

# Volunteering Matters

Fareham  
October 2017



**A**utumn is upon us and with it thoughts of the winter to come. How will you be spending your time? If you are open to new ideas and activities, please give volunteering your consideration. Just a few hours of your time could make a huge difference. We have hundreds of roles to offer at Volunteer Centre One Community, and those on these pages are just a few of them.

To find out more please contact us on 023 8090 2458, [volunteer@1community.org.uk](mailto:volunteer@1community.org.uk), or look online at [www.do-it.org](http://www.do-it.org). You can arrange to meet for a chat with staff to discuss the volunteering opportunities that might suit you, drop into our One Community Information Centre, 55 Osborn Mall, Fareham Shopping Centre, or come to one of our regular outreach sessions (see below).

**Listen out for us on Radio Solent on Sunday 8 October at 9.30am.**



There are lonely or socially isolated people in all our neighbourhoods

*One Community has a solution, but we need you*



## **One Community Visiting Scheme Information Session**

Come along on

**Tuesday 17 October 10am-12pm**

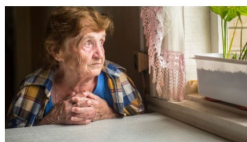
Lakeside Centre, Lakeside Country Park, Wide Lane, Eastleigh SO50 5PE

*No obligation, just refreshments and information*

Session includes:

How can healthcare groups, professionals refer clients/patients?

How to be involved as a visitor?



**Loneliness is an easily preventable killer**  
[www.1community.org.uk](http://www.1community.org.uk)  
**023 8090 2400**

Registered charity number 1052978 Registered in England as a company limited by guarantee Registered number 3132524

## **One Community Visiting Scheme**

If you could spare an hour or two a week to visit an isolated person, we are recruiting volunteers for our Visiting Scheme across the boroughs of Fareham and Eastleigh.

## **One Community Outreach**



**Community Connection Event**, Locks Heath Shopping Centre, Thursday 5 October, 9am-2pm.

**Fareham Library**, Osborn Road, Fareham PO16 7EN, on the second Monday of every month, 10am-12 noon (9 October).

**Fareham College**, Tuesday 10 October, 12-2 meeting students to talk about volunteering.

**Portchester Library**, West Street, Portchester PO16 9TX, on the second Wednesday of every month 10am-12 noon (11 October).

**Stubbington Library**, Stubbington Lane, Stubbington PO14 2PP, on the second Friday of every month 10am-12 noon (13 October).

**Highlands Hub**, 103 Highlands Road, Fareham PO15 6HZ, Thursday 19 October, 10am-12pm.

## Locks Heath Age Concern

Locks Heath Age Concern has a variety of volunteering opportunities available

### Day Centre

Locks Heath Age Concern Day Centre is looking for volunteers who have patience, kindness and an understanding of the needs of older people.

Volunteers generally help with the following tasks:

- Preparation of the centre prior to the arrival of clients
- Welcoming of clients and serving of teas and coffees
- Clearing tables and loading dishwasher/washing up
- Preparation prior to serving of meals
- Assisting with the serving of food/drinks
- Supporting clients to take part in activities
- Leading a small activity group, if able to do so
- Socialising with clients
- Leading a craft/art/music activity, depending on skills and interests
- Offering a one-to-one activity chosen by a client, where it is appropriate to do so

Volunteers at Lockswood Day Centre can expect to feel welcomed and needed by the team. They will be offered support and guidance and, where appropriate, training.

Volunteers will be encouraged to use their skills, and if they wish to develop in a certain area and the centre is able to support this, they will.

Volunteers are given instruction in health and safety matters and appropriate Age Concern Hampshire policies and procedures.

### Host/Receptionist for Foot Clinic



Locks Heath Age Concern is looking for two volunteers to welcome people to the Foot Care Clinic every other Tuesday.

Volunteers would be answering the door, seating clients and

talking to them until their turn in the clinic, to ensure they have a pleasant experience and feel welcomed to the building. The Foot Care Clinic is open 9am-3.45pm. Ideally volunteers should be the kind of people who like to chat, can put people at ease and have good attention to detail.

### Knowing Me Project

Locks Heath Age Concern is looking for people, who like working with older people, to volunteer with their Knowing Me Project. You will need to be a patient, compassionate listener, and be able to put people at their ease.

The Knowing Me Project aims to improve care for people with dementia who can feel devalued and defined by their condition, and who may find it difficult to communicate with, and be cared for, by people who feel like strangers.

Specially trained Age Concern Hampshire volunteers work with people in the early stages of dementia, getting to know them and helping them, with the use of IT tablets, bring to life and record their memories and the things that matter to them. This information will be displayed on a framed board and in a booklet, so everyone who visits to provide care will know something about that person, who they are, and what is important to them. These life story tools can then be updated throughout the person's dementia journey and used in various settings like hospital, day care or on respite breaks.

### Memory Café

This new and exciting project forms part of Lockswood Day Centre's Outreach in the Community. The café will be a comfortable and safe place for people with dementia and their carers to chat with others, make friends, share an activity, learn more about dementia and enjoy tea and cake! The role will be to:

- Engage with all those who attend the sessions so they feel welcome and relaxed
- Help with setting up and refreshments
- Lead activities
- Be a listening ear
- Signpost to appropriate help where required
- Create a friendly and fun atmosphere

Volunteers need to be good at communicating, have a great sense of humour, be reliable and patient as well as willing to learn. Times and venue are yet to be confirmed, but the cafe is expected to be in Stubbington on a Tuesday afternoon.

## Community Connectors

### Volunteering in the One Community Shop



One Community's shop unit in Fareham Shopping Centre is an Information Centre for support, health awareness, volunteering opportunities and

general information. We're looking for volunteers to talk to anyone who visits the shop and deal with enquiries. You will either direct them to the support that they need locally or register them for local volunteering opportunities.

We need volunteers with a welcoming nature and good people skills. You'll be best suited to this role if you enjoy helping people.

All training and support will be given. Shifts are from 10am-1pm or 1pm-4pm, Monday to Saturday.

### Volunteer Helpers at Hampshire Libraries

Volunteer helpers are needed at libraries across Hampshire, to ensure all visitors have the best possible experience. The kinds of tasks volunteers could be involved with, depending on your skills and interests, include:

- Tidying
- Shelving books
- Weeding out books to be removed
- Shelf checks
- Photocopying
- Book repairs and jacketing
- Helping with adult groups
- Helping out at the self issue terminals
- IT support (volunteers with good IT skills providing 1-2-1 support to help people use computers)
- Event support—helping to supervise Rhyme Time, craft activities, Lego club and so on
- Home Library service, helping people who cannot get into the library by selecting their books and taking them to their home (full training and support provided)

The libraries offer a pleasant environment in which to volunteer, and provide good experience with a variety of activities. Sessions are usually three hours a week, morning or afternoon, weekdays or Saturdays.

## Finance Trustee for Yellow Door

Yellow Door is seeking a person with existing skills and experience in business and finance to work closely with Yellow Door's Treasurer to maintain an overview of their financial affairs. The successful applicant will play a key role in ensuring the organisation's financial viability and that proper financial records and procedures are updated and maintained.

Yellow Door is a registered charity supporting those who have been affected by sexual and domestic abuse. It works across South West Hampshire, covering Southampton, Eastleigh, Test Valley (South) the New Forest and the Isle of Wight.

### Business Mentors Needed

EBP South has secured funding to expand the delivery of their Activate Mentoring Programme, now going into its fourth academic year this September. This year there has seen an 80% increase in the number of schools across the Solent area signing up to the Activate Mentoring Programme with EBP South.

Activate Mentoring's aims are to give students confidence in achieving their potential, build their resilience, and assist them in future planning. It plugs the gap between the qualifications students gain at school and the soft skills which employers value; such as proactive problem solving, making a business pitch or speaking to customers on the phone.

EBP South is recruiting mentors for schools across Southampton, Portsmouth and the Solent region.

#### What makes you suitable for this role?

- You've been to school, you've been a teenager, and you've got life and work experience to draw upon
- You can provide impartial advice
- You can help build young people's soft skills

#### What will you be doing?

- You'll be matched with a student in a local school, who you'll mentor for a year
- You'll grow their confidence and build their resilience
- You'll help them re-engage with their plans for the future and support the skills that schools can't teach; in some cases, even simple conversation.

### **And what will EBP South do for you?**

- Provide training
- Organise and pay for your DBS check
- Invite you to a matching event to match you to a student
- Arrange timetabling and location
- Facilitate a mentoring community for you to share experiences.

**The next training days are 20 & 21 October in Eastleigh.**

### **Clay Technician Bursledon Brickworks**

This is an essential 'behind the scenes' role to enable the smooth running of the clay workshop. The clay workshop is an extremely important resource for the education and enjoyment of the museum users. Typical tasks and duties involved in the role:

- Recycling clay, including using a small industrial pug mill, for workshops
- Loading, unloading and programming the kiln

Heavy lifting and physical tasks are a requirement of the role, and some knowledge and experience of working with clay is desirable but not essential as full training will be given. The time commitment is at least one day a week (or two half-days).

### **Variety Club Host – Portchester Community Centre**

Portchester Community Centre is a young and vibrant place, purpose built to support the people of Portchester. The Centre is looking for a volunteer who is passionate about engaging with older people to act as a Variety Club Host on a Tuesday afternoon.

The role involves leading activities, games, and discussions; serving refreshments and snacks and clearing up afterwards. You will be confident speaking to a group and able to work in a team. You will be needed from 1-3.30pm every Tuesday afternoon.

### **Trustees for Wessex Cancer Trust**

Wessex Cancer Trust is a vibrant charity, which has spent almost 40 years supporting people in Hampshire, Dorset, Wiltshire, the Isle of Wight and the Channel Islands. The Trust exists to provide local support for people living with or affected by cancer, irrespective of their age, stage and the type of cancer. A number of the trustees have retired recently and the Trust is now seeking fresh energy in three specific areas: Finance (Qualified Accountant), Retail, PR and/or Fundraising. Full information on request.

### **Welcome Volunteers**

#### **Westbury Manor Museum, Fareham**

Welcome volunteers are being recruited for Westbury Manor Museum in Fareham. The volunteers provide information to visitors, help with the tearoom and shop and support the overall operation of the museum. Full training is given and you'll meet lots of interesting people.

For further information  
023 8090 2458

Find all our opportunities  
on [www.do-it.org](http://www.do-it.org)

One Community  
Information Centre  
55 Osborn Mall  
Fareham Shopping Centre

Email  
[volunteer@1community.org.uk](mailto:volunteer@1community.org.uk)

Website  
[www.1community.org.uk](http://www.1community.org.uk)

Registered charity number  
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Volunteer Centre  
One Community  
Funded in Fareham by  
Fareham Borough Council

Fareham Edition