

## Portsmouth Volunteering Bulletin



Welcome to February's bulletin! Here we have a selection of volunteering opportunities for you, whether you are looking for a job, improving social skills or learning new skills. Can't find what you are looking for? Please drop us an email or visit us at our drop in Centre!

Drop in Centre times

Monday-Thursday 10-4, Friday 10-2

Portsmouth Central Library,

**Tel:** 02394 007 124

**Email:** [volunteering@hiveportsmouth.org.uk](mailto:volunteering@hiveportsmouth.org.uk)

**Find us on Facebook:**

[facebook.com/togetherinhiveportsmouth](https://www.facebook.com/togetherinhiveportsmouth)

### **One off / events /no commitment volunteering**

### **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.

### **New! School reading volunteers - St Judes school**

### **Hive Portsmouth**

Could you spare a small amount of time each week to help children with their reading?

Reading is an essential life skill and children need extra time and support during school time to have some one to one reading time.

You will sit with children on an individual basis and listen to them read for around 10 minutes. You will encourage the children to read independently and discuss their books with them.

We are looking to add more volunteers to the St Judes school team.

You do not need any special qualifications for this role. All we ask is that you are reliable, good with children, you can read and speak fluent English.

## Environment and Animals

### New! Make a mousy friend for a cat in need at Battersea Dogs and Cats Home

Would you like to make a mouse friend for a kitty in need? Then this role is puuurfect for you!  
We are looking for dedicated knitters to make a mousey friend for a feline companion?

These mouse toys are a great for our cats to relax and play during a difficult period in their lives. They can be any colour and made out of leftover wool from other projects! If you are interested, let us know and we can send you a template!

### New! Plastic-Free Shop Steering Committee Member      The Package Free Larder

As a Committee Member you share responsibility for directing the activity of the organisation, ensuring it is well run and delivering the outcomes for which it has been set up.

#### *What does the role involve?*

Every member of the committee has a different role, dependent on previous experience, skills and personal interest.

If you would like to help run the shop and make a positive impact on the community but are unsure on what tasks you would like to take over, there is the opportunity to help other committee members in their workstreams and complete smaller tasks.

### Track plastic waste in your area

### Jetsam

Very little is known about the plastic waste on our beaches and in our cities; where it comes from, what form it takes and why it appears in certain weather conditions and not others. Jetsam asks the question: ***"Why don't we know these things"?***

We're putting the power in your hands to find out!

### RSPB Pin Badge Box Volunteer

### RSPB

Are you a good communicator, who enjoys meeting new people? Could you spare a couple of hours per month? Join our brilliant Community Fundraising team and help raise vital funds to save nature! If you're the kind of person who would like to volunteer but is unable to commit regularly, then this could be perfect for you! This suits a candidate who is looking to have flexibility in their time commitment. Why we want you Help us raise vital funds to give nature a home!

### Crochet turtles/ whales/ sea creatures

### Final Straw Foundation

We require people to assist us in making sea creatures. These creatures need to have stomachs that we can either, fill with plastic pieces and reach inside the mouth to put in and out or have the whole stomach being able to be removed and opened up to show the plastic.

These creatures can be made to any size at all. We would love them to be big enough that a group of children can see easily if they are sitting a few rows back from us. However, we do not mind at all what size they are, as long as the whales are not life size!



## Be There for care roles

### Befriender - Care Home

### Be There For Care

We are looking for volunteers to support and assist the care teams who look after our residents (whom have dementia or severe memory loss), some of whom receive no visitors and where loneliness is a problem. Reminiscing, reading and chatting can help to improve the quality of life for our residents. This is a rewarding role that can be fun as well as challenging, and you can make a difference to the lives of vulnerable people.

Could you spare a few hours on a regular basis anytime between 10am and 7pm?

Good experience for someone thinking of going into care work, hospital work, or anyone with a caring nature and some free time! Could you make a difference and make a positive contribution to your community?

### Board and Card Games Player - Care Home

### Be There For Care

We are looking for volunteers to play board games such as draughts, snakes & ladders, whist, dominoes and jigsaws. Many of our residents (whom have dementia or severe memory loss) receive no visitors and loneliness can be a major problem. Activities such as board games can help to improve the quality of life for our residents. This is a rewarding role that can be fun as well as challenging, and you can make a difference to the lives of vulnerable people.

Could you spare an hour or two on a regular basis?

Good experience for someone thinking of going into care work, hospital work, or anyone with a caring nature and some free time!

### Dementia Buddies

### Be There For Care

People with dementia are often harder to find volunteer befrienders. We are looking for volunteers to spend time with people with various stages of dementia who would like some company during the day.

Our Befrienders are volunteers who offer social contact to people with Dementia and/or family carers of people with Dementia (Befriendees). It is a free service designed to alleviate loneliness caused by isolation, and will provide companionship in their home or to take part in appropriate social and recreational activities.

### Befriender needed for an isolated lady in the community

### Be There For Care

We are looking for a bubbly volunteer who can help an isolated lady. She does have some memory difficulties but is active and would like to re-join the community, especially as her family live outside Portsmouth. She would like to go to places such as the cinema, coffee mornings library excursions, trips to the seafront etc so a driver's licence would be preferable.

The lady lives in Southsea.

## Physical, Sports, Hobbies

### **New! Workshop Facilitator**

### **Share (Portsmouth)**

We're planning to run 'How to' workshops at the hub and are looking for skilled people, willing to share their knowledge with the general public. Whether that's about basic DIY skills or using a power tool, sewing machine, or about upcycling. Our aim is to help people reduce waste.

Typically it can take a few hours to plan a workshop and the workshops themselves will typically last for around 90 minutes. And workshops could be done as one-offs or frequently.

If you're interested in helping develop our workshops, we'd love to hear from you.

### **New! Group support volunteers**

### **The Good Mental Health Cooperative**

We are seeking volunteers interested in attending a regular weekly group offering support with mental health and wellbeing through creative activities and accessible exercise.

There are three weekly groups: Mondays 10-12noon - ChitChat Club with optional seated pilates exercise class Tuesdays 11am - 12.30pm - Nexus Women's Creativity and Wellbeing Group Fridays 1.30-3pm - Nexus With Men in Mind creative workshops

### **New! Gardening and Park Maintenance Volunteer**

### **Victoria Park**

The physical environment is one of the key aspects of the park and we want to provide opportunities for people to get involved with community gardening and maintenance, now and into the future. This will be a regular volunteering opportunity proposed for Tuesday mornings working with the volunteer and training coordinator and the parks team on an agreed schedule to regularly look after the park throughout the seasons. We hope to create a community of volunteers working within the park to maintain and sustain it through community gardening and caring for the park.

### **Games/Activity Group Facilitator Community Connector Extra Care Service**

The role is facilitating board games/activity sessions at Osprey Court - Moorings Way, Portsmouth, PO4 8JZ. Osprey Court is a housing facility that offers onsite care to tenants who may require additional support, there are 16 self-contained flats with a small communal lounge.

This small group session will run weekly on Thursdays from 11:00 until 12:00, but the volunteer will need to be available from 10:30 until 12:30 to set up/pack up from the session. This group is part of a wider Extra Care Service which is supporting the community development within Extra Care as well working with tenants who are experiencing loneliness/social isolation.

### **Inclusive Sports Session Volunteer**

### **Volunteer Futures**

Solent Stormers is a running and walking group created for and co-produced with individuals with learning disabilities. (This means they are active participants in making decisions around the service they receive) The group meet at the Mountbatten Centre on a Tuesday morning each week with the exception of the last Tuesday of each month which can be anywhere in the city. The end of month sessions are physical activity focused and have included playing crazy golf, trampolining, athletics, group games.

## Flexible/At home

### First Aid Coordinator Portsmouth

### NCT Portsmouth

Are you looking for a volunteer opportunity where you can meet new people but also have the flexibility to decide when and where you volunteer?

As part of the fundraising team you will make valuable first aid courses available to local parents – giving local parents access to lifesaving skills and the confidence to put them into practice.

We welcome volunteers from a wide range of backgrounds and you do not need to be a parent yourself. All our roles are family friendly.

You will be supported by our central Volunteering Team and our amazing NCT family of volunteers across the UK and Channel Islands who will help support you every step of the way.

Time required: less than one hour per week

Responsibilities: Booking courses with a first aid trainer and adding details of the course to our online ticket booking system, communication with the first aid trainer and attendees via email. You will have the ability to plan and deliver an effective local marketing activity, ensuring the courses are well attended and income is maximized.

### Community Volunteer Portsmouth

### NCT Portsmouth

Are you looking for a volunteer opportunity where you can meet new people but also have the flexibility to decide when and where you volunteer?

We are looking for volunteers to help organise events or parent support activities in the local area.

This is an exciting role where you can help make a real difference to parents in your community. You will need to be good at working in a team, motivating others and decision making.

We welcome volunteers from a wide range of backgrounds and you do not need to be a parent yourself. All our roles are family friendly.

You will be supported by our central Volunteering Team and our amazing NCT family of volunteers across the UK and the Channel Islands who will help support you every step of the way.

This is a volunteer led role and will be based around the community

### Donations Volunteer

### EC Roberts Centre

The Roberts Centre is fortunate to receive donations throughout the year from wonderful people and we are currently looking for a volunteer to support our Team and work with our amazing staff.

The centre enjoys a reputation for its work with families and children and has achieved national recognition for its high quality services in the areas of Homelessness, Parenting and Childcare.

Working with our team, at either our centre on Crasswell street or at Gamble Road.

You will assist with a variety of tasks from sorting, checking incoming donations of, clothes, toys, household items.

## Arts, Culture & Entertainment

### New! Crafting for seriously ill children and their siblings

### PostPals

Crafting – Can you knit or crochet? Are you a cardmaker or scrapbooker? Can you make something a child might like? Our Pals love receiving things that have had love and thought put into them.

There are many ways to get involved in Post Pals and it couldn't be easier! In less than 5 minutes you can make a child smile... and for some of the children it might be their only smile that day.

Sending post – You can send post from anywhere in the world, no matter how old or young you are. You are welcome to send something as a one off or on a regular basis. You don't need to register, just go to '[Find Pals](#)', read through the current children's pages (we also send post to some siblings of memorial Pals) and pick a child. You can send a hand written card/note, make one or order one from sites like MoonPig and Funky Pigeon,.

### New! Create a Ring Ragger dog toy!

### Battersea Dogs and Cats Home

Would you like to make a cool dog toy using old materials at home?

This easy to make ring ragger helps dogs to release tension and have fun, with this eco friendly dog Toy.

Best of all, anyone can get involved, as all you need is some old fabric and a pair of scissors. Once you have made some fantastic creations, please drop them into the Volunteering desk at Portsmouth Central Library, where we will donate the items in bulk on your behalf. Alternatively you can post them directly.

### New! Oral History recording volunteer

### Victoria Park

We are recruiting volunteers to help with an exciting oral history recording project. This role is to assist with recording the oral histories, stories, anecdotes and personal histories of people's experiences and memories of Victoria Park. The role will include talking to members of the public and recording their experiences, training will be provided.

### Family activity volunteer The Mary Rose Trust

Every day, the Mary Rose Museum receives hundreds of visitors. To make their visit as enjoyable as possible, we need passionate people of all ages to share their knowledge of Tudor history and our collection. As a member of our enthusiastic team of Mary Rose volunteers, you will support our visitor experience by delivering family activities and workshops, based in our Learning Centre.

### General volunteer

### Portsmouth Film Society

We are looking for some film lovers anybody who has an interest in film and the ability to help out in the cinema and cafe. At the Portsmouth Film Society to use English language and international film as a medium to support the development of local culture, art, community and education and encourage both film, arts and diversity appreciation. We also use films to support diversity around Portsmouth.

As a volunteer you will be working at our Southsea Cinema, helping out with a variety of roles including:: helping out in the café, ticket sales, promotion of events and general support

## Children & Families

### Stay & Play Group Volunteers at 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.

Depending on the Family Hub you volunteer in, your role will include some of the following:

- Planning group activities and engaging with coordinator to access resources.
- Obtain feedback from families attending the group to build into on-going planning.
- Setting up/pack away the venue.
- Welcoming and engaging with the children and parents and carers that visit the group/ hub.
- A willingness to be involved in the children's activities.
- Helping maintain the cleanliness of the equipment used by families.
- Assisting in the completion of relevant paperwork/registrations.

### Independent Custody Visitor    Office of the Police and Crime Commissioner for Hampshire and the Isle of Wight

The Office of the Police and Crime Commissioner is looking for volunteers to become Independent Custody Visitors

Mission:

The Police and Crime Commissioner is the elected representative responsible for overseeing the work of Hampshire Constabulary to ensure that it operates efficiently and effectively within available resources. It is a statutory requirement that the Police and Crime Commissioner administer a custody visiting scheme.

Description:

Independent Custody Visitors are members of the community who visit persons detained in police custody to check on their welfare and well being. Unannounced visits are made in pairs to custody facilities within Hampshire and the Isle of Wight. Visits can be made at any time of the day or night; the length of the visit depends upon the number of people held in detention at that time.

### Independent Visitor

### NYAS - National Youth Advocacy Service

An Independent Visitor is a volunteer who befriends and develops a long-term friendship with a young person in care.

This can involve helping young people develop new interests, skills and hobbies or going on outings such as to the cinema, bowling or just a walk in the park.

The volunteers are called 'Independent Visitors' because they are a truly 'independent' person outside the care system giving the young person continuity, which is something not always possible with changing carers and social workers.

## Fundraising and Finance

### **New! Volunteer Marketing Assistant**

### **THE YOU TRUST/ Advice Portsmouth**

The Volunteer Marketing Assistant will provide high quality marketing services and support the Advice Portsmouth team to help the people of Portsmouth and those Portsmouth City Council residents who live in Leigh Park and Wecock Farm to solve their problems. Dealing professionally with all enquiries from team members, clients and agencies in person and on telephone.

#### **What I do/do with others**

The Volunteer Marketing Assistant will work with team members and clients of Advice Portsmouth to deliver the Purpose:

“Give me the right advice and appropriate support to help me solve my problem”

- I recognise and value the capabilities of clients and focus on helping them to build their independence and self-reliance.
- To assist at Community and Volunteer events together with looking at possible events for the service to attend
- To assist in progressing Advice Portsmouth on Social Media.
- To look for fundraising opportunities for the service and to assist with fundraising events.
- To assist in progressing Advice Portsmouth within the Community by making them aware of the services we provide.
- To ensure the Community are provided with Posters and leaflets i.e. Community centres, Hospitals, Mental health services, Wellbeing groups, BAME Groups, GP surgeries, libraries etc
- To help and support team members to produce and update Factsheets
- To keep the service’s noticeboards up to date with relevant posters and leaflets for clients to view
- I pursue excellence in every aspect of my work.

### **New! Bookkeeper**

### **Share (Portsmouth)**

A straight forward booking keeping role that involves entering invoices, receipts etc, and allocating all income and expense to the right projects.

We need a volunteer with Bookkeeping experience, ideally using Xero, but not essential. Attention to detail

### **Advertising Fundraiser**

### **St Bernard Support**

Our charity is developing a regular publication Moving Forward to provide a range of articles to enhance the well-being of people affected by cancer and other illnesses. To help fund the costs of publishing, printing and distributing the publication we need volunteers to help raise funds from businesses and other organisations through advertising and contributing to features in the publication.

## Befriending, Mentoring & Supporting People

### Trustee

### Eastney Area Community Association

Trustees wanted to join the EACA Management Committee that manages Eastney Community Centre. The Management Committee meet at 6pm on the third Wednesday of the month, excluding August and December. Meetings usually last one and a half hours maximum. The AGM is held in October at 7pm following the monthly meeting.

### New! Community Team Leader Portsmouth

### NCT Portsmouth

Are you looking for a volunteer opportunity where you can meet new people but also have the flexibility to decide when and where you volunteer?

We are looking for a volunteer to help build and lead a local team of volunteers who will organise NCT events and activities to support local parents. You will be directly involved in deciding what type of events and activities you think are most needed locally.

This is an exciting role where you can help make a real difference to parents in your community. You will need to be good at working in a team, motivating others and decision making.

We welcome volunteers from a wide range of backgrounds and you do not need to be a parent yourself. All our roles are family friendly.

You will be supported by our central Volunteering Team and our amazing NCT family of volunteers across the UK and Channel Islands who will help support you every step of the way.

### Support of Social Group

### Abilities for Life

We are setting up a group for people over 25 years of age with disabilities as there is currently a lack of activities for this group. The group, Abilities for Life, will be volunteer-led and provide a weekly social get together to support members to overcome loneliness and isolation. The group will provide a space to meet as well as information and activities.

### Community Group Volunteer - Portsmouth

### Autism Hampshire (serendipity)

We have a Serendipity Group that is growing in popularity in Portsmouth. We need an extra pair of hands to help the two volunteers that are currently coordinating the group.

We need organised and passionate individuals who want to support and facilitate community groups for autistic adults in your local community. Our groups are designed to help autistic adults to meet in a welcoming and non-judgemental setting. We need friendly and caring volunteers to make this happen.

### Dementia MCST Volunteer

### Age UK

Age UK Portsmouth is seeking enthusiastic and friendly volunteers to attend and support weekly Dementia MCST (Maintenance Cognitive Stimulative Therapy) sessions held at the Bradbury Centre or any other sites that may facilitate sessions in the future. You will be supporting service users that attend the sessions by assisting in delivering meaningful and stimulating activities, proven to help maintain memory and mental function.

## IT & Social Media

### New! Social Media & Blog Content Creator

**Share (Portsmouth)**

Help us create engaging content for our social media profiles and our blog so that more people know about us and start to borrow, rather than buy, and fix rather than ditch.

This role covers both our current projects 'Repair Café Portsmouth' and 'Portsmouth Library of Things'

### New! AbilityNet Tech Volunteer Role Profile

**Abilitynet**

#### **Do you have a passion for the power of technology?**

Our vision is to create ... "A world in which digital services are equally accessible to all" As an AbilityNet Tech volunteer you can help unleash the power of technology to ensure that older people and disabled people are not excluded from the digital world.

All across the UK our 300 volunteers support 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.

### New! Volunteer Digital Assistant

**THE YOU TRUST/ Advice Portsmouth**

The Volunteer Digital Assistance provides support to the Community Circle of Support Partners to help the people who face hardship through a variety of causes: benefit delays, sanctions, debt, un/underemployment, low pay trap, no savings, relationship breakdown, domestic abuse, homelessness, illness, disability, food/fuel poverty, digital exclusion, literacy/numeracy skills.

The Digital Assistance is client facing and actively builds a trusting relationship with clients in helping them learn new and or improve their digital skills; for example, learning the basics of using digital technology, accessing and exploring the internet, setting up an email address and how to use emails, supporting them how to virtual meet family, friends, agencies and any other digital skills the client wishes to learn.

### New! Supporting You at Home Volunteer    Royal Voluntary Service - Supporting You at Home Hampshire

Our Royal Voluntary Service is powered by people like you at our heart, sharing time to help older members of your community to stay healthy, independent and active in their own homes, often after a period in hospital.

If you join our Portsmouth area volunteers, you will be supported locally by Diane, and also the wider Hampshire team, Tessa, Colin and Sue. We are here to direct your efforts and support you every step of your engagements.

There can be many different ways to support an individual, so the first step will usually be an assessment by a Service Coordinator. This is very much led by the person receiving the support, as it's about what they'd like to achieve. They'd then be matched to a volunteer – someone local, with similar interests.

The plan could include activities such as:

- Assisted shopping, with nutrition and hydration information
- Activity programmes to address muscle loss, for example one to one or group 'Move it or Lose it!' sessions
- Goal setting – what do you want to be doing in six weeks?
- Guidance on use of relevant IT to develop communication and connection
- Community Transport, to help get them out and about

## Reception and Administration duties

### **New! Volunteer Information Assistant THE YOU TRUST/ Advice Portsmouth**

The Volunteer Information Assistant provides support to the Advice Portsmouth team to help the people of Portsmouth and those Portsmouth City Council residents who live in Leigh Park and Wecock Farm to solve their problems. Dealing professionally with all enquiries from team members and clients and providing what matters to the client in person and on the telephone. The Information Assistant is client facing and actively builds a trusting relationship with clients in helping them to access Advice Portsmouth and other local services as well as assisting clients to find literature and information in paper format and online, assisting to deliver the help clients need to enable them to lead secure and independent lives.

### **New! Volunteer Receptionist THE YOU TRUST/ Advice Portsmouth**

The Volunteer Receptionist helps people in Portsmouth and those Portsmouth City Council residents who live in Leigh Park and Wecock Farm to access advice. The Volunteer Receptionist ensures clients are welcomed, manages the flow of clients to advisors to provide an excellent service to all visitors to the centre

The Receptionist provides a service to clients according to the following principles:

- I understand the needs of the client and what matters to them. I listen and act on that ensuring that timely advice is accessed.
- I ensure that clients feel welcomed and safe within confidential surroundings.
- I ensure that whenever possible I can help a client to help themselves through written materials or the use of a line advice or website.

### **New! Library of Things Receptionist Share (Portsmouth)**

This role will involve helping our members when they come to the hub to borrow and return items.

The main tasks will involve finding requested items in the library, so they're ready for members to collect; checking out items when members come to collect them, including ensuring IDs are checked on the first borrow and taking payments; and checking items back in on return. The checking in and out will involve our online system 'MyTurn'.

You'll be friendly and good at communicating, as well as able to quickly learn our systems with basic computer skills.

### **New! Volunteer Circle of Support Administrator THE YOU TRUST/ Advice Portsmouth**

The Volunteer Administrator provides high quality administrative services and support to the Community Circle of Support Partner and Advice Portsmouth Manager. The Community Circle of Support helps the people who face hardship through a variety of causes: Benefits delays, sanctions, domestic abuse, homelessness, illness, disability, food/fuel poverty, digital exclusion, literacy/numeracy skills. Dealing professionally with all enquiries from team members and clients and providing what matters to the client in person and on the telephone.