The EC Roberts Centre

To carry out telephone interviews with service users in order to gain feedback on the service provided.

To assist with general admin tasks

Requirements - good communication skills, verbal & written

→ 18+

→ Old Portsmouth

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

****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.