

# Portsmouth Volunteering Bulletin



Welcome! We're excited to present our bumper March bulletin, which features a variety of volunteer opportunities. These roles can help you gain skills to find employment, enhance your social skills, or develop new interests. If you don't see what you're looking for, feel free to email us or stop by our drop-in center for assistance.

## Drop in Centre times

**Monday-Thursday 10-4, Friday 10-2**

**Saturday 2nd, 16th and 30th March and 13th and 27th April**

Portsmouth Central Library,

**Tel:** 02394007124 **Text:** 07585961240 **Email:** [volunteering@hiveportsmouth.org.uk](mailto:volunteering@hiveportsmouth.org.uk)

## **New! Walk for Wards - One Off Marshalling Opportunity Portsmouth Hospitals Charity**

New One Off - One Day Volunteering Opportunity Supporting Portsmouth Hospitals Charity

Event: Walk for Wards 2024 Location: Staunton Country park When: 7th July

They are looking for volunteers to help them on the day approx. 9am - 2pm.

Looking for marshals for our route.

Would be great to have a team of us that can help out!

## **New! Open Access- Youth/Outreach Drug and Alcohol Support Service DASS - PCC**

We are looking for volunteers to help us at our DASS building supporting our open access drop in sessions on Monday and/or Tuesday Evening and to provide some additional outreach if and when required.

## One off events and Micro Volunteering

### **New! Website editor Together in the Hive Portsmouth**

Portsmouth's volunteer centre connect with people and organisations within the city to promote and support volunteering.

We are currently looking for a volunteer who can help maintain and update our website, so that it is at a high standard.

This role is short term and may suit someone looking to gain some experience in this field.

Training will be provided

### **New! Stay & Play Session Volunteers - 4th April Havelock Community Centre**

As a not-for-profit we have been lucky enough to be supported by an amazing fund to allow us to expand our programme of events and further fulfil our vision. Our newest scheme for the community is the provision to provide free Stay & Play Sessions for 4-8 year olds during the Easter and May school holidays for families to come and enjoy Art & Crafts, Activities, Books & Toys & some healthy snacks! We are looking for some amazing selfless volunteers who might be able to help us with our sessions in a variety of roles including helping with Arts & Crafts, helping with activities including sports and themed activities, helping to set up book & toy areas, Interacting and socialising with Parents and Children and helping to make our Healthy snacks in the kitchen on site.

The volunteers will work with and alongside Trustee's and centre manager throughout the sessions.

This role is for the 4th April between 10:30-12:30.

### **New! Stay & Play Session Volunteers - 30th May Havelock Community Centre**

As a not-for-profit we have been lucky enough to be supported by an amazing fund to allow us to expand our programme of events and further fulfil our vision. Our newest scheme for the community is the provision to provide free Stay & Play Sessions for 4-8 year olds during the Easter and May school holidays for families to come and enjoy Art & Crafts, Activities, Books & Toys & some healthy snacks! We are looking for some amazing selfless volunteers who might be able to help us with our sessions in a variety of roles including helping with Arts & Crafts, helping with activities including sports and themed activities, helping to set up book & toy areas, Interacting and socialising with Parents and Children and helping to make our Healthy snacks in the kitchen on site.

The volunteers will work with and alongside Trustee's and centre manager throughout the sessions.

This role is for the 30th May between 10:30-12:30.

## Environment and Animals

### Community Advocate The Vegan Society

As the vegan community grows, veganism itself becomes better understood. We're finding that more people are looking to The Vegan Society to find out what being vegan is all about.

Advocates are a crucial voice in their own community. They ensure that our campaign messages are spread far and wide. They provide a strong vegan presence in local communities.

### Puppy Raiser Guide Dogs Mobility Team

The Puppy Raiser role is a full-on volunteering role, whereby you look after a future life-changing puppy for a year, from when they are about 8 weeks old until they are between 14 & 16 months old. You will play a huge role in the social development of the puppy, guiding him or her through training, socialisation, introduction of new environments and experiences, whilst providing a loving home. They are young puppies when they first arrive so all the usual toilet training, chewing etc does occur; but if you can cope with that it is such a rewarding role.

Volunteering for Guide Dogs should never leave you out of pocket. We'll make sure we pay any expenses related to volunteering with us, including veterinary costs, food costs for the puppy and other materials needed for the puppy's training.

### New! Crochet turtles/whales/sea creatures (working from home) 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! They can be any colour and have any designs on them as long as they can be used to represent plastic that is inside of our sealife.

We will happily pay for the wool used and would love to have photos of the people making them so we can post on our website who our amazing volunteers are. That decision is totally up to the volunteer though but progress pictures would be brilliant if possible.

Suitable for under 18s



## Physical, Sports, Hobbies

### **Electrical Repairer Share (Portsmouth)**

We're always looking for people with electrical repair skills who are happy to share their knowledge with others. We view those bringing in items as co-repairers and get them involved in repairing their item, as much as possible. Co-repairers sit at the table with the volunteer repairer to help and/or learn about their item and fixing it.

If you are good at fixing electrical items we would love to hear from you; we will provide shadow sessions with a fellow Volunteer to begin with. We need Volunteer Electrical Repairers for our Repair Café sessions in the city centre Cascades Weds 10am-1pm, Thurs 1pm – 4pm, or Sat 10am – 1pm.

You will be able to do weekly, monthly or ad hoc sessions depending on your availability.

### **After school performing arts club Together in the Hive Portsmouth**

A Portsmouth school run a performing arts club after school and are looking for volunteers to help manage the group. You will have an interest in either singing or drama and you are happy to help set up and make the group a fun space to be in.

The children are aged 5 - 7 and are very enthusiastic.

### **Occupational Therapist to support charity that helps disabled people Remap.**

Remap is a national charity that works through local groups of skilled volunteers. We help disabled people achieve independence and a better quality of life by designing and making equipment for their individual needs. This tailor made equipment helps people to carry out essential daily tasks without having to ask for help, or helps them take part in leisure occupations or sports that would otherwise be impossible.

We are looking for practicing occupational therapists or similar health professionals. You will be committed to finding creative practical solutions to enable people with disabilities achieve quality of life. You will have a knowledge of existing commercially available equipment as the charity only makes bespoke equipment that is not currently available.

### **Maker of equipment for people with disabilities Remap.**

Use your practical skills and ingenuity to help people with disabilities live fuller and more independent lives. The role involves designing and making pieces of equipment for individuals who have a specific need. Requests for help come from health professionals or directly from the public and we only help where no existing product is commercially available. You will be joining a local group of like-minded enthusiasts and with some opportunities for collaboration.

## Flexible/At home

### **School classroom volunteer    Together in the Hive Portsmouth**

Schools within the Portsmouth area are looking for volunteers to assist the teacher and teaching assistant within the classroom. You will be required to help with various tasks such as gluing and sticking into work books. Helping to create and design the boards. You may help children who need some extra guidance and support with reading and writing. You may be able to help with some admin tasks if this is something you enjoy. Perhaps you like helping with arts and crafts or playing games with children that need some emotional support.

### **Producer - Audio Recordings for Blind & Partially Sighted People    Havant Borough Talking Newspaper**

We urgently need producers to compile a 60 minute programme from material gathered by Editors and co-ordinate with Readers and the Sound Engineer to produce a master tape.

Havant Borough Talking News produces a fortnightly recording of news items which are sent out to blind and partially sighted people in the Havant Borough area. Editors select news articles from The News and other local publications. We are looking for Producers whose role is to compile a 60 minutes programme from the articles gathered by the Editors.

### **Producer (working from home)    Havant Borough Talking Newspaper**

Havant Talking News is looking urgently for volunteers to help us produce fortnightly recordings of local news for our visually impaired, and often, lonely people in the Havant area. Small organisations like ours can make a big difference to the lives of our listeners, who often feel cut off from their community. This service is provided entirely by volunteers

Briefly, you would be working with our news gatherers, bringing together pre-selected local news articles ready for a fortnightly recording session.

## Arts, Culture & Entertainment

### **New! Boomerang Bag Making (working from home) Final Straw Foundation**

Plastic bags can cause havoc if they enter the marine environment. Often confused for food such as jellyfish or algae, plastic bags are ingested by countless marine creatures. This leaves them with stomachs full of plastic and, unable to ingest anything else with nutritious value, these creatures often die of starvation or malnutrition. To encourage people to ditch their plastic bags, we are running a Borrow Bag scheme.

Borrow Bags are made up by local sewing volunteers and given to shops that have signed up to the scheme for shoppers to borrow and bring back when they remember. They are made from reclaimed material – from old curtains to offcuts of sail fabric, saving it from landfill and repurposing it to become something useful.

We currently run this scheme in some of Portsmouth's surrounding villages, which has taken approximately 25,000 - 125,000 plastic bags out of circulation, but would love to bring it to the shops in Portsmouth. We need volunteers to help sew bags and assist in running the scheme.

### **Knit and crochet bees and hedgehogs for The Honey Pot Children's Charity (Working from home) Together in the Hive Portsmouth**

Our amazing Honey Pot knitted bees are now being used not only in the community to raise awareness and funds for Honey Pot, but are also being placed in the children's memory bags! They take these home at the end of their annual residential respite break and been told it helps them remember Honey Pot when they are looking after someone they love!

### **New! Retail Music and Entertainment Volunteer British Heart Foundation Homestore - Arundel St**

Love music, films or gaming? We're looking for knowledgeable and enthusiastic volunteers to help sort, price and display our wide range of donated CDs, DVDs and games. This is a flexible opportunity to share your love of music or film, to get a taster of a career as a retail assistant and help the British Heart Foundation Beat Heartbreak Forever.

Typical tasks include: Sharing your love of music and film whilst serving on the shop floor, Promoting our campaigns to customers, Keeping our music and entertainment department fully stocked and organised behind the scenes in our stock room and on the shop floor, Sorting out donations of CDs, DVDs and games and checking discs for scratches, recycling those that are damaged, Following our guidelines to value and price donated CDs, DVDs and games.

## Children & Families

### **New! Adult Volunteer - RAF Air Cadets - 1189 Portsmouth Squadron at 1189 (Portsmouth) Squadron Air Training Corps**

The RAF Air Cadets is a community-based, volunteer-military youth organisation.

Adult volunteers play a vital role in all aspects of RAF Air Cadet life. From organising activities, encouraging and educating cadets or helping the squadron run smoothly. There's also opportunities for volunteers to develop their own skills and leadership qualities.

### **After school lego club helper Together in the Hive Portsmouth**

A Portsmouth school are looking for volunteers to assist with their after school Lego club.

As a volunteer you will be helping with general set up and tidying away at the end of the session. You will also bring fun and ideas to the group, so a passion for Lego would be an advantage.

### **Early years after school club Portsmouth School Volunteers - Together in Hive**

A Portsmouth school is looking for volunteers to assist with their early years after school club.

This club runs for children in Year R – Year 1.

You will be providing additional support to the staff and children whilst engaging in fun activities that support children's physical development such as team games, dance, playground pals and funky fingers.

### **Permanent exclusion support PEX Hampshire Children's Services**

When a Hampshire child is permanently excluded from school, their family needs to be visited to make sure they have been sent the correct information from the school, understand the process, and their rights.

Volunteers will provide advice for children who are permanently excluded from school, meeting with families to advise them of their rights and provide information about the exclusion process. The meetings will be held either in the family home or local office. The volunteer will complete a questionnaire with the family and enquire as to whether the family feels they will need additional support.

## Fundraising and Finance

### **New! Deputy fundraising group coordinator    Guide Dogs Mobility Team**

The ability to get around is vital in order to live a full life yet thousands of people who are blind or partially sighted never leave home alone. Guide Dogs empowers visually impaired people to do that and relies on the support of the public to fund its services.

The Deputy Fundraising Group Coordinator works with and supports the Fundraising Group Coordinator to coordinate a group of volunteers to raise funds through events or other activities, delegating tasks to other members of the group as required and being the key contact in the local area.

#### **The role includes:**

Organising and attending events such as Guide Dogs tea parties, Pub Quizzes, bowling nights, sponsored walks and collections in your local area.

Encouraging local businesses, schools and groups to name their own guide dog puppy.

Building relationships with local networks, socials groups, schools and businesses to encourage them

### **Group Leader for Macular Society Support group    Macular Society Support group (Portsmouth)**

The following description covers all the requirements of running a Macular Society Support group. Not all of them need to be done by the Group leader/Chairperson. The aim of the leader would be to establish an active committee made up of several people who between them can take on the responsibilities listed below.

A group leader would be the first point of contact for new members in the area. Usually chair all group meetings. Encourage a committee to be formed, including a treasurer and secretary. Speak to all new members telephoning or attending the group for the first time. Encourage the group to take part in the Macular Society campaigns to help raise the profile of macular disease, the Society and local support groups. Make contact with local sensory services staff/eye clinic personnel so they are aware of the group and could make referrals to clients/patients.

Group meets last Friday of the month from 12noon to 2pm

### **New! Fundraising group treasurer    Guide Dogs Mobility Team**

The ability to get around is vital in order to live a full life yet thousands of people who are blind or partially sighted never leave home alone. Guide Dogs empowers visually impaired people to do that and relies on the support of the public to fund its services.

As the Fundraising Group Treasurer, you will record income and expenditure of the group, bank funds regularly and keep the members up to date with fundraising income totals.



## Befriending, Mentoring & Supporting People

### **New! Employment Plus Local Volunteer    The Salvation Army- Employment Plus**

We are looking for reliable, enthusiastic volunteers to support the Employment Plus Local programme helping job seekers through a drop-in service by giving access to the internet for job searches, help with writing emails, letters and CVs and basic computer skills As a volunteer you will undertake the following key activities:

- ☑ Help set up and take down the drop-in service
- ☑ Help clients to use Chrome notebooks and access online job seeking services including the Universal Job Search website
- ☑ Help clients to prepare CVs and applications for vacancies
- ☑ Help clients in recording their job search activities to ensure the continued payment of their benefits
- ☑ Help clients in registering with the Job Centre and applying for benefits
- ☑ Undertake various clerical and administrative activities such recording statistics for the national programme

### **Gig Buddies volunteer    Gig Buddies**

Are you kind, patient and enjoy sharing interests with others? Gig Buddies are looking for more volunteers, to befriend adults with a learning difficulty in Portsmouth to help improve social lives and confidence.

You will be matched based on interests and we ask a minimum of two hours per month for you to engage with your Gig Buddy and become friends.

### **Team Leader    Read Easy**

As the Team Leader you are responsible for the proper and effective direction of your local group. This role will appeal to someone with enthusiasm and energy who will enjoy managing a team of diverse volunteers. Ideally, the Team Leader will remain in this role for at least two years.

How we will support you You will be provided with the Management Team Handbook, training/induction, policies, and guidance specifically needed for this role, including access to support from a Read Easy UK Regional Adviser, via your Team Leader. You will also be invited to Read Easy UK's regional forums and annual conference which gives volunteers an opportunity for networking with those from other groups.

## Befriending, Mentoring & Supporting People

### **New! Functional skills Numeracy and Literacy SEN tutor    Inter active**

To teach and support adults with mild to moderate learning difficulties and disabilities increase their numeracy and literacy in preparation for their examinations. The position is to provide our participants with the best possible chance of passing their exams.

To provide numeracy and literacy support from entry levels to levels one and two, in line with the national curriculum.

Patience and understanding with the drive to help others.

### **Caseworker    Royal Air Forces Association**

The RAF Association is a member-led, welfare charity that exists to ensure that all members of the RAF community are supported, when they require it. The caseworker's role is at the heart of this charity objective and volunteers undertaking this role will be helping us to deliver this support to the RAF community. The role is about supporting and listening to an individual and assessing their needs- this can include anything from helping them to complete a form, applying for funding for a wet-room or new white goods. Caseworkers may also need to gather complex information and ask questions regarding finances and health conditions. You would be required to provide clear and precise information on these topics. A RAF or forces background is not essential, and we welcome applications from all areas of the community.

### **Helpline Volunteer    PARCS**

PARCS is a wide-ranging service with an excellent reputation in the Portsmouth area. PARCS promotes healthy relationships and alleviates the physical, emotional and psychological distress associated with interpersonal trauma including rape and sexual abuse/exploitation.

Volunteers provide a range of service support to adult clients including a telephone helpline, counselling, and a social activism young women's project. All volunteers receive regular supervision and are supported by our Volunteer Coordinator.

### **Community First Responder    South Central Ambulance Charity**

Community First Responders are based in the communities they live in, attending non life threatening and life threatening calls. These include, but are not limited too - Suspected heart attacks, suspected strokes, cardiac arrests, broken bones, severe bleeding, breathing difficulties. We will give full training, over a four day period, so that you are fully equipped to attend these calls and you will not only have the support of you scheme and scheme coordinator but also the Community Engagement & Training team. You need to have a good level of physical fitness as you will need to carry a kit bag (which can weigh up to 13kg) and be able to perform effective CPR (after training).

## IT Roles

### **New! Digital Lead Trustee**

### **Havelock Community Centre**

This is an exciting time to join Havelock Community Centre Management Committee, as we prepare to launch our Business Development Plan. We are looking for an enthusiastic volunteer for the role of Digital Lead Trustee who can use their technical skills and digital expertise to rapidly increase our 'digital maturity' and help us expand our services and offer. This is an excellent opportunity for someone who is passionate about making an impact with their digital expertise, by shaping the online activities of an ambitious community centre at the heart of Southsea. We don't expect our Digital Trustee to update our website but they might be able to find a volunteer who will.

### **Webmaster Havant Borough Talking Newspaper**

Havant Talking News provides regular recorded digests of news from local press sources to blind and partially sighted people. Our website is a first point of contact for those looking to support their partially sighted relatives or friends.

Havant Talking News is looking for a webmaster, to maintain and update our website.

Do you have skills in creating and maintaining websites? Our website is the first contact for many people looking for help for blind or partially sighted relatives or friends. It has been very successful but now needs an update.

### **Social Media Volunteer Exploring Nature - Forest School**

Portsmouth Forest School is a Community Interest Company, which is a not-for-profit social enterprise. Any profit from our activities will be reinvested in the enterprise with the aim of making all sessions and activities accessible to all. We have been running in our current form since Sept 2021.

Our aim is to get local people of all ages and backgrounds out into the woods, enjoying and noticing nature and the world around them and consequently feeling the benefits socially, emotionally, cognitively and physically.

### **Communications and Marketing Exploring Nature - Forest School**

We run regular weekly Forest School sessions for parents with toddlers, family sessions and an adult health and wellbeing group. Our programme continues to grow. We also run family days during the school holidays as part of the Holiday Activities and Food Scheme which provides activities with food for children and their families who are entitled to benefits related free school meals.

Suitable for the following areas of interest: Open to anyone wanting work experience, Of particular interest to those with skills in marketing, communications or related courses, Those with an interest in Health and Social Care, education, capacity building, the environment, wellbeing and community development.

## Admin Roles

### **New! Administration Assistant Together in the Hive Portsmouth**

HIVE Portsmouth is a strategic partnership in Portsmouth consisting of a representative group of the voluntary and community sector, NHS Portsmouth Clinical Commissioning Group and Portsmouth City Council.

We work with local people, groups and organisations in a way that recognises and nurtures the strengths of individuals, families and communities and helps to build independence and self-reliance as an alternative to a reliance on traditional services.

We connect people and organisations to share, support and learn in order to meet the needs of individuals and are committed to working together with the objective of building a happier, healthier and more connected city.

We are looking for volunteers to join us to help support our core team to deliver these key services. Primarily, this would be an administrative role.

Tasks would involve

- To complete basic administration support
- Dealing with customer enquiries on the phone or via email
- Producing letters, keep records up to date and assisting with any other administrative tasks to support the team
- Supporting execs in preparation of presentations, etc for board meetings

The role could be expanded to include social media and digital marketing, depending on your skills.

### **Volunteer Secretary Loaves of Love**

Our community project is going from strength to strength, and we need someone to help us deal with the admin side of things. We are looking for a secretary to help us with the following tasks: - Monitor the Loaves of Love inbox and reply to queries - Manage our various policies and ensure they are updated regularly as well as signed when needed - Organise meetings, take minutes and distribute them to the team with all relevant paperwork - Generally speaking, ensure that all actions ensuing from the team meetings are dealt with.

## Retail Roles

### Café assistant/ barista The Host Café

Your local café needs your help! We are looking for a volunteer to work in our new coffee shop at St Luke's Church, opposite Unite Greetham Street.

The role of the Café Assistant / Barista is to create a vibrant and welcoming atmosphere for all customers, co-workers and staff. To prepare fresh food and drinks in a coffee shop setting whilst maintaining a high standard of service and customer care with a friendly and polite attitude at all times.

### Sales Assistant Sue Ryder Fratton Park

Using your customer service skills and ability to stay calm under pressure, you'll provide a service with a smile. Behind the till you'll keep focused and friendly, processing payments, packing goods and spotting opportunities to upsell - making sure customers leave wanting to come back.

### Volunteer Shop Assistant Emsworth Rowans Hospice

Looking for Retail experience? Then we can help. Can you spare a few hours during the week or on a Saturday? If you are enthusiastic, motivated and reliable, then why not join our Rowans Hospice team of volunteers. You can make new friends, gain valuable work experience and really make a difference by contributing to an income stream for the Rowans Hospice. Exciting opportunities have arisen for Sales Assistants who want to use their customer service skills in a very fast moving retail environment.

Whatever time you are able to give we will work around you.

### Volunteer Shop Assistants - North End & Cosham Rowans Hospice

Come and be part of our amazing team of shop volunteers. Meet new people and make new friend whilst supporting your local hospice. If you are cheerful, friendly, flexible and can spare a few hours per week, we would love to hear from you. Giving just a few hours a week can bring in more income to the Rowans Hospice to support our patients with a life-shortening illnesses and their families / carers. Hours can be flexible to suit your needs.

### Volunteer Shop Assistants Petersfield Rowans Hospice

We currently have a variety of volunteer opportunities to join our brand new Petersfield Emporium shop opening soon!

Rowans Retail is proud to support the Rowans Hospice by providing a reliable source of income, enabling support to the community when it matters most. Come and join our expanding team, and you too can be part of something amazing. Whatever time you are able to give we will work around you.

## Teaching and Training

### Volunteer Tutor

### Action Tutoring

Children from lower-income families are less likely to achieve academically than their better-off peers. Action Tutoring is a charity that works to level the playing field.

We are looking for volunteers to support pupils from disadvantaged backgrounds in maths or English. As a volunteer, you'll:

- Work with 1-3 pupils to improve their English and maths, either in-person or online
- Commit to a 10-20 week programme, for just one hour a week
- Support either primary or secondary school-aged pupils
- Use our tutor workbooks to shape your weekly sessions

Good grades improve future prospects, opening the door to a wider range of opportunities. If you enjoy working with children and are passionate about social equality, you can make a tangible difference by volunteering for an hour a week.

### Calling all ex-teachers, playgroup leaders and retired parents Havelock Community Centre

We are running a series of Stay and Play sessions over Easter and May half-term for local families and are looking for volunteers to help plan and run these sessions. The aim is to give parents the opportunity to access free activities for their children, meet other parents and for children to socialise with others but mainly have fun playing and learning new skills. If successful we will be running more sessions in the summer.

### Volunteer Police Cadets Leader

### Hampshire and Isle of Wight Constabulary

We have an enthusiastic and talented team of volunteer leaders made up of police officers, staff and people from the local community.

We're always looking for new adult volunteers to help as leaders within the scheme.

There are opportunities to become a leader no matter how many hours a week/month you are able to volunteer. The units operate around 2 hours per week in term times and you will be asked to assist in the running of sessions and supervision of cadets at policing events.

### Functional skills Numeracy

### Literacy SEN tutor

To teach and support adults with mild to moderate learning difficulties and disabilities increase their numeracy and literacy in preparation for their examinations. The position is to provide our participants with the best possible chance of passing their exams. To provide numeracy and literacy support from entry levels to levels one and two, in line with the national curriculum. Patience and understanding with the drive to help others.

To apply or find out more information please visit us at:  
<http://volunteer.hiveportsmouth.com>

## Flexible Volunteering

### Befriender - Care Home      Be There For Care under flexible volunteering

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?

### Befrienders for residents in End of Life Nursing home      Be There For Care

We are looking for friendly, compassionate people to visit socially isolated people in a end of life nursing home.

To offer companionship to people who are unable to get out and may have few or none visitors. This could be short term support to a person or longer befriending role depending on each person.

We have a list of people that would like visits and their likes/interests, you would be matched up to suit your availability and interests. For example, we might have a gentleman interested in cars or a lady who wants someone to do jigsaws puzzles with.

You can pick who you go visit and at a time that is convenient for you (between 11am - 4pm). We are looking for a commitment at least one hour per week (but can be flexible).

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



## Want to volunteer but do not have much time?

### One Off Events and Micro-Volunteering tasks      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 micro tasks that can be done in the comfort of your own home.

Micro volunteering is perfect for busy people who'd like to get involved and help charities, but don't have much time to give.

The opportunities/tasks might be suitable for all ages, and all types of people, as well as groups of people (families, work colleagues etc).

Being a part of these exciting opportunities will allow us to showcase all the good things happening within the city, as well as supporting national charities.

Your details will be added to our list, and we will contact you via email when an opportunity you are interested in becomes available. There is no obligation for you to do any or all of the opportunities. If you would like to sign up all you need to do is respond to our email. It's as easy as that!

#### Examples of opportunities/tasks:

#### **Micro-volunteering/one off tasks in the local community**

Supporting local events (such as: festivals, carnivals, cultural events. Award ceremonies, family fun days, sporting events, Painting/decoration days, Litter picks, Street collection/Fundraising events, Response to emergencies, Environmental/conservation, Collecting goods for donations, Assisting others in need short term, Sorting donations, Educational visits, Gardening, Leaflet dropping, Admin for short term projects.

#### **Micro-volunteering tasks completed at home**

Liking and sharing posts on social media to help charities spread the word about their work and campaigns, Completing online surveys, Signing campaigns or petitions, Online research, Marketing, Providing case studies, Creating crafts to donate, Christmas/ birthday cards to isolated people, Admin for short term projects, Promoting awareness days for charities/organisations, Sharing campaign messages.

A great benefit of micro-volunteering is that you can do it at any time or anywhere. Digital volunteering could be done on the bus when travelling to work, or whilst you are waiting to pick up the kids from school. Even the smallest actions can make a big positive difference.

suitable for under 18s

easy volunteering