

Portsmouth Volunteering Bulletin July 2020

Together in Hive Portsmouth

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<http://volunteer.hiveportsmouth.com>

****This is just a small sample of the current
volunteering opportunities****

It is cliché to say, but these have been strange and difficult times. Here at Together in Hive Portsmouth, we are extremely amazed and proud of how many people have stepped up to help our community! We want to thank everyone who is doing their bit, and remind people that we need to keep helping others if we want to get through this.

Over 1,100 people have signed up to volunteer since the start of the COVID19 pandemic and after completing the necessary registration and background checks over 300 volunteers have been hard at work in their community.

Since lockdown, Hive Portsmouth have:

Given out **17500+ food parcels** around Portsmouth

Done **13700+ welfare checks**

Made **6600+ calls** to those most vulnerable

Delivered **6000+ hot meals**

And delivered **3700+ prescriptions**

And there's so much more left to do. We hope you're able to give your time too!

Helpful Information

Incase you need extra help or guidance, we have compiled a small list of resources.

Childline - If you are 19 or under, you can contact Childline about anything you are concerned about - no problem is too big or small. You can speak to a counsellor straight away on 0800 1111 (freephone).

Child Friendly Resources - The Child Friendly Explanation - Useful visuals and activities for children to take part in to understand the virus and their feelings. To download the guide <https://tinyurl.com/childfriendlyresources>

Macmillan Cancer Support - If you're feeling isolated, alone and worried about the virus and it's effects on you or your loved one's cancer. Call 0808 808 00 00. The support line is open 7 days a week 8am to 8pm and free to call. Alternatively, visit their <https://www.macmillan.org.uk/>

Training for Volunteers - My Learning Cloud has been appointed by Skills for Care as one of two organisations nationally, to provide free e-learning for the army of social care staff and volunteers working on the front line. You can access this brilliant free resource at <https://www.mylearningcloud.org.uk/special-offer>

Mental Health

Having good mental health helps us relax more, achieve more and enjoy our lives more. There are simple things we can all do to look after our mental health and wellbeing.

Visit the NHS [Every Mind Matters](#) website for lots of advice and guidance to help you make small changes that fit your life, so you feel better and healthier every day.

Take the [NHS Every Mind Matters \(one you\) quiz](#) to get started today with a free plan, expert advice and practical tips.

If you need urgent mental health support, NHS 111 has a specialist Mental Health Triage Service. They can offer advice, support and guidance and are available 24 hours a day, 7 days a week. Call 111 or [click here](#) to visit the website.

The **HSE** (Health & Safety Executive) have some useful guidance for looking after your mental health whilst working from home. Their [stress website](#) has plenty of advice and their downloadable [stress talking toolkit](#) has ideas which you can adapt to suit current working arrangements.

Solent Mind have launched a new helpline for anyone who is experiencing poor mental health or wellbeing challenges as a result of the Coronavirus (COVID-19) epidemic.

Please Call: 023 8017 9049

They have also produced some Mental Wellbeing toolkits and quick guides to help you deal with the difficult changes to everyday life during the current pandemic. [Click here](#) to find out more and be sure to check back in the in the future as they will be publishing tips on more specific topics.

Foodparcels

Copnor: St Albans Church, in Copnor Road is assisting with food parcels. To email them [click here](#).

Southsea: [St Margaret's Community Shop](#), in Highland Road, is now running as a food donation and distribution centre, supporting those most vulnerable during the pandemic. They are open every Monday/Wednesday/Friday 10-11 where you can donate food, pick up supplies or if you are simply in need of socially distanced support or a chat!

Foodbanks

The Trussel Trust operates four Foodbanks located across the City (Central Southsea, North End, Paulsgrove and Portsea). For directions and opening times [click here](#).

They provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

If you need help from a foodbank there are a few simple steps to follow:

- In order to provide the most appropriate help for the circumstances of your situation they work with local agencies, so you will need to call or email the foodbank so they can talk through your situation and put you in touch with a relevant local agency. Call 02392987976 or email foodbank@thekings.church
- Alternatively you can speak to Citizens Advice Portsmouth to be referred. Call 023 9400 6600 (7am - 7pm Monday - Thursday, 7am - 7pm Friday).
- Take your foodbank voucher to your nearest foodbank centre where they will discuss any dietary needs you may have and exchange your foodbank voucher for a parcel of three days of emergency food.

Some of our current volunteering roles

Research Admin Volunteer - At home

Organisation - Together in the Hive Portsmouth

We are seeking the assistance of volunteers to help manage the Volunteer Centre. Tasks include searching the internet for the information and then compiling it into a document for us. Such as finding new volunteering opportunities, checking organisations contact details. At the moment these tasks will be completed at home, with regular support and a catch up meeting once a month.

Requirements - Good communication, access to own computer, **suitable for under 18s, any time**

Youth Offender Panel Member

Organisation - Portsmouth City Council Youth Offending Team

Youth Offender Panels are a ground-breaking way of dealing with young people who commit crime. They provide an opportunity for young people to speak for themselves, and to take responsibility for their actions. The aim of the panel meeting is to agree a contract with the young person to prevent further offending. Panels also give victims a chance to say how the crime has affected them and what can be done to put things right.

Requirements - be non-judgemental, attend training courses + **DBS Check**

Grant application helper

Organisation - Charles Dickens Community Orchards

The work we are doing is spreading across the city and trees are provided by grants and all of the stakes, posts, compost etc. Each year we need to be able to match fund and also apply for grants to keep going and spreading out across the city giving free fruit to local people.

Requirements - Good communication and literacy skills + **DBS Check**

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. **EASY!**



To apply or find out more information please

visit us at:

<http://volunteer.hiveportsmouth.com>

Admin and Office Work

Receptionist & Admin

Organisation - PROVIDE A MEAL

PROVIDE A MEAL is social enterprise dedicated to the prevention or relief of food poverty. This is a great role for someone looking to acquire practical experience in marketing, communications and publicity.

Requirements - Good communication skills, teamwork, and a knowledge of social media platforms

Information & Advice Service - Form Filling Volunteer

Organisation - Age UK Portsmouth

Our Information & Advice team provide advice by telephone, face to face and by email. They cover a wide range of issues. The aim of the service is to provide people with the facts so they can make choices and decisions knowing that they have been given reliable information.

Requirements - strong literacy, numeracy and IT skills, a friendly and patient personality, at least one day a week

Receptionist & Admin

Organisation - Together in Hive Portsmouth

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-Thurs

ITCanHelp Support Volunteers

Organisation - Abilitynet

All across the UK our volunteers visit older and/or disabled people at home to offer one-to-one support with their technology, whether that's a computer, laptop, smartphone or tablet

Requirements - IT skills, over 18s only, **DBS check required**



Gardening and Wildlife



New! Tree planting in Landport and Buckland

Organisation - Charles Dickens Community Orchards

If you feel up to becoming part of the history of the Charles Dickens Community orchards

Come and help us plant trees.

This is a drop in and out volunteering opportunity with minimum commitment. Just let us know and turn up and help.

Requirements - Physical fitness + no experience required + Buckland/Landport

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 + teamwork + min 18yrs

Gardening Volunteers

Organisation - Eastney Area Community Association

Help maintain a small community garden area outside Eastney Community Centre, comprised of two raised beds and some planters. Regular watering and weeding needed and some seasonal pruning and planting for which plants will be supplied.

Requirements - no experience is required + Eastney + min 18yrs

Tree Checker

Organisation - Charles Dickens Community Orchards

We need to have volunteers who keep an eye on our trees to ensure that they are not vandalised and damaged. If trees are found damaged report it to us so we can go and assess them to see if they need to be pruned or replaced.

Requirements - no specific skills + able to work on own initiative + Buckland

Children and Families

Nursery Support

Organisation - The EC Roberts Centre

To assist staff with interacting with the children through play, help with setting up activities with the children, help staff in assisting children with their lunches

Requirements - Ability to build relationships and to communicate well, The normal hours for volunteering are 10.00am - 1.00pm or 1.00pm - 4.00pm flexible hours can be agreed upon + **DBS check required**

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. Christian based group.

Requirements - good with young people, no experience is required, Thursday evenings, **min 18yrs + DBS check**

Hampshire Healthy Families Community Volunteer

Organisation - Barnardo's, Hampshire Healthy Families

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. There are a variety of exciting opportunities - Group and activity support, Child health clinic support and Peer befriender.

Requirements - people personal and good relationship skills, min of 3 hours a week, training provided + **DBS check + over 18s only**

Stay & Play Group Volunteers

Organisation - Home Start Portsmouth

Stay & Play groups are facilitated by volunteers in Family Hubs across the city. Volunteers plan and deliver a variety of engaging activities for families and their children, encouraging play and social interaction.

Requirements - positive, committed, reliable and willing to learn, min of 2 hours a week + **min 18yrs + DBS Check**

Unit Helper / Occasional Unit Helper

Organisation - 1st Portsmouth Brownies

Volunteering at unit meetings means getting messy, meeting new people and running activities that help girls discover their potential. You'll volunteer directly with Brownies, working alongside other volunteers to give girls fun, friendship, challenge and adventure.

Requirements - no specific skills + ideally 1.5 hours a week + **DBS Check**



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Befriending, Mentoring & Supporting People

Befriender - Care Home

Organisation - The EC Roberts Centre

The Roberts Centre enjoys a reputation for it's work with families and children and has achieved national recognition for it's high quality services in the areas of Homelessness, Parenting and Childcare.

Requirements - Good communication skills, committed and reliable will receive training + **DBS check** + **min 18yrs** + mostly Saturdays between 9:30 and 4:30

Bereavement Support Worker

Organisation - Simon Says

Simon Says support children up to the age of 11 who have been bereaved of someone significant in their lives. We run a monthly support group in Hilsea. Each month we tackle a different theme and use craft activities to help the children come to terms with their loss and emotions.

Requirements - Good communication skills, empathic, non-judgemental, training provided + **min 18yrs** + **DBS check**

Independent Visitor

Organisation - Barnardo's, Hampshire Healthy Families

To visit, advise and befriend a child or young person in residential care or a foster home enabling them to have contact with someone independent of the social services department.

Requirements - Empathic, non-judgemental, training provided + **min 18yrs** + **DBS check**

Home Visiting Volunteers

Organisation - Home Start Portsmouth

The home visiting outreach project supports Portsmouth families who are experiencing difficulties. The families we support all have at least one child under 5 and help to enable parents to be the best they possibly can be. Be committed to visiting a family once a week for a minimum of 3 hours in their own home for up to six months.

Requirements - initial 8 week preparation course (1 morning a week). Ability to build relationships based on excellent communication and active listening skills + **DBS check** + **min 18yrs**

Befriender

Organisation – Compassionately Portsmouth

Friendly, compassionate people required to visit socially isolated people in the Portsmouth area.

To offer companionship to people who are unable to get out and have few visitors.

Requirements – ability to listen, and to be open minded + **DBS check required** + **suitable for under 18s with parent/guardian**



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Physical, sports and hobbies

Trainee Searcher

Organisation - Hampshire Search and Rescue

Could you help search for a missing vulnerable person? If you are reasonably fit, enjoy being out of doors and would like to do something to benefit the community then this could be the opportunity for you. There is a weekend training course for operational members covering basic search techniques and procedures such as crime scene preservation, missing person behaviour etc. Ongoing training in all these as well as first aid, navigation, radio operation, health and safety etc.

Requirements - Able to work well in teams and have a flexible attitude. A reasonable degree of physical fitness is required + **over 18s + DBS Check**

Get fit and do good at the same time!

Organisation - GoodGym Portsmouth

We are looking for runners to come and help us with physical tasks at local community projects. We run every Wednesday evening to local projects to help out. Instead of lifting weights in the gym, we lift boxes or compost in the community!

Requirements - enthusiasm & a team player, able to run for at least 10 minutes at a time + **DBS Check**

Bike mechanic skilled/unskilled

Organisation - Community Cycle Centre

This is a recycling project we use salvaged parts where possible. We need you to identify if a bike is worth repairing, or should be used for parts on other repairs. You will need to identify what new parts are needed, assist with repairs. Opportunity for both skilled and unskilled helpers

Requirements - You do not need any training or qualifications, The Cycle Centre is open from 10am every Saturday: you can work all day or for just a couple of hours. + **suitable for under 18s**

****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.



To apply or find out more information please
visit us at:
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