

## Thank you for your interest in volunteering.

Here you will find some information about the different volunteering opportunities there are in Southampton and get a flavour too of the variety of things that volunteers can do. **All the groups listed are happy for you to contact them directly. You don't need an introduction via Southampton Voluntary Services, although please don't hesitate to get in touch if you have any queries.** Many of the groups though will have leaflets or an information pack containing further information that they can send you and will be pleased to have an initial informal chat too.

As you think about volunteering, you may like to consider the following:-

- *What do you want to achieve from your volunteering?* People volunteer for many different reasons. Maybe you want to do it to get practical experience that could help lead to a paid job? Or just to have some fun and meet people? Whatever is your motivation, it's good to think about what you want to get out of your volunteering because it helps to find a role that suits you as well as a group finding a volunteer that will fit their requirements too.
- What kind of group do you want to help? Would you prefer a large charity or a local self help group? *Is it the group or the role* that's more important?
- *How much time can you offer?* It does not have to be a lot. On average 2-3 hours weekly on a regular basis is usual. It's not how much time you can give but rather how reliable and committed you can be that's important. Also groups do try to be flexible and fit in with what a volunteer can offer.
- *How much responsibility are you ready for?* It's best to establish just how much you will feel comfortable with and what you are ready or able to take on.
- *Are you keen to learn new things?* Many roles have specific training. Or maybe you have experience and skills to share?
- Worried about "being out of pocket"? Virtually all groups offer expenses for travel and other expenses including training costs.

Most groups will have a *Volunteer Information Pack* that will include a *Volunteer Policy*. Do ask to see it, especially the Volunteer Policy as this will explain how the group intends to treat you. Some points that you may like to think about may be:-

- Check the details of the role. Ask to see a *Volunteer Task Description*. (Job Description.) It's important that volunteers understand their role and know exactly what is needed and expected of them so that both the group and the volunteers gets the best from the arrangement.
- Ask what *induction* there is and what *training* is offered. Check what *support* is given. Are there regular supervision meetings for instance?
- Ask if there is a *trial period* or a *period of shadowing someone with experience*, especially if you are not certain about the role/area of work. Also make sure you know

how much time you are expected to offer.

- *Enquire about your safety.* Check you're insured and a Risk Assessment has been done and that any equipment is appropriate and well maintained too.

**MAKING AN APPLICATION.** When you have decided where you would like to volunteer there will be an application procedure. What this entails may vary according to the role but there are some basic best practice guidelines that most groups will follow.

- **REFERENCES.** As a general rule references will be required. Commonly two are sought. These do not necessarily need to be from an employer or former employer, but can be from someone who can vouch for you and who knows you well enough to say what your character is like. If in doubt as to who to ask, please enquire with the Volunteer Co-ordinator as to whom would be considered suitable as a referee.
- **CRIMINAL RECORDS BUREAU (CRB) CHECKS.** If your volunteering brings you into contact with certain vulnerable groups, children for example, an application for a Criminal Records Bureau Disclosure is necessary. You will be asked to provide evidence of your I.D. and you will be told what documents will be required for this purpose. Volunteering roles with vulnerable groups are exempt from the provisions of the Rehabilitation of Offenders Act 1974 and all previous convictions, however minor or long ago, must be disclosed. Please note that having a criminal record will not necessarily stop you from volunteering but certain areas of work may not be possible. If you have any concerns, either discuss these with the Volunteer Co-ordinator or contact Di Bernstein, Volunteering Development Worker, Southampton Voluntary Services. Telephone 023 8021 6015 or Email [d.bernstein@southamptonvs.org.uk](mailto:d.bernstein@southamptonvs.org.uk)
- **INTERVIEW.** You should expect an interview. How formal this is will of course be determined by the nature of the volunteering role but at the least it will be a chat with the Volunteer Co-ordinator to discuss your application. Whilst enquiries are made of you, remember to ask questions too because at the end of the interview you should have a clear picture of all that is expected from their volunteers as well as knowing more about the organisation and the work that they do.

If you wish to have a copy of this Bulletin, you can download it from our website [www.southamptonvs.org.uk](http://www.southamptonvs.org.uk) by clicking on the "volunteering" link and then on "the Bulletin". "Your Volunteer Handbook" and "The Volunteers' Charter" have more general information and is found in "publications". Volunteering Information Sessions are held frequently at SVS' office, The Voluntary Action Centre. Details are on the website too. For information about more vacancies, try the national volunteering website Do-it [www.do-it.org.uk](http://www.do-it.org.uk)

**Best wishes with your volunteering.**

This has been produced as a guide to volunteering opportunities in the Southampton area. The groups listed are those that Southampton Voluntary Services have had some contact with, but we are not necessarily familiar with the quality of work they are doing. Entry in this booklet is therefore not a recommendation by Southampton Voluntary Services. Please note that the information given in this Bulletin is current as far as SVS is aware.

## ORGANISATIONS LISTED IN THIS BULLETIN

### A

- **ACTIONAID**
- **AGE CONCERN (SOUTHAMPTON)**
- **ALLEYCATS – (Hants Assoc. for the Care of the Blind)**
- **APPROPRIATE ADULT SCHEME (see entry under Rainer Wessex)**
- **ARTHRITIS CARE SOUTHAMPTON**
- **ART ASIA TRUST**
- **ARTSWORK**
- **A SPACE**
- **AWAAZ**

### B

- **BASICS BANK (see entry under SCRATCH)**
- **BEECHWOOD YOUTH PROJECT**
- **BLACK HERITAGE**
- **BLIND SOCIETY OF SOUTHAMPTON**
- **BRITISH HEART FOUNDATION**
- **BRITISH & INTERNATIONAL SAILORS' SOCIETY**
- **BTCV (BRITISH TRUST FOR CONSERVATION VOLUNTEERS)**

### C

- **CANCER RESEARCH CAMPAIGN**
- **THE CHILDREN'S SOCIETY**
- **SOUTHAMPTON CHILDREN'S PLAY ASSOCIATION**
- **CHOICES ADVOCACY**
- **CHOICES ADVOCACY FOR OLDER PERSONS**
- **SOUTHAMPTON CITY COLLEGE**
- **CINNAMON TRUST**
- **SOUTHAMPTON CITIZENS ADVICE BUREAU**
- **CITY LIMITS EMPLOYMENT**
- **CITY SHOPMOBILITY**
- **CLEAR (Also see Time Together)**
- **SOUTHAMPTON COMMUNITY CARE GROUPS**
- **COMMUNITY PLAYLINK**
- **THE COMPASSIONATE FRIENDS**
- **CONTACT THE ELDERLY**
- **COUNTESS MOUNTBATTEN HOUSE (Hospice)**
- **COXFORD AND DISTRICT YOUTH PROJECT**
- **CRIME CONCERN – BASELINE PROJECT**

- **CRIME CONCERN – 3D**
- **SOUTHAMPTON CROWN/MAGISTRATES COURT WITNESS SERVICE**
- **CRUSE BEREAVEMENT CARE SOUTH HAMPSHIRE**

## **D**

- **DISABILITY ADVICE AND INFORMATION NETWORK (DAIN)**
- **DORCAS** (look under SCRATCH)
- **THE DOOR UK**
- **DOWN TO EARTH**
- **DUKE OF EDINBURGH'S AWARD SOUTHAMPTON**

## **E**

- **EASTLEIGH COUNTRYSIDE SERVICE** (Itchen Valley Country Park)
- **EATING DISORDERS ASSOCIATION**
- **SOUTHAMPTON ENVIRONMENT CENTRE**
- **EXPERT PATIENTS' PROGRAMME**

## **F**

- **FAMILY PROJECTS (SVS)**
- **FORRESTERS RESPITE CENTRE**
- **FRIENDS OF THE CHURCH OF ST. MICHAEL THE ARCHANGEL**

## **G**

- **GROUNDSWELL**
- **THE GUIDE ASSOCIATION**

## **H**

- **3H FUND**
- **H2O Project** (Salvation Army)
- **HAMPSHIRE ADVOCACY/USER GROUP FOR THE BLIND AND PARTIALLY SIGHTED**
- **HAMPSHIRE AUTISTIC SOCIETY**
- **HAMPSHIRE ASSOCIATION FOR THE CARE OF THE BLIND**
- **HAMPSHIRE CONSERVATION VOLUNTEERS**
- **HAMPSHIRE DEAF ASSOCIATION**
- **HAMPSHIRE HARRIERS – Wheelchair Basketball Club**
- **HAMPSHIRE SEARCH & RESCUE (HANTSAR)**
- **HAMPSHIRE & IOW WILDLIFE TRUST**
- **HEADWAY CENTRE**

- **HEARING DOGS FOR THE DEAF**
- **HIDEAWAY JUNIOR YOUTH CLUB**
- **HOPE LODGE SCHOOL**
- **SOUTHAMPTON HOSPITAL RADIO**
- **HUNTINGTON'S DISEASE ASSOCIATION**
- **HYDE HOUSING ASSOCIATION**

## **I**

- **INDEPENDENT AGE**
- **INDEPENDENT MONITORING BOARD**

## **J**

- **JUNIOR NEIGHBOURHOOD WARDENS – SOUTHAMPTON CITY COUNCIL**

## **L**

- **LEAGUE OF FRIENDS OF SOUTHAMPTON EYE UNIT**
- **LEAGUE OF FRIENDS OF THE WESTERN COMMUNITY HOSPITAL**
- **THE LEUKAEMIA CARE SOCIETY**
- **LIBERTY CHILD**
- **LIGHT OF THE WORLD TRUST**

## **M**

- **MACMILLAN CANCER RELIEF – SOUTH HAMPSHIRE NURSE APPEAL**
- **MARIE CURIE CANCER CARE**
- **MARIE CURIE CANCER CARE – COMMUNITY FUNDRAISING**
- **MAYFIELD NURSERY HORTICULTURAL THERAPY PROJECT**
- **SOUTHAMPTON MENCAP**
- **SOLENT MIND – APPROPRIATE ADULT SCHEME**
- **SOLENT MIND – THE CAFÉ CLUB**
- **MOORGREEN HOSPITAL**
- **MOTOR NEURONE DISEASE ASSOCIATION (SOTON & DISTRICT BRANCH)**

## **N**

- **NAOMI HOUSE CHILDREN'S HOSPICE**
- **NATIONAL OSTEOPOROSIS SOCIETY SO'TON & DISTRICT GROUP**
- **NATIONAL SOCIETY FOR EPILEPSY**
- **SOUTH HAMPSHIRE NATIONAL TRUST VOLUNTEERS**
- **NEW BRIDGE**

- **NEW FOREST,SOUTHAMPTON & SW HAMPSHIRE MEDIATION**
- **NO LIMITS**
- **NORTHAM 521 – YOUTH CLUBS**
- **NSPCC**

## **O**

- **OAKLANDS COMMUNITY CYBERCAFE**
- **OCKENDEN INTERNATIONAL**
- **ON THE LEVEL (NSF MENTORING PROJECT)**
- **SOUTHAMPTON OPPORTUNITY GROUP**
- **OXFAM**
- **OXFAM – THE PORTSWOOD SHOP**

## **P**

- **PARENTLINE PLUS HAMPSHIRE**
- **PARENT SUPPORT LINK**
- **PDSA (PEOPLES DISPENSARY FOR SICK ANIMALS)**
- **PUKAAR PROJECT**

## **R**

- **THE RAMBLERS' ASSOCIATION**
- **THE RAINBOW PROJECT**
- **RAINER WESSEX APPROPRIATE ADULT SCHEME**
- **SOUTHAMPTON RAPE CRISIS AND SEXUAL ABUSE COUNSELLING SERVICE (and the Star Project)**
- **BRITISH RED CROSS (HAMPSHIRE)**
- **BRITISH RED CROSS (SOUTHAMPTON)**
- **RED LODGE COMMUNITY POOL**
- **RELATE SOLENT**
- **THE RIBBONS CENTRE**
- **ROSE ROAD ASSOCIATION**
- **ROSHNI ASIAN ELDER'S DAY CARE CENTRE**
- **R.S.P.B – THE ROYAL SOCIETY FOR THE PROTECTION OF BIRDS**
- **RUKBA (ROYAL UNITED KINGDOM BENEFICENT ASSOCIATION)**

## **S**

- **SAFE IN SOUND**
- **SALVATION ARMY DROP-IN CENTRE H2O PROJECT (See H2O)**
- **SOUTHAMPTON DISTRICT SAMARITANS**
- **THE SAVE THE CHILDREN FUND**

- **SCA – COMMUNITY CARE SERVICES**
- **SCA – COMMUNITY CARE SERVICES – (MULTI-CULTURAL DAY CARE CENTRE)**
- **SCA – SUPPORT SERVICES**
- **SCHOOL GOVERNORS’ ONE-STOP SHOP**
- **SCOPE**
- **SCRATCH**
- **SECTOR SERVICES – SOUTHAMPTON INDUSTRIAL THERAPY ORGANISATION**
- **SEMBAL HOUSE RESOURCE CENTRE**
- **SHIRLEY WARREN COMMUNITY GARDEN GROUP**
- **SIMON SAYS CHILD BEREAVEMENT**
- **SOCIETY OF ST JAMES**
- **SOLENT SKILLS QUEST/WHEATSHEAF TRUST**
- **SOLENT SKILLS QUEST FACE 2FACE PROJECT**
- **SOLENT SKY (formerly Southampton Hall of Aviation)**
- **THE SOLENT STEAM PACKET (S.S.P. SHIELDHALL)**
- **SOLENT YOUTH ACTION**
- **SOUTHAMPTON AREA CO-OPERATIVE DEVELOPMENT AGENCY (SACDA)**
- **SOUTHAMPTON CITY CENTRE PARISH**
- **SOUTHAMPTON CITY PCT – Moorgreen Hospital**
- **SOUTHAMPTON CO-OPERATORS CREDIT UNION LIMITED**
- **SOUTHAMPTON COUNSELLING LTD**
- **SOUTHAMPTON COUNSELLING & THERAPY CENTRE**
- **SOUTHAMPTON HOMELESSNESS VOLUNTEERS PROJECT**
- **SOUTHAMPTON RAINBOW CLUB FOR THE DEAF/BLIND**
- **SOUTHAMPTON SCRAP STORE**
- **SOUTHAMPTON SEAFARERS CENTRE**
- **SOUTHAMPTON SOCIAL SERVICES – GLEN LEA RESIDENTIAL CARE HOME**
- **SOUTHAMPTON SOCIETY FOR THE BLIND**
- **SOUTHAMPTON SPECIAL PURPOSE WORKSHOP (SSPW)**
- **SOUTHAMPTON SUNDAY LUNCH CLUB**
- **SOUTHAMPTON UNIVERSITY HOSPITALS NHS TRUST (including Hospital Radio and League of Friends)**
- **SPURGEON’S CHILD CARE**
- **SSAFA FORCES HELP**
- **ST. BASIL’S**
- **ST. DENYS COMMUNITY HELP PROJECTS**
- **ST. JOHN AMBULANCE**
- **THE STROKE ASSOCIATION**
- **SWAYTHLING YOUTH CLUB**

**T**

- **SOUTHAMPTON AREA TALKING ECHO**
- **THORNHILL YOUTH CENTRE – UK ONLINE CENTRE**
- **TIME TOGETHER**
- **TOOLS FOR SELF RELIANCE (TFSR)**
- **TWO SAINTS DAY CENTRE**
- **TUG TENDER CALSHOT TRUST**

## **U**

- **SOUTHAMPTON AND DISTRICT UNEMPLOYED CENTRE (SDUC)**

## **V**

- **SOUTHAMPTON VICTIM SUPPORT**
- **VITALISE** (formerly the Winged Fellowship Trust)
- **VOLUNTEER READING HELP**

## **W**

- **WATERWAY RECOVERY GROUP**
- **THE WAYNE HOWARD TRUST**
- **SOUTHAMPTON WOMEN'S AID**
- **WESSEX CANCER TRUST**
- **WESSEX YOUTH OFFENDING TEAM**
- **WORKING WOMENS PROJECT**

## **Y**

- **SOUTHAMPTON YOUNG CARERS PROJECT**
- **SOUTHAMPTON YMCA**
- **MILLENNIUM VOLUNTEERS, YMCA FAIRTHORNE MANOR**
- **YOUNG ENTERPRISE**

## **VOLUNTEERING OPPORTUNITIES INFORMATION**

**(Please note that some information may follow onto the next page)**

### **ACTIONAID UK**

**Aim:** working towards the eradication of poverty worldwide

**Activities of organisation:** Actionaid UK works in 42 countries in Africa, Asia and Latin America and campaigns on a national and international level on issues such as unfair trade, debt release, food rights and universal access to HIV/AIDS treatments. They were key players in the 2005 Make Poverty History campaign and are members of the Disasters Emergency Committee (DEC). **Volunteer Opportunities and Tasks Involved:** Local Events Co-ordinator who will raise awareness of Actionaid UK's work by liaising with the local media/developing an Events Programme/recruiting people, maybe through a fundraising event, to fundraise through a variety of activities – quizzes/coffee mornings/sponsored walks etc/give talks to various groups.

**Skills/knowledge desired:** Confident/self-motivated and passionate about the issues facing the world's poorest people. The person must also be able to recruit and motivate fundraisers and supporters and be able to organise fundraising events. **Time Commitment:** negotiable **Training:** yes

**Contact:** Katharine MacVine, Regional Events Co-ordinator **Telephone:** 020 7561 7555 **Email:** [cfid@actionaid.org.uk](mailto:cfid@actionaid.org.uk) **Address:** Hamly House, Macdonald Road, London N19 5PG **Website** [www.actionaid.org.uk](http://www.actionaid.org.uk)

### **AGE CONCERN SOUTHAMPTON – PADWELL ROAD DAY CENTRE**

**Aim:** To maintain older people in the community and to provide support and respite for carers.

**Volunteer Opportunity and Tasks Involved:**

1. Assistant to help with serving refreshments and to be involved with sociable activities.
2. Administration helper able to assist clients too in gaining computer skills.
3. Crafts person to help with craft activities.

**Skills/knowledge desired:**

1. It would be helpful to have experience of caring for older people and/or working with people with mental health problems.
2. You will need a level of computer skills sufficient to help others learn.
3. Good creative ideas and skills to share with others. Currently we are doing painting, collage, etc. but would welcome volunteers with other creative skills that can be shared with older people using the centre.

**Time Commitment:** between 9.30am - 3.30pm (negotiable) Monday –

Friday. **Training:** In-house. **Expenses:** Travel and meal allowance paid.

**Accessible for Wheelchair Users:** Yes **Contact/Telephone:** Rae Curtis 023 8022 7166 from Monday to Friday **Address:** 11-21 Padwell Road, So'ton.

### **AGE CONCERN SOUTHAMPTON**

**Aim:** To promote the well-being of older people and aim to enhance their quality of life. **Volunteer Opportunities and tasks involved:**

1. Receptionist to welcome visitors to our offices in Saxon Gate and help with answering the telephone. This is an important role within our organisation.

Our reception volunteers are there to make our visitors comfortable, make appointments or, if an advisor is not available, to take details so that an advisor can contact the caller later.

2. Volunteer Information and Advice Advisor. Providing older people, their families and carers with information on a wide range of issues. Support and training will be given to all volunteers.
3. Visiting Service Volunteers. Visitors, who are able to commit to a regular time, are always wanted to visit isolated older people.
4. Telephone Club. Age Concern would be delighted to welcome you as a 'telephone friend'. We will link you up with an isolated older person that you can 'visit' by telephone without leaving your home. We are also looking for a Volunteer Co-ordinator for this service. This would require working in the office one morning or afternoon a week, contacting the telephone volunteers and also getting involved in recruiting new volunteers.
5. Computer Training. We run free computer classes for older people in Shirley. Our volunteers are there to offer one-to-one support and guidance. We aim to build the confidence that might enable an older person to join a formal class or buy their own computer. All we ask of our volunteers is that they are confident themselves with a computer and are willing to share their knowledge.
6. Charity Shops. Age Concern has Charity Shops in Shirley, Portswood and Woolston. Help to run our shops is always welcome.

#### **Skills/knowledge desired**

1. Good interpersonal skills and confident telephone manner.
2. Empathy with older people's needs; good listening and communication skills; preferably with some experience of providing information and advice
3. Empathy with older people's needs; good communication skills.
4. As 3 above and the ability to co-ordinate a service or activity.
5. Computing (basic) and empathy with older persons.
6. Previous retail experience not necessary; serving customers; stock preparation; keeping shop tidy etc. **Time Commitment:** Varies depending on opportunity. Please enquire. **Training:** Induction to the service and Age Concern Southampton and as appropriate to each role. **Expenses:** Travel paid. **Accessible to wheelchair users:** Yes. **Contact:** Volunteer co-ordinator: (023) 8036 8636 **Email:** [ageconcern.southampton@virgin.net](mailto:ageconcern.southampton@virgin.net) **Address:** Age Concern Southampton, 1 Saxon Gate, Back of the Walls, Southampton SO14 3HA. **Additional Information:** If you can only give time occasionally we have opportunities to help with fundraising by assisting with the street collections. Please enquire.

#### **ALLEYCATS – HANTS ASSOC FOR THE CARE OF THE BLIND (HACB)**

**Aim:** To support visually impaired people. **Volunteer Opportunities and**

**Tasks Involved:** Drivers (for Solent Alleycats) – driving and guiding.

**Skills/knowledge desired:** Driving licence. **Time Commitment:** Alternate

Wednesdays from 11.00am to 2.00pm approximately. **Training:** A day's

course on sight loss awareness is provided, please enquire for fuller details.

**Expenses:** Travel paid. **Accessible for Wheelchair Users:** Yes. **Contact /**

**Telephone:** Tom McNulty 023 8064 1244 **Additional Information:** The

“Alleycats” is an active group of blind and partially sighted people who enjoy their fortnightly visit to the bowling alley. The group, once at the bowling alley, would not require any assistance from the volunteer, during the 2 hour stay. The volunteer is welcome to stay and join in the fun.

### **ARTHRITIS CARE SOUTHAMPTON**

**Aim:** To empower people with arthritis to take control of their arthritis, their lives and their organisation.

**Volunteer Opportunities and Tasks Involved:**

1. General assistants for help with meetings etc (see additional information below) – please enquire for further details
2. Driver for social activities

**Time Commitment:** Please enquire **Training:** None specified **Expenses:**

Travel paid. **Accessible for Wheelchair Users:** Yes **Contact / Telephone:**

Jan Saunders – Chairperson 023 8077 3086 **Additional Information:**

Currently looking for people to help run their monthly meetings, setting out chairs and tables, helping with refreshments and so on. Meetings take place on the first Monday of the month at 7.00pm at Sembal House, Handel Terrace, Southampton.

### **ART ASIA TRUST**

**Aim:** To promote and develop high quality performance of South Asian arts, music and dance, enhanced by educational activities to provide a rich and satisfying experience for all. **Volunteer Opportunity:** Administration helpers. **Skills/knowledge desired:** None specific other than to be friendly and enthusiastic and happy to be part of the team. **Time commitment:** Help is needed occasionally usually for 1 or 2 days between 10.00 a.m. and 6.00 p.m.

**Training:** All relevant provided. **Expenses:** Refreshments provided.

**Accessibility:** Transport is not provided but the building does have full access. **Contact:** Rehana Amin, Marketing Assistant. **Telephone:** 023 8022 6212 **Address:** Suite 3, Fairways House, Mount Pleasant Road,

Southampton SO14 OQB **Additional information:** The work usually involves helping with the mailing of the quarterly newsletter and will involve tasks such as envelope stuffing, stamping and franking.

### **ARTSWORK**

**Aim:** To develop creative opportunities for young people aged between 12 – 25 years and especially to work with young groups of people who may be at risk. **Volunteer Opportunities and Tasks Involved:** An assistant to give some admin support and to help organise and run some training days.

**Skills/knowledge desired:** Good admin and organisational skills helpful. Need to be competent with computers – Windows XP helpful. Need to be confident on telephone. **Time Commitment:** please enquire as these are flexible **Training:** none specified **Accessible for Wheelchair Users:** yes

**Contact / Telephone:** Claire Wilkins 023 8063 0960

### **A SPACE**

**Aim:** to assist emerging artistic talent

**Activities of organisation:** arranging art exhibitions and various projects

**Volunteer Opportunities and Tasks Involved:** An Information Support

Officer to help run a contemporary arts organisation. Working alongside the existing team members the person would help maintain, update and develop current administrative systems; assist in the curatorial and programming processes and act as the point of contact in the absence of other members  
**Skills/knowledge desired:** Enthusiasm/dedication and professionalism together with organisational skills and able to communicate effectively. Ideally the role suits anyone with some knowledge of working in the arts although not crucial as full training and induction will be given. **Time Commitment:** negotiable during the daytime throughout the week/weekend. **Training:** yes  
**Contact:** Daniel Crow, Senior Officer **Telephone:** 023 8033 8778 **Email:** [dan@aspace4.com](mailto:dan@aspace4.com) **Address:** The Bargate Monument, High St., Southampton SO14 1HF. **Website:** [www.aspace4.com](http://www.aspace4.com)

### **AWAAZ**

**Aim:** To provide activities for children and young people from 3 to 16 years with special needs and give respite and support to parents/carers. **Volunteer Opportunities and Tasks Involved:** General helpers - setting up equipment and activities, engaging participants in creative play and sport activities. To help put away equipment etc at the end of session time. **Skills/knowledge desired:** volunteers must be over 18 years of age/able to lift and carry equipment / experience of children with special needs would be a bonus but is not essential/experience of sensitivity to the needs of parents and children from the Asian community/the ability to speak Punjabi/Urdu would be an asset. **Time Commitment:** Thursday during term time. **Training:** please enquire for fuller details. **Expenses:** please enquire. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Parveen Ishfaq / 023 8033 0007 on Thursday from 4.30pm – to 6.30pm **Address:** c/o Newtown Youth Centre, Graham Road, Newtown, Southampton, SO14 0AW

### **BEECHWOOD YOUTH PROJECT**

**Aim:** To encourage and support children to achieve their full potential  
**Volunteer Opportunities and Tasks involved:** Activities Assistant who will encourage children to carry out specific projects such as developing a natural garden and to get involved in various activities involving arts and craft, music and drama. **Skills/knowledge desired:** Ideally someone who is not judgemental and who is able to motivate with lots of enthusiasm and energy. Perhaps too, someone who has experience of working with children and young people but this is not essential. **Time Commitment:** Wednesday and/or Thursday 4.00 – 6.00pm **Training:** Interacting with children aged 10/13 through play and arts and craft. **Expenses:** Travel **Accessible for Wheelchair Users:** yes and on main bus route – 10 minutes walk from Bitterne Triangle. **Contact / Telephone:** Leesa Betteridge Youth Worker Telephone 023 80227692 (term time only) or 0792 192 4808 **Email:** [info@beechwood.southampton.sch.uk](mailto:info@beechwood.southampton.sch.uk) **Address:** Beechwood Junior School, Juniper Road, Bitterne Park, Southampton. **Additional information:** We are actively seeking to have a diverse range of volunteers and particularly encourage older people to join us.

## **BLACK HERITAGE**

**Aim:** To focus on African Caribbean older persons who are isolated in the community - to offer support, enhance awareness of services, facilities etc., to act as a resource centre, enable networking with others, recruit and train volunteers. **Volunteer Opportunity and Tasks Involved:** Volunteer for the Older Persons Club – to advance knowledge through training and learning new skills, social contact with group members and other volunteers

**Skills/knowledge required:** listening skills, an ability to communicate with older people **Time Commitment:** Tuesday, Wednesday or Thursday evenings – please enquire **Training:** depends on individual's needs

**Expenses:** please enquire **Accessible for Wheelchair Users:** yes – please enquire for full details **Contact / Telephone:** The Co-ordinator 023 8036 6488

**Address:** 53 Northumberland Road, Newtown, Southampton, SO14 0EJ

## **BLIND SOCIETY OF SOUTHAMPTON**

**Aim:** To meet the needs of blind or partially sighted citizens of Southampton.

### **Volunteer Opportunities and Tasks Involved:**

1. Luncheon Club Organiser – To organise and lead a monthly luncheon club on Thursday or Friday afternoon. This involves arranging a lunch at a pub or restaurant utilising our minibuses and volunteer drivers. Attended by on average 35 blind or partially sighted members. Office back-up available.
2. Casework Teacher and Casework Helper (3 hours per week)
3. Swimming Activity Leader (2 half days)
4. Minibus and private car drivers
5. Minibus helpers (escorts)
6. 1-2-1 Home Visitors (2/3 hours per week)
7. Home Visiting & Talking Book Assessment Co-ordinator (initially 2 days per week)
8. Specialist Equipment Demonstrator (one half day per week)
9. Fundraising Helpers
10. Public Speakers
11. General Office Assistants (one half day per week)
12. Touch Typing Teachers (3 hours per week)

### **Skills/knowledge desired:**

1. Good organisational skills. Ability to get on well with elderly people. Patience!
2. Knowledge of casework desirable, training given to helper
3. Good swimmer, leadership qualities, well organised
4. MIDAS Training can be provided, full clean driving licence essential
5. Good with people, patient, reliable
6. Good communication skills, patience
7. Training provided, good organisational skills, people management
8. Training provided, good communicator, practical
9. To be available when needed, previous experience an advantage
10. To speak in schools/clubs etc. when needed, confident person, excellent communication skills.
11. Computer literacy preferred, good 'phone manner, well organised
12. Typing teaching experience not necessary, although experience of touch-typing is preferable.

**Time Commitment:** varies - depending on opportunity - please enquire for details **Training:** All volunteers must attend an 'Understanding Sight Loss' course. Midas training given to minibus drivers. Further training may include a First Aid Course & guiding blind people. Some vacancies will require a Police Check to be carried out. **Expenses:** Travel and lunch paid if applicable **Accessible for Wheelchair Users:** full disabled access at Centre  
**Contact:** Kathryn Arnold **Address:** 3 Bassett Avenue, Southampton, SO16 7DP **Telephone:** 023 8076 9882 **Additional Information:** A Treasurer is required. Someone with appropriate skills and experience needed for this key position on the management board. For an initial informal chat about this vacancy, contact Kathryn Arnold as above.

#### **BRITISH HEART FOUNDATION**

**Aim:** To raise funds for heart research **Volunteer Opportunity and Tasks Involved:** General Assistant for shop to help at the till, steaming, hanging, ticketing etc. **Skills/Knowledge desired:** none specific **Time Commitment:** Shop is open Monday to Saturday – please enquire for details **Training:** depends on the area that the volunteer wishes to work in - but can offer full training and accreditation scheme **Expenses:** travel expenses paid if more than four hours worked **Accessible for Wheelchair Users:** please enquire  
**Contact:** Brian Roberts **Telephone:** 023 8023 6665 **Address:** 78 East Street, Southampton, SO14 3HQ

#### **BRITISH HEART FOUNDATION**

**Aim:** To beat heart disease. **Volunteer Opportunity and Tasks Involved:** Schools co-ordinator. To contact local schools 2-4 yearly to introduce BHF and promote school events. Give talks to pupils. Attend events and promotions. **Skills/Knowledge desired:** Good communicator. **Time Commitment:** hours to suit during term-time. **Training:** please enquire. **Expenses:** to be agreed **Contact:** Mary Bareham, Area Organiser. **Telephone:** 02392 467904

#### **BRITISH & INTERNATIONAL SAILORS' SOCIETY**

**Aim:** To provide care to seafarers. **Volunteer Opportunity & Tasks Involved:** Member of the trustee board. **Skills/knowledge desired:** Support for the Christian motivation of the Society, an understanding of seafarers and seafaring, experience of marketing and/or fundraising. **Time Commitment:** please enquire. **Training:** please enquire. **Expenses:** Travel and subsistence paid. **Contact:** Alan Smith, General Secretary. **Telephone:** 023 8051 5950 **Email:** [admin@biss.org.uk](mailto:admin@biss.org.uk) **Additional information:** The Society (also a Company limited by guarantee) exists to provide Christian care to seafarers regardless to race, gender, creed or faith. The Society provides pastoral care in over 90 ports in 28 countries through a network of Chaplains and ship visitors. It maintains a care home, retirement flats and short term hostel accommodation for seafarers and a small number of grants to those studying to be seafarers.

#### **BTCV (British Trust for Conservation Volunteers), MIDWEEK (Wednesday Conservation Volunteer Group)**

**Aim:** To involve and train volunteers to work on a programme of conservation

projects. **Volunteer Opportunity and Tasks Involved:** Conservation Volunteers - to join a team of volunteers on practical conservation tasks (programme available) **Skills/knowledge desired:** all training given **Time Commitment:** Wednesdays from 10.00am to 4.30pm (Pick ups can be arranged from 9am onwards) **Training:** all volunteers trained to do the tasks in hand as well as Health and Safety. Leaders have individual training relevant to their needs. **Expenses:** not paid, but a minibus is provided from Eastleigh & Winchester Rail stations. **Accessible for Wheelchair Users:** not usually. **Contact / Telephone:** Rod Hall / 8040 3852 **Additional Information:** work takes place in a variety of locations in central and southern Hampshire. Fuller details are available on request.

**BTCV (British Trust for Conservation Volunteers) Green Gym Aim:** To create and sustain environmental action within local communities by providing individuals with knowledge, skills and confidence. **Volunteer Opportunity & Tasks Involved:** Green Gym volunteer carrying out activities such as woodland management and community garden work. **Skills/knowledge desired:** None necessary as all training will be given. **Expenses:** Refreshments on task. **Accessibility:** Sites accessible by public transport. Site wheelchair accessible mostly dependant on weather conditions. **Contact:** Julia Fraser 01962 774714 Email: [j.fraser@btcv.org.uk](mailto:j.fraser@btcv.org.uk)

#### **CANCER RESEARCH CAMPAIGN**

**Aim:** Fundraising to assist research in finding a cure for cancer. **Volunteer Opportunities and Tasks Involved:** Assistants in shops – serving, sorting items, steaming, ticketing. **Skills/knowledge desired:** promote good customer relations, proficiency on till, basic selling skills, team work /knowledge of security procedures. **Time Commitment:** variable so please enquire with each shop **Training:** NVQ in retail operations / customer service may be available, please enquire. **Expenses:** please enquire but usually travel is paid **Contact / Telephone (for East Street Shop):** Caroline Fox 023 8022 3775 Monday-Saturday (9.00am-5.00pm) **Address:** 10 East Street Southampton SO14 3HE **Contact / Telephone (for Portswood shop):** Jennifer Ashworth / 023 8067 1868 **Address:** Unit 1 The Broadway, Portswood, Southampton, SO17 2NH **Additional Information:** The East Street Shop has these additional opportunities: - (1) Display Assistant. Mondays 2- 6hours. (2) Stock Preparation Assistant. Tuesdays or Thursdays. (3) Music Assistant. Tuesday (4) Book Assistant. Thursdays. If you have not worked in a shop before and would like to try it out, "Taster Days" are offered together with in house training. Volunteers from 16 years upwards are welcome.

#### **THE CHILDREN'S SOCIETY (PORSTWOOD)**

**Aim:** To be a positive force for change in the lives of young people whose circumstances make them vulnerable. **Volunteer Opportunities and Tasks Involved:** Shop Assistants – customer enquiries and purchases, cash till, display stock/shop merchandising, sorting stock. **Skills/knowledge desired:** no specific skills required although a willingness to learn is desired. **Time Commitment:** negotiable. **Training:** Induction training includes: Health & Safety provision, shop security and instruction in any equipment provided e.g.

till. **Expenses:** travel paid and other expenses offered. **Contact / Telephone:** Roy Foster / 023 8078 3378. **Address:** 8a Shirley High Street, Shirley, Southampton, SO15 3LR; 3 Broadway, Portswood, Southampton

### **SOUTHAMPTON CHILDRENS' PLAY ASSOCIATION (SCPA)**

**Aim:** To support, promote and develop play projects for 5 to 14 year olds  
**Volunteer Opportunities and Tasks Involved:** Play workers - for Junior Clubs and Play Schemes at various locations in the city – to work alongside a team of play workers providing play opportunities for approximately 20 children aged 5-14 years. To set up and pack away activities, and help the children when required. **Skills/knowledge desired:** Some knowledge/experience of working with children (e.g. looking after siblings) patience, understanding and must like children. **Time Commitment:** Various times available dependant on the location – please enquire. **Training:** Informal meetings with the Play Development Officer. Club Leader carries on with induction. Play training is offered and other related courses are offered free of charge. **Expenses:** travel, childcare and meal allowance paid where appropriate. **Accessible for Wheelchair Users:** most premises – please enquire. **Contact / Telephone:** Lisa Boulton or Karen Ayling 023 8033 7888 – no set times, answer phone available **Address:** Unit 9 Acorn Workshops, Empress Road, Southampton, SO14 0JY Additional **Information:** the Junior Clubs run after school during term-time. Play Schemes during school summer holidays during the day.

### **CHOICES ADVOCACY**

**Aim:** To provide long-term, crisis and self-advocacy support to adults (16+) with learning disabilities enabling them to 'speak up'. **Volunteer Opportunities and Tasks Involved:** Advocates – listening and giving support. (18+) **Skills/knowledge desired:** empathy towards adults with learning disabilities. **Time Commitment:** flexible - by arrangement. **Training:** full induction and 'in-house' training covering all aspects of citizen advocacy - e.g. values, communication, history of services, confidentiality, equal opportunities etc. **Expenses:** travel, telephone and other expenses by arrangement are paid. **Accessible for Wheelchair Users:** no **Contact:** Helen Draper **Telephone/Fax:** 023 80337735. 023 8033 7735 **Address:** Croxley House, 63 Millbrook Road East, So'ton, SO15 1HN

### **CHOICES ADVOCACY FOR OLDER PERSONS**

**Aim:** To provide an independent voice and support to older persons.  
**Volunteer Opportunities and Tasks Involved:** Advocates – listening and giving support. **Skills/knowledge desired:** empathy with older people. **Time Commitment:** flexible by arrangement. **Training:** full in-house training. **Expenses:** travel, telephone and others expenses by arrangement are paid. **Accessible for Wheelchair Users:** no. **Contact / Telephone:** Darryl Fryatt / 023 8033 7735 **Address:** Croxley House, 63 Millbrook Road East, Southampton, SO15 1HN **Additional Information:** fuller details available on request.

### **CINNAMON TRUST**

**Aim:** To assist elderly and terminally ill people to retain their pets.

**Volunteer Opportunities and Tasks Involved:** 'Walkers and Fosterers' - dog walking, fostering of animals, transporting to vets etc. **Skills/knowledge desired:** love of animals/empathy with the elderly. **Time Commitment:** variable. **Training:** no formal training given. **Contact / Telephone:** Marilyn Tenbeth (Volunteer Co-ordinator) / 01736 757900 **Address:** Foundry House, Foundry Square, Hayle, Penzance, Cornwall, TR27 4HH **Additional Information:** the volunteering is at home locality and occasionally an opportunity may occur in So'ton.

### **SOUTHAMPTON CITIZENS ADVICE BUREAU**

**Aim:** To offer an advice service to all members of the community, that is free, confidential, impartial and independent.

**Volunteer Opportunities and Tasks Involved:**

1. Advisors – interviewing clients and identifying needs/providing advice and information/ keeping records (fuller information available on request).
2. Administrative Assistants – general office duties.

**Skills/knowledge desired:**

1. Advisers – good communicator/literacy/numeracy/listening skills (fuller information available on request).
2. Administrative Assistants – reception duties and knowledge of office practices.

**Time Commitment:** minimum of 7 hours per week for advisers/negotiable for Administrative Assistants. **Training:** basic training programme for advisers takes 6 months to complete and further training is available.

**Expenses:** travel paid. **Accessible for Wheelchair Users:** yes **Contact / Telephone:** Robert Smith / 023 8022 3659 **Address:** 3 Kings Park Road, Southampton SO15 2AT. **Additional Information:** as a member of the National Association of Citizens Advice Bureau (NACAB) the Southampton bureau is committed to: - ensuring individuals do not suffer through lack of knowledge of their rights and responsibilities or of the services available or through an inability to express their needs effectively. Further, to exercise a responsible influence in the development of social policies and services both locally and nationally.

### **SOUTHAMPTON CITY COLLEGE – BASIC SKILLS**

**Aim:** To improve the basic literacy skills of adults in English, Maths and Oral Communication. **Volunteer Opportunities and Tasks Involved:** Assistants to tutors - all work directed by group tutor. **Skills/knowledge desired:** Level 2 qualifications in English/Maths - i.e. GCSE A-C or key skills Level 2, also 'people' skills – as many of our students lack confidence. **Time Commitment:** 1 session (2 hours) per week for 1 year. **Training:** Please enquire for details **Expenses:** travel paid. **Accessible for Wheelchair Users:** some access. **Contact / Telephone:** Vanessa Hooper, Basic & Supported Learning 023 8057 7609 **Address:** Southampton City College, St Mary Street, Southampton. **Additional Information:** Fuller details available on request and an initial visit to a group is offered before taking up placement.

## **CITY LIMITS EMPLOYMENT**

**Aim:** To support adults with learning disabilities in the opportunity to work within the voluntary sector, this will include, getting to and from work and working alongside a person in a work place.

**Volunteer Opportunities and Tasks Involved:** Assistant to help support people in getting to and from their job and/or working alongside a person in their work place, be involved in bus training, be valued part of staff team. To assist and complement professional staff, to support individuals to develop the skills necessary for daily living in the community and in the work place.

**Skills/knowledge desired:** communication skills/positive attitude towards the rights of people with learning disabilities /flexible approach/able to work in a changing environment **Time Commitment:** minimum of 2 hours – between office hours of 9.00am to 5.00pm Monday to Friday. **Training:** Induction, in-house training and support in job coaching, bus training, communication skills & anti-discriminatory practice and further training opportunities include NVQ assessments **Expenses:** travel paid **Accessible for Wheelchair Users:** please enquire. **Contact / Telephone:** Christine Crockford 023 8051 2238 **Additional Information:** CRB (Police) checks will be sought. Generally volunteering opportunities are available connected to supporting people with disabilities and especially helping individuals into employment.

## **CITY SHOPMOBILITY**

**Aim:** To enable people with walking difficulties to access and enjoy the city centre shopping facilities

**Volunteer Opportunities and Tasks Involved:**

1. Office Assistant
- 2 Shopping Companion

**Skills/knowledge desired:**

1. Office Assistant – to meet and greet customers, answer phone, filing, photocopying etc. Basic cash handling and those with I.T. skills can get involved with spreadsheet and database work.
2. Shopping Companion - accompanying people to assist with shopping needs. Ability to communicate effectively and with confidence is essential. Disability awareness is highly beneficial.

**Time Commitment:** please enquire. **Training:** Induction provided, in-house training given on vehicles, admin etc. **Expenses:** Travel paid, possibly meal allowance **Accessible for Wheelchair Users:** fully accessible

**Contact / Telephone:** Sarah Baker 023 8063 1263 **Address:** 7 Castle Way, Southampton, SO14 2BX

## **CLEAR**

**Aim:** Supporting and responding to the needs of asylum seekers and refugees in the Southampton area and promoting a co-ordinated package of support in partnership with Southampton City Council and others.

**Volunteer opportunities and tasks involved:**

1. Befrienders to link up with individual asylum seekers needing practical help i.e. taking them to medical appointments, teaching them English
2. Volunteers for the bike workshop.
3. Assistant to co-ordinate drop-in held on Monday afternoon

4. Receptionist at our office between 10-12 weekdays.

**Skills/knowledge desired:**

1. Caring person with interest in those from other cultures with limited English; car driver useful but not essential.
2. Basic technical skills, interest in bikes
3. Generally a willingness to help organise activities and support co-ordinator. It may be possible to take the lead after a while.

**Time Commitment:** please enquire, most times to suit. **Training:** specific to the particular project. **Expenses:** travel, parking. **Accessible for wheelchairs:** good access at the office. **Contact & telephone/fax:** Stella Haig, Project Manager 023 8022 1111

### **SOUTHAMPTON COMMUNITY CARE GROUPS**

**Aim:** To help people, especially older people and people with disabilities, with a range of small tasks. **Volunteer Opportunities and Tasks Involved:** Helpers to be visitors, collect shopping, do gardening, carry out simple D.I.Y, make meal deliveries etc. **Skills/knowledge desired:** empathy with older people and people with disabilities. **Time Commitment:** flexible **Training:** all relevant training is offered. **Expenses:** please enquire **Accessible for Wheelchair Users:** unable to specify. **Contact / Telephone:** Di Bernstein / 023 8021 6015– office hours **Address:** SVS, The Voluntary Action Centre, Kingsland Square, St. Mary's Street, Southampton SO14 1NR. **Additional Information:** There are several groups around the city including Shirley, Bassett/Swaythling. Basically these are 'good neighbour' schemes ideal for people wishing to help out in their own communities.

### **COMMUNITY PLAY LINK**

**Aim:** To offer low cost activities for parents/carers and their under fives by supporting and developing Toy Libraries and Toddler Groups. **Volunteer Opportunities and Tasks Involved:** Assistants - supporting groups by making refreshments, providing drinks etc for adults and under fives and helping to put out and pack away toys. Supporting the group in any way as agreed with the group contact. **Skills/knowledge desired:** please enquire. **Time Commitment:** 2-3 hours per week. **Training:** Please enquire **Expenses:** travel paid. **Accessible for Wheelchair Users:** please enquire. **Contact:** Pam McCune **Address:** 170-172 Northam Road, Southampton, SO14 0QF **Telephone:** 023 8033 5362 from Monday – Wednesday 9.00am to 12noon **Additional Information:** This may appeal to an older person. Groups meet in a wide variety of venues throughout the City. **Additional information: Committee Members (Trustees)** sought. Chairperson, Vice Chairperson and general committee members needed to manage the affairs and staff of organisation. Meetings are monthly on Wednesday evenings. Opportunities to join sub-groups for Fundraising, Special Events, Policy & Procedures, Training Employment and Recruitment. Anyone with experience in these areas particularly welcome.

## **THE COMPASSIONATE FRIENDS**

**Aim:** To support bereaved parents.

**Volunteer Opportunities and Tasks Involved:** Supporters – to carry out contact by telephone and correspondence and giving of information.

**Skills/qualities desired:** listening and communication. Caring and compassionate. **Time Commitment:** can be any time. **Training:** attendance of existing T.C.F meetings and guidance from County contact. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Mrs A Houchen / 01276 31776 (7.00am – 10.30pm any day) **Additional Information:** volunteers must be bereaved parents of at least two years standing, from any cause and of any age. An interview is carried out by a member of the National Committee before placement is taken up. Some support is also offered to volunteers.

## **CONTACT THE ELDERLY**

**Aim:** A voluntary service that offers friendship and a monthly outing to lonely and elderly people.

**Volunteer opportunities and tasks involved:**

1. Volunteer Drivers – To pick up one or two elderly people from their homes, and taking them to meet the rest of the group. A commitment of one Sunday per month.
2. Volunteer Hosts - This is a commitment of one or two Sundays per year hosting a tea for 7 or 8 elderly/housebound people and their drivers. A wonderful volunteering opportunity for those unable to make a regular commitment.

**Contact details:** Pamela Morrissey (Director) or Roderick Sime (Deputy Director) , 15 Henrietta Street London WC2 E 8QH. **Telephone:** 020 7240 0630 **Email:** [pamelam.contact-the-elderly.org](mailto:pamelam.contact-the-elderly.org) or [Roderick@contact-the-elderly.org](mailto:Roderick@contact-the-elderly.org).

## **COUNTESS MOUNTBATTEN HOUSE**

**Aim:** To provide palliative care for patients with terminal cancer and also support for their families.

**Volunteer Opportunities and Tasks Involved and Skills/Knowledge Desired:**

1. Day Care Volunteer – this role includes meeting and greeting patients, talking to patients, helping with activities e.g. craft, quizzes, word games, outings, making drinks and helping out with lunches Mondays and Fridays.
2. Drivers – to take patients to and from the day Care Centre Monday - Friday, driving relatives to visit patients, driving bereaved relatives to a support group, transporting equipment to and from patients' homes – clean driving licence and own car.
3. Volunteer Hairdresser – for Day-care once a fortnight for 1.5 hours. Also someone to help provide hand care (manicures & massage)
4. Three Gardeners to look after a patch each. The volunteer doesn't have to be very knowledgeable, just keen to maintain existing gardens.
5. Meeter & Greeter. Someone to provide a pleasant welcome to visitors an guide them to the appropriate place if necessary. Mon/Wed/Fri 8.30 a.m. – 1.00 p.m.

6. Someone to help another volunteer to unpack medical stores on Tuesday afternoons.

**Time Commitment:** (If not stated) various depending on role - please enquire for more details. **Training:** If appropriate and according to the role.

**Expenses:** Travel paid **Accessible for wheelchairs:** Yes

**Contact/Telephone:** Daphne Bembridge – Voluntary Services Co-ordinator.

**Telephone:** 023 8047 5312

### **COXFORD AND DISTRICT YOUTH PROJECT**

**Aim:** To develop an informal detached youth work style in the area. To support young people 11-25 years of age in the Coxford and Shirley Warren area. To provide community based support for those who may be isolated or 'at risk' or vulnerable in some way irrespective of their gender, ethnicity, ability or sexual orientation. Also to support the young people in the development of their skills, accessing resources and taking greater control of their lives in a positive way.

**Volunteer Opportunities and Tasks Involved:** Assistant detached youth workers in Coxford/Shirley Warren area. (This involves street based youth work). You will meet young people on their terms in their local area – street corners, houses, playgrounds or wherever they congregate. You will be a part of a committed, experienced and hard working team.

**Skills/knowledge desired:** Calm disposition; literate/numerate; confident using basic computer software. **Time Commitment:** Please enquire.

**Training:** training modules will be provided by Southampton City Youth Service and further training is full range of courses and other agency courses dependent on funds. NVQ 3 is possible - but it will take time. **Expenses:**

travelling expenses, meal allowance paid. **Accessible for Wheelchair**

**Users:** not at office **Contact:** Ally Dudley, Senior Youth Development Worker. **Address:** 43 Warren Avenue, Shirley, Southampton SO16 6AH **Telephone:** 023 8051 1040 (Answer phone), Mobile – 07958 473856

### **CRIME CONCERN – BASELINE PROJECT**

**Aim:** To work with local people and crime and disorder partners to reduce crime and create living and working environments where everyone can lead their lives free from fear. To support young people in the Southampton inner city areas to reduce the risk of offending. **Volunteer Opportunities and**

**Tasks Involved:** Baseline Mentors are needed to take part in an educational mentoring scheme. This will involve matching volunteer mentors with young people. Mentors will help young people to achieve their learning goals, such as helping them with homework, revision for exams, using computers or visiting the library. **Skills/knowledge desired:** no formal skills or

qualifications required. An ability to get on well with young people is an advantage. **Time Commitment:** 2 hours per week in term-time, hours are flexible. **Training:** In-house training, background of Baseline project, Health & Safety, Child Protection, Boundaries, support available, complaints procedure, dealing with conflict, issues for young people, confidentiality.

**Expenses:** travel & meal allowance & any costs incurred at the volunteer's expense i.e. postage, copying, faxing etc. **Accessible for Wheelchair Users:**

there is a lift available at the office **Contact/telephone:** Hannah Steele, Baseline Manager 023 8038 2300 **Address:** 2<sup>nd</sup> Floor, 123 St Mary's Road, Southampton, SO14 0BJ **Additional Information:** [www.crimeconcern.org.uk](http://www.crimeconcern.org.uk)

### **CRIME CONCERN – 3D**

**Aim:** To support street based sex workers, in particular those trying to gain and maintain more stable lifestyles outside street-based prostitution.

**Volunteer Opportunities and Tasks Involved:** Street out-reach and drop-in centre volunteers. **Time commitment:** negotiable (work takes place Mon-Fri day time and Wed/Fri evenings) **Training:** Provided and to include for example Drugs misuse/Domestic Violence/Child Protection/Health & Safety **Expenses:** Yes. **Contact:** Tricia Kenyon Telephone: 023 8022 7703 Email: [tkenyon@crimeconcern-soton.org.uk](mailto:tkenyon@crimeconcern-soton.org.uk)

### **SOUTHAMPTON CROWN COURT & MAGISTRATES COURT WITNESS SERVICE**

**Aim:** To give support to and care of prosecution witnesses.

**Volunteer Opportunities and Tasks Involved:** Pre-trial familiarisation visits to court, obtaining statements for witnesses to read and general care/support whilst waiting to give evidence. **Skills/knowledge desired:** good interpersonal skills/ability to listen. **Time Commitment:** not known. **Times of Work:** day work only. **Training:** 5 day course. **Expenses:** travel and meal allowance paid. **Accessible for Wheelchair Users:** yes. **Contact:** Nikki Tutt District Manager, Victim Support Hampshire & IOW.

**Email:** [n.tutt@victimsupport-hiow.org.uk](mailto:n.tutt@victimsupport-hiow.org.uk) **Telephone:** 0238 8033 0928

**Address:** The Southampton Crown Court Witness Service, the Law Courts, Combined Courts Centre, London Road, Southampton, SO15 2XQ

### **CRUSE BEREAVEMENT CARE SOUTH HANTS & WEST SUSSEX BRANCH**

**Aim:** To provide help and support to those affected by bereavement.

**Volunteer Opportunities:**

1. Administration assistant. Help is needed with general office tasks including filing, photo-copying as well as computer work.
2. Counsellors – one-to-one work with clients.

**Skills/knowledge desired:**

1. Able to fulfil general office duties and use a computer.
2. Specific counsellor training course essential (fee chargeable for course – please enquire for details).

**Time commitment:** For Admin. Assistant, anytime, hours to suit between Monday - Friday usual office hours. For Counsellor, please enquire. **Contact:** Lucinda Nicollson. **Telephone:** 023 8023 2500 **Address:** 135 St. Mary Street, Southampton. **Additional information:** This organisation's activities include giving support through counselling and friendship groups; giving information about death, dying and bereavement and providing training.

### **DISABILITY ADVICE INFORMATION NETWORK (DAIN)**

**Aim:** To provide free and confidential advice and information to disabled people, carers and service providers within Southampton city. **Volunteer Opportunities and Tasks Involved:** Keen to attract new committee members to become involved with small working groups periodically set up to look at specific pieces of work, for example, policy reviews and funding applications. **Skills/knowledge desired:** trustworthy/accountancy and

bookkeeping skills/budgeting experience. **Time Commitment:** Meetings are held on the third Thursday morning of each month, AGM in October.

**Training:** please enquire. **Expenses:** travel paid. **Accessible for**

**Wheelchair Users:** yes. **Contact / Telephone:** Jackie Steward/Joyce

Fitzgerald / 023 8033 5473 (Monday-Friday (10.00am-4.00pm) **Address:**

Unit 12 9-19 Rose Road, Southampton SO14 6TE **Additional Information:**

The majority of the Management Committee are either disabled persons or representing 'groups of' or 'groups working for' disabled persons. Therefore, an interest/experience in disability and welfare rights would be extremely useful.

## HAMPSHIRE DEAF ASSOCIATION

**Aim:** To enable profoundly deaf, deafened and hard of hearing people towards the achievement of their full potential, dignity, independence and equal access to opportunities.

### **Volunteer Opportunity and Tasks Involved:**

1. Administration Assistant – general office duties, support to staff etc.
2. Cook - to cook a simple meal once every 2 months for over 50's group of deaf and hard of hearing people
3. Minibus Driver – driving Association's minibus to transport deaf and hard of hearing people to clubs, events etc (local to Fareham).
4. Fundraiser/Events organiser – helping with events, serving food and drinks, organising games, helping with collections etc. (various locations).
5. Support to Youth Co-ordinator
6. Asian Deaf Community Project Volunteer
7. Sign guides Volunteer
8. Mentor Volunteer

### **Skills/knowledge desired:**

- 1–5 important to have deaf awareness or sign language.
6. Must be able to speak one of the following languages: Punjabi, Hindi, Urdu, Gujarati, Bengali or any other south Asian language/s; able to make and keep accurate records; able to mix with people and other volunteers; own transport/happy to travel on public transport
7. Personal knowledge of being deaf/deafened/hard of hearing; happy to learn new information and take on new tasks; able to make and keep accurate records; own transport/happy to travel on public transport; sense of humour; able to mix with people and other volunteers
8. Personal experience and understanding of deafness issues; able to listen and relate to people quickly and easily; able to explain simply and clearly and write in English so others can understand; able to make & keep accurate records; able to match information to individual circumstances; sense of humour & ability to mix with others and work as part of a team; own transport/happy to use public transport

**Time Commitment:** variable according to role. **Training:** in-house according to role. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes.

**Contact:** The Project Manager **Address:** 1-2 Carlton Commerce Centre, Dukes Road, Southampton, SO14 0SQ **Telephone:** 023 8051 6504– answer phone available **Minicom:** - 023 8051 6518

## THE DOOR UK

**Aim:** The Door UK exists to provide a means of communication between people in prison and local churches.

### **Volunteer Opportunities and Tasks Involved:**

1. Drivers – driving families to the prison on a monthly basis
2. Letter writers
3. Befrienders – befriending prisoners
4. Admin support - computer work

**Skills/knowledge desired:** Full clean driving licence for drivers, computer knowledge for admin worker, patience, maturity, common sense, dedication.

**Time Commitment:** could be day-time or weekends - please enquire

**Training:** training days are held and volunteer meetings are held every month. **Expenses:** travel paid. **Accessible for Wheelchair Users:** please enquire for further details. **Contact / Telephone:** Brian Sinclair – Manager

**Tel:** 023 8023 0950 **Address:** P O Box 707, Southampton, SO14 3XN

## DOWN TO EARTH

**Aim:** To provide a high quality environmental education resource and to encourage people of all ages, race, gender and ability to work together. Through the successful care of living things to encourage greater confidence and self esteem.

### **Volunteer Opportunities and Tasks Involved**

1. Gardener/Horticultural Worker for Greenhouse and organic growing areas; maintenance of vegetable and farm crop areas, contribution to development of growing area to compliment Southampton's 'Greener Gardening' poster, and team working with volunteers.
2. Conservationist for maintaining woodland, planting, ponds etc.
3. Crafts Person – spinning, weaving, basket making, cheese and butter making etc.
4. Animal Carer/Early morning and/or evening rota worker – feeding animals and letting out or putting away a.m. or p.m. securing buildings and animal housing, dealing with essential needs of animals at rota times, reporting difficulties to Centre Manager.
5. Woodland Maintenance Worker – maintenance work in woodland, excluding major work such as felling, contributing towards planting and management plans for our arboretum and wildlife areas and team working
6. General Maintenance Worker – repairs to fences, animal housing, paths etc including routine maintenance such as painting, contributing to the construction of new facilities, including estimating material quantities etc.

### **Skills/Knowledge desired**

1. Some knowledge of growing plants; ability to help organise growing programmes; knowledge of working with volunteers.
2. Conservation skills and experience.
3. Skilled at various crafts
4. Confident with animals; ability to organise time; able to deal with emergencies; and reliable.
5. Basic skills using hand tools/knowledge or willing to learn principles of woodland management and promotion of wildlife.
6. Ability to handle hand tools; team worker

**Time Commitment:** negotiable. **Training:** Induction by Centre Manager,

shadowing of experienced volunteer. **Expenses:** Please enquire. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Ian Limbrick / 023 8052 2706 – school term times **Address:** Millbrook Community School, Green Lane, Southampton, SO16 9LA **Additional Information:** this is primarily an environmental education centre and community farm for Southampton schools. Volunteers may work with children and/or adults and must be prepared to undergo a police check due to the nature of the site. Further information available on request.

#### **DUKE OF EDINBURGH'S AWARD SOUTHAMPTON**

**Aim:** To encourage and offer young people the opportunity to participate in the scheme and gain an award. **Volunteer Opportunities and Tasks Involved:** Leaders – tutoring in a wide variety of adult skills, hobbies or interests. **Skills/knowledge required:** previous knowledge of DOE's Award **Time Commitment:** negotiable **Training:** leader training and outdoor expedition training for the DOE's Award. County youth work training **Expenses:** none paid **Accessible for Wheelchair Users:** yes **Contact / Telephone:** The Co-ordinator / 023 8022 5858 **Address:** City Youth Services, Southampton City Council, City Base, French Street, Southampton, SO14 2AT

#### **EASTLEIGH COUNTRYSIDE SERVICES ITCHEN VALLEY COUNTRY PARK**

**Aim:** To carry out conservation work at the Itchen Valley Country Park and other countryside sites owned by Eastleigh Borough Council. **Volunteer Opportunities and Tasks Involved:** Volunteer Rangers – tasks involved are conservation i.e. pond clearance, coppicing and tree planting, wildlife surveys i.e. birds, butterflies and small mammals and generally helping with events and activities. **Skills/knowledge desired:** an interest in wildlife and conservation. **Time Commitment:** variable/negotiable - tasks are run on the third Sunday of every month. Surveys done at a time to suit volunteer. **Training:** short courses in relevant work. **Expenses:** travel paid. **Accessible for Wheelchair Users:** no. **Contact / Telephone:** The Volunteer Co-ordinator 023 8046 6091 Email [ivcp@eastleigh.gov.uk](mailto:ivcp@eastleigh.gov.uk) **Address:** Itchen Valley Country Park, Highwood Barn, Allington Lane, West End, Southampton, SO30 3HQ **Additional Information:** a meeting is held on the first Monday of the month at 7.30pm. Also for information about the Itch Hamble Conservation Volunteers contact the Countryside Projects Officer, Itchen Hamble Countryside Project. Tel. 023 8068 8154 Email [ihcp@eastleigh.gov.uk](mailto:ihcp@eastleigh.gov.uk)

#### **EATING DISORDERS ASSOCIATION**

**Aim:** To increase knowledge, awareness and understanding of eating disorders and EDA; to provide information, help and support to all those affected by these illnesses; to campaign for continually improved standards and availability of treatment and care for people with eating disorders; to train health, education and social care professionals in the recognition, support and treatment of eating disorders. (Eating Disorders Association is a national charity based in Norwich.) **Volunteer Opportunities and Tasks Involved:** Group contact/telephone contact/postal contact **Skills/knowledge desired:**

preferably experience either as a sufferer or carer of someone with an eating disorder **Time Commitment:** please enquire for details **Training:** please enquire for full details **Expenses:** travel expenses paid **Contact/Telephone:** Pam Veale – self-help network contacts co-ordinator **Tel:** 0870 770 3256

### **SOUTHAMPTON ENVIRONMENT CENTRE**

**Aim:** To raise awareness of environmental issues within all sections of the community and to promote the principle of individual and collective responsibility for the environment. To facilitate change through informed decision making. **Contact / Telephone:** Volunteer Co-ordinator 023 8033 6172 (Tuesday-Saturday (9.00am-5.30pm) **Address:** 14/15 Equity & Law House, Brunswick Place, Southampton, SO15 2AQ **Please note:** Information currently being updated.

### **EXPERT PATIENTS' PROGRAMME**

**Aim:** To offer free self management courses to people with long term health problems in a lay led programme. **Volunteer Opportunities and Tasks involved:** Lay tutors – people who have a long term health problem who would be interested in facilitating groups. **Skills/knowledge desired:** Long term health problems, good communicator, willing to follow a specified course format. **Time Commitment:** variable according to need. **Training:** course content and delivery **Expenses:** travel paid **Contact:** Beverley Newman, Co-ordinator, Telephone 02380296005 Email [Beverley.Newman@scpcct.nhs.uk](mailto:Beverley.Newman@scpcct.nhs.uk) Website [www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk) **Additional information:** Short term (six week) courses are run at various venues around the city that are led by a lay tutor. There is a four day residential induction course as well as a local induction. The lay tutors are well supported.

### **(SVS) FAMILY PROJECTS**

**Aim:** To support family groups who are living in inadequate accommodation. **Volunteer Opportunities and Tasks Involved:** Volunteer Play Workers working with groups of children under five years of age with high needs during three hourly sessions involving setting up and clearing away equipment. Work based in community halls and church halls in different areas of the City. **Time Commitment:** Minimum 3 hours a week, usually 3-6 hours a week. **Training:** yes - initial and ongoing, both in-house and external. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Di Barnes / 023 8021 6060 (Monday-Friday (office hours)) **Address:** SVS, The Voluntary Action Centre, Kingsland Square, St. Mary's Street, Southampton, SO14 1NW.

### **FRIENDS OF THE CHURCH OF ST. MICHAEL THE ARCHANGEL**

**Aim:** To help maintain this historic city centre Church, particularly its fabric, and to keep it open at certain times during the summer for visitors. **Volunteer Opportunities and Tasks Involved:** Steward (one of a pair) – based in the Church in order to keep the Church open for visitors and also to act as a Guide. **Time Commitment:** negotiable by rota (perhaps 2 hours a week or fortnight) between 11.00am and 1.00pm or 2.00pm and 4.00pm. **Training:** induction by experienced volunteers and further opportunity to learn about the

Church's history, if desired. **Expenses:** none paid. **Accessible for Wheelchair Users:** please enquire (not all areas are accessible). **Contact / Telephone:** Sheila Thomson – Chairman / 023 8043 7100 **Additional Information:** This requires a small but regular commitment between Easter and end of September. Miss Thompson is the Chair of the Friends and organises the rota. Please contact her for any further information required. The Friends of the Church of St. Michael the Archangel is a non-denominational Society, and is not part of the City Centre Parish organisation.

## **GROUNDSWELL**

**Aim:** To support people infected and affected by HIV/AIDS

### **Volunteer Opportunity and Tasks Involved:**

1. Supporters to work directly with clients
2. Drivers providing transport
3. Helpers with administration – assisting with mailings and general administrative duties
4. Helpers with maintenance of website

**Skills/knowledge desired:** Previous experience of this area of work is not essential as awareness training is provided. Life skills and professional experience is always welcome. (For the administration roles, please enquire.)

**Time Commitment:** Usually Mon – Friday during the day but occasional weekends and evenings. **Training:** HIV/AIDS workshop **Expenses:** Travel and meal allowance if in office over 4 hours. **Contact:** Janet Wallis, Project Worker **Telephone:** 023 80 63 1651 **Email:** [info@groundswelltrust.org](mailto:info@groundswelltrust.org)

**Address:** PO Box 1379 Southampton SO14 OYZ

## **THE GUIDE ASSOCIATION (SOUTHAMPTON CENTRAL DIVISION)**

**Aim:** To provide opportunities for girls and young women to develop life skills and knowledge in balance within the values of the Association. **Volunteer**

**Opportunities and Tasks Involved:** Rainbow/Brownie/Guide/Guiders – to teach leadership and organisational skills; team work/co-operation, communicating with parents, keeping simple accounts; preparation for meetings.

**Skills/knowledge desired:** ability to communicate with children/young adults/caring attitude/team player/commitment to a common standard - e.g. the Guide Promise. **Time Commitment:** Rainbows – 4.30 – 5.30pm Mondays, Brownies 6 – 7.30pm weekdays. Guides 7 – 9pm weekdays, Rangers 7 – 9.30pm Tuesdays or Fridays. (All of these are term time only.) **Training:** adult leadership scheme and further advancement opportunities within the Association. **Expenses:** please enquire. **Accessible**

**for Wheelchair Users:** please enquire. **Contact / Telephone:** Angela Milln – Southampton Central Division Commissioner / 01794 517124 **Additional Information:** it is a uniform organisation and a small grant is issued for uniform although good quality second hand uniforms are available. Prior admission as a Brownie or Guide is not necessary to become a Guider. It is a very rewarding volunteering opportunity.

## **3H FUND**

**Aim:** To provide holidays for children and adults with disabilities and give respite for carers.

**Volunteer Opportunity:** Carers and Nurses.

**Skills/knowledge desired:** Able to take responsibility, common sense, sense of humour, organisational and communication skills. Nurses need RGN qualification with pin number in date. **Time commitment:** Various weeks between May and September. **Contact:** Lynne Loving. **Telephone:** 01892 547474 **Email** [infor@3hfund.org.uk](mailto:infor@3hfund.org.uk) **Website** [www.3hfnd.org.uk](http://www.3hfnd.org.uk)  
**Address:** 147A Camden Road, Tunbridge Wells, Kent TN1 2RA  
**Additional information:** This national charity provides subsidised group holidays for physically disabled children and adults. Each guest is paired with a volunteer carer. Volunteers are required to pay a minimal amount towards the cost of the holiday. (For example, for one week in Cyprus in May helpers pay £120.00) More information available directly from the organisation.

### **The H2O PROJECT (Salvation Army)**

**Aim:** To provide a supportive, empowering and non-judgemental environment that will enable people to make some positive life changes.

#### **Volunteer Opportunities & Tasks Involved:**

1. Someone to assist with catering and cleaning **Skills/knowledge desired:** none - full training will be given.
2. Someone to help support clients. **Skills/knowledge desired:** To be a good communicator, non-judgemental, flexible and willing/able to assist clients with giving information and help address their needs.

**Time Commitment:** To be discussed but ideally able to give a day or more weekly. **Expenses:** Travel and a meal given **Training:** Health & Safety, Food Hygiene, Drug Awareness, Understanding Behaviour and more.

**Accessible to Wheelchair Users:** Fully DDA compliant. **Contact / Telephone:** Rob Burrows, Project Worker **Tel:** 023 8022 4632 **Email** [theh2oproject@btconnect.com](mailto:theh2oproject@btconnect.com) **Address:** Princes Street, Northam, Southampton SO14 5RP **Additional Information.** We are a drop in day centre mainly helping the Street Homeless and the issues they face. We provide food and drink, shower and bath, laundry, accommodation help, benefit and form filling help, 1-1 support, group support and more. We also run Southampton's Big Issue (newspaper) office.

### **HAMPSHIRE ADVOCACY/USER GROUP FOR THE BLIND AND PARTIALLY SIGHTED**

**Aim:** To give advice and information to visually impaired people. Providing special equipment where possible. Providing a bi-monthly newsletter. Organising social clubs. Giving grants. **Volunteer Opportunities and Tasks Involved and Skills and Knowledge Desired:**

1. Secretary – taking of minutes, dealing with correspondence and maintaining a database.  
Computer literacy/minute taking
2. General admin worker - to undertake general office duties starting with filing etc. and building up from there.
3. Fundraiser - able to cover the county/administrative ability and recording accuracy/background in fundraising but not essential/willing to attend fundraising 'brainstorming' sessions/wide social contacts a plus.

**Time Commitment:** Secretary – the third Wednesday of every month to attend the Committee meetings and other times as requested. General admin worker - one morning or one afternoon per week. Fundraiser – occasional

Saturdays and other times negotiable. **Training:** in-house. **Expenses:** Travel, Meal Allowance, phone calls, stationery etc. **Accessible for Wheelchair Users:** please enquire (not all areas accessible). **Contact / Telephone/Fax:** M J Mundy 023 80493389

### **HAMPSHIRE ASSOCIATION FOR THE CARE OF THE BLIND**

**Aim:** To enrich the lives of visually impaired people, encouraging their independence and self-confidence. To give advice and information to visually impaired people. Organise holidays and leisure activities, provide special equipment and organise social clubs. **Volunteer Opportunities and Tasks Involved:** to assist with children's leisure activities (age 16+)  
**Skills/knowledge desired:** awareness of the issues affecting visually impaired people would be helpful, but please enquire **Time Commitment:** please enquire **Training:** comprehensive awareness training is provided **Expenses:** travel, meal allowance, phone calls & stationery etc. covered **Accessible for wheelchair users:** limited access available – ramps into resource centre **Contact/telephone:** Peter Wright, Holiday Organiser 023 8064 1244

### **HAMPSHIRE AUTISTIC SOCIETY**

**Aim:** dedicated to improving the quality of life for people within the autistic spectrum. **Volunteer Opportunities and Tasks Involved:** (1) Collections, information stands – possibly twice a year within own area. Standing with collection tin – either on street or in shopping centre, hand out leaflets, answer questions, or make a note of questions. (2) Fundraising/marketing assistant – to support the fundraising/marketing team & to raise awareness of the disability **Skills/knowledge required:** (1) know a little about the disability; energy and empathy (2) previous fundraising/marketing experience would be advantageous – but please enquire **Time Commitment:** Variable **Training:** training in all relevant areas will be carried out if required **Expenses:** out of pocket expenses covered – please enquire for details **Contact / Telephone :** Carole Hiorns – Outreach Officer 01489 880 881 **Fax:** 01489 880 890 **Address:** 1634 Parkway, Solent Business Park, Whiteley, So'ton, PO15 7AH

### **HAMPSHIRE CONSERVATION VOLUNTEERS**

**Aim:** To support a volunteer workforce at weekends for organisations concerned with practical conservation of Hampshire's wildlife and landscape heritage. **Volunteer Opportunities and Tasks Involved:** The chance to participate in voluntary practical work, to learn craft and practical skills, to learn ecology and to socialise with a varied group of people from all walks of life. **Skills/knowledge required:** none, only a willingness to learn. **Time Commitment:** weekends. **Training:** Training in all work undertaken. **Expenses:** Yes – within reasonable limits. **Accessible to wheelchair users:** This varies according to site. **Contact / Telephone:** Hugh Corry. 023 8039 7928 **Address:** PO Box 146, Romsey, Hampshire, S051 6XW

### **HAMPSHIRE HARRIERS WHEELCHAIR BASKETBALL CLUB**

**Aim:** To promote wheelchair sport.  
**Activities of the organisation:** Training and playing wheelchair basketball and offering games to wheelchair users. **Volunteering opportunities and**

**tasks involved:**

1. Treasurer- To keep accounts, to assist in the application for grants, and to oversee and advise on financial systems. To generally help promote wheelchair basketball and other sports and also to help with fundraising.
2. Committee persons. – To offer active help to promote wheelchair sports activity, liaise with other organisations. Help to develop 'networks' and assist in fundraising activity.
3. IT person – To develop a website.

**Skills/knowledge desired:**

1. Financial control
2. Interest in promoting a new venture.
3. Previous experience of building a website.

**Time Commitment:** Varies. **Contact/telephone:** Annette Marsh, 32 Northern Parade, Hilsea, Portsmouth, PO2 8ND. **Tel:** 02392 643409. **Email:** [flossie@nursery99.freeserve.co.uk](mailto:flossie@nursery99.freeserve.co.uk)

**HAMPSHIRE SEARCH & RESCUE (HANTSAR)**

**Aim:** To provide a lowland search and rescue service.

**Volunteer Opportunities and Tasks Involved:** Volunteer operational members as well as help "behind the scenes" with support and administration i.e. fundraisers, trainers, vehicle mechanics etc. **Skills/knowledge desired:** (For operational members) need to be able to walk 5 miles in 2 hours and must have reasonable level of general fitness. (Minimum age 18 years). Must also have transport and mobile phone. For other vacancies, please enquire.

**Time Commitment:** This is an emergency call out service and volunteers are required at any time of the night or day Also between 7.30 – 10.00 p.m.

Thursdays for training and occasional weekends. **Training:** Initial 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, critical incident stress debriefing, health and safety, handling the media etc. **Additional Information:** This is a registered charity dealing with lowland search and rescue of missing persons. They are called out by the Police to search for missing vulnerable people at any time of the night or day. Volunteers do not work alone but in teams. Volunteers make searches in woods, open ground, streets etc and search in all weather conditions and often in darkness. Volunteers should be aware that sometimes the circumstances in which they work can be distressing and difficult. However they are a closely knit unit with a good team spirit and good level of support from Hampshire Police. Some clothing and equipment is provided but volunteers are expected to provide personal items such as compass, walking boots, water proofs etc and no expenses are paid. Volunteers may be called out to search anywhere in Hampshire & IOW and as HANTSAR are members of the Association of Lowland Search & Rescue, there is an agreement to support units in other areas i.e. neighbouring counties. Volunteers are not expected to be available for all call outs, but there is a minimum training requirement.

**Contact/Telephone:** Margaret Bennett 023 8061 6161 **Address:** Information House, Chickenhall Lane, Eastleigh, Hants. SO50 6RP. Fax: 023 8061 6169

Email: [Margaret@inside.co.uk](mailto:Margaret@inside.co.uk) Website: [www.hantsar.org](http://www.hantsar.org)

### **HAMPSHIRE & IOW WILDLIFE TRUST – YOUTH VOLUNTEERING**

**Aim:** To create a better future for wildlife and wild places in Hants & IOW.

**Volunteer Opportunities and Tasks Involved:** Volunteer Conservationists (aged between 16-25 years) to undertake practical conservation tasks using hand tools such as cutting down scrub on heath land and wetland sites; woodland restoration, fence construction and maintenance; path repairs; litter picks on coastal and river sites; repairing board walks; tree planting; surveys and many more tasks. **Skills/knowledge desired:** No previous experience or specific qualifications required but a willingness to help in the outdoor environment and enthusiasm to conserve wild life and wild places. **Time**

**Commitment:** Most days – please enquire. **Training:** All training necessary to the tasks given e.g. safe use of hand tools. Contact/Telephone: Jamie Corrie Youth Volunteering Officer. 023 80 870 139/07917 616 694 **Email:** [jamiec@hwt.org.uk](mailto:jamiec@hwt.org.uk) Address: Beechcroft House, Vicarage Lane, Curdridge (near Botley) Southampton SO32 2DP Tel: 01489 744 400

**Email** [feedback@hwt.org.uk](mailto:feedback@hwt.org.uk) **Website** [www.hwt.org/uk](http://www.hwt.org/uk)

### **HAMPSHIRE & IOW WILDLIFE TRUST**

**Aim:** To create a better future for wildlife and wild places in Hampshire and the IOW

**Volunteer Opportunities and Tasks Involved:** The organisation has a wealth of volunteering opportunities that include roles such as:-

1. Marine Team Support – assist the team in producing a best practice guide to promoting marine wildlife issues. Help pull together a “how to” guide on promoting the conservation messages through events, media and DVDs.
2. Garden Team – help develop the wildlife garden at Beechcroft.
3. Administration – help the admin staff half a day a week with a variety of tasks including staffing reception.
4. Librarian – to maintain the existing cataloguing system and log new additions, maintain transparencies, photographs and illustrations etc.
5. Public Relations- help raise the profile of the organisation.

These are just a few of the opportunities available. For more information

**Contact:** Sara Kilby, Training and Volunteering Manager. **Tel.** 01489 774400  
**Email** [sarak@hwt.org.uk](mailto:sarak@hwt.org.uk) (Address as above)

### **HEADWAY CENTRE**

**Aim:** To provide advice, support and information for brain-injured people and their carers, and also to provide day care and rehabilitation for those who have suffered brain injury. **Volunteer Opportunities and Tasks Involved:**

Assistants - Working with clients teaching them basic computing skills, updating the website and producing a quarterly newsletter with the clients  
**Skills/knowledge desired:** empathy for people with head injuries/good communicator and friendly/patient approach /knowledge of Microsoft office/windows/FrontPage. **Time Commitment:** please enquire. **Training:**

spending time with the person who currently provides 1-1 support and information about the organisation from the Manager **Expenses:** travel paid

**Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Stuart Baldwin / 023 8070 2326 (Monday-Friday (office hours)) **Address:** Headway Centre, Millbrook Clinic, Cumbrian Way, Southampton, SO16 4AT.

**Additional Information:** There are facilities to develop a range of skills and to help overcome physical, cognitive, memory and emotional problems. The centre accommodates a maximum of 12 clients per session. Also now seeking someone who can do woodworking with clients on a regular basis.

### **HEARING DOGS FOR THE DEAF**

**Aim:** To carry out fundraising so the on-going programme of training dogs and placing them with deaf recipients can continue. **Volunteer**

**Opportunities and Tasks Involved:** Assistants – to collect on collecting days and to help on stalls selling stock at local shows **Time Commitment:**

variable. **Contact / Telephone:** Maureen Andrews / 023 8063 0505

**Additional Information:** Most fundraising is during the summer months at the various shows.

### **HELP THE AGED**

**Aim:** To provide services for Older People in the U.K. and overseas, to support with both grants and expertise, to improve their lives and minimise isolation. **Volunteer Opportunities and Tasks Involved:** Shop

Assistants/Backroom Worker – to work on the till, to sort clothes & bric-a-brac, price tickets, steam clothes, dress window, keep shop tidy.

**Skills/knowledge desired:** no previous experience required but should be numerate and fairly fit. **Time Commitment:** negotiable. **Training:** basic retail training given, Health & Safety at Work, lifting and pulling technique. **Contact / Telephone:** Karen Cohu / 023 8078 4563 **Address:** 100 High Street, Shirley, Southampton.

### **HIDEAWAY JUNIOR YOUTH CLUB**

**Aim:** To provide a safe and friendly environment for young people (8-12 years) to gain social skills. **Volunteer Opportunities and Tasks Involved:** Club Assistant – supervising; running art room; activities i.e. pool, table tennis.

**Skills/knowledge desired:** friendly attitude/eager to learn/able to work as part of a team/reliable/ trustworthy. **Time Commitment:** Wednesday 5.30pm to 8.30pm. **Training:** Southampton Children's Play Association training.

**Expenses:** please enquire **Accessible for Wheelchair Users:** yes.

**Contact / Telephone:** Dave Powell (023 8046 5263) / Tina Powell (023 8073 3662) **Address:** Hideaway Junior Youth Club, Parkville Road, Swaythling, Southampton **Additional Information:** the club is based at Swaythling Youth Centre. We are a team of 7 with quite a large age range. The average number we get in the club is 40. We have a disco once a month. We run a well-stocked tuck shop. The art room is effective but basic. We work in a friendly happy team and are always willing to listen to each others views. There is no set job - we all 'muck in'!

### **HOPE LODGE SCHOOL**

**Aim:** To provide a residential and day school for children with Autism.

**Volunteer Opportunities and Tasks Involved:** Assistants to Residential Social Workers – to interact with the children who have a diagnosis of autism or aspergers either in the residential setting or off-site activities e.g. Walking, shopping, games, reading etc. **Time Commitment:** minimum 2 hours a week – please enquire for details **Training:** information pack and support of a

mentor. **Expenses:** none normally paid – but free meal if here at tea-time.  
**Accessible for Wheelchair Users:** no. **Contact:** Ian Nichols / 023 8055 4729. Residential - Mike Robinson / 023 8063 4346 **Address:** 41 Belmont Road, Portswood, Southampton, SO17 2G **Additional Information:** Volunteers work alongside residential Social Workers in boarding house of school. Hours available 3.30pm-8.30pm or 7.30am - 10.00am. Opportunities for volunteers may also be available during school hours at main school site. **Contact:** Martin Carter (Deputy Head teacher), Hope Lodge School, 22 Midanbury Lane, Bitterne Park, Southampton SO18 4HP **Tel:** 023 8063 4346

#### **SOUTHAMPTON HOSPITAL RADIO**

**Aim:** To help relieve the tedium of a stay in hospital

**Volunteer Opportunities:**

1. Request collector – to visit hospital patients and collect requests
2. Radio presenters
3. Librarians
4. Engineers. Please enquire for more details.

**Time Commitment:** 2 hours per week. **Training:** full training is available.

**Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Yvonne Lowe / 023 8078 5151 **Address:** Hospital Radio Studio, Tebourba Way, So'ton.

#### **HUNTINGTON'S DISEASE ASSOCIATION**

**Aim:** To offer support in any way we can to our members; emotional, financial and practical. **Volunteer Opportunities:** Secretary to the South Hants branch. **Skills/knowledge desired:** Secretarial skills including minute taking, correspondence, occasional phone calls, arranging days out for the group (but could be delegated) **Time Commitment:** Meetings are once every 2 months on Saturday afternoons. **Contact:** Trudi Smith Tel 01489 893842 **Additional information:** Meetings are held at Sembal House, The Polygon, Southampton and are well attended, very informal and friendly. The group organises many activities including theatre trips, barbecues etc about 4 times a year, usually during alternate months to the meeting. The contact is the current secretary who would be pleased to take any enquiries and explain the role more fully.

#### **HYDE HOUSING ASSOCIATION**

**Aim:** meeting housing needs and contributing to community regeneration.

**Volunteer Opportunities:** A befriender to visit an older person living in supported accommodation. **Skills/knowledge desired:** Able to speak Gujerati and/or Hindi reasonably fluently. **Time commitment:** approx 3 hrs. weekly. Some training and expenses paid. **Contact:** Francesca Hough, Housing Support Officer, 63 St. Mary Street, So'ton. Tel. 02380 836 880 Email [Francescahough@hyde-housing.co.uk](mailto:Francescahough@hyde-housing.co.uk)

#### **INDEPENDENT AGE**

**Aim:** To support older people on low incomes to remain independent in their

own homes by providing financial help and friendship.

**Volunteer Opportunity:** Honorary Secretary to be the local representative of the Association. **Skills/knowledge desired:** None specified

**Time commitment:** To suit volunteer/beneficiaries **Training:** Please enquire

**Expenses:** Travel, telephone and postage. **Contact:** Jane O'Kelly, Area Representative. **Telephone:** 01264 363487 Email: [okelly@clara.co.uk](mailto:okelly@clara.co.uk)

Website [www.independentage.org.uk](http://www.independentage.org.uk) **Additional information:**

Honorary Secretaries are volunteer representatives of the Association who visit beneficiaries and help also the Area Representative with fundraising activities and the promotion of the work of the organisation.

### **INDEPENDENT MONITORING BOARD**

**Aim:** To perform a “watchdog” role on behalf of Home Office Ministers and the public in providing an independent oversight of the prison. **Volunteer**

**Opportunities:** To be a member of the monitoring board. **Skills/knowledge desired:** Maturity/open-mindedness/commitment to diversity, equal opportunities & human rights/sound judgement/good communication skills/integrity/perseverance and confidence to make an effective challenge.

**Time Commitment:** Approximately two and a half days per month including the first Tuesday afternoon for a board meeting. **Training:** All areas covered including security and self protection. **Expenses:** All out of pocket expenses covered.

**Accessible for Wheelchair Users:** Only ground floor of the prison is accessible to wheelchair users. **Contact:** Peter Long, Vice Chairman

**Telephone:** 01420 561 362

### **JUNIOR NEIGHBOURHOOD WARDENS – SO'TON CITY COUNCIL**

**Aim:** To include children aged between eight and twelve in improving their neighbourhood and city whilst providing them with the opportunity to learn useful skills, make new friends and earn rewards. **Volunteer Opportunity:**

Assistants to Neighbourhood Wardens. **Skills/knowledge desired:** Ideally some experience of the age group and willing to work outdoors. **Time**

**commitment:** During half term breaks Monday to Friday. **Expenses:** Lunch provided **Contact:** Chris Davidge, Neighbourhood Warden. **Telephone:** 023

8091 5172 **Address:** Central Local Housing Office, 100F St. Mary Street, Southampton SO17 2PB. **Email:** [christopher.davidge@southampton.gov.uk](mailto:christopher.davidge@southampton.gov.uk)

### **LEAGUE OF FRIENDS OF SOUTHAMPTON EYE UNIT**

**Aim:** To help patients and staff at the Eye Unit. To raise funds to purchase hospital equipment and to improve amenities. **Volunteer Opportunities and Tasks Involved:**

1. Tea Bar Assistants – preparation of refreshments (not hot cooked food) and serving to patients and visitors to the Tea Bar, clearing tables and ensuring that at all times the Tea Bar is kept clean and tidy.
2. Escorts/Guides – meeting patients and assisting them to various locations within the unit, assisting nursing staff with some clerical tasks e.g. collecting/delivering record cards.
3. Fundraisers – selling raffle tickets within the unit.

**Skills/knowledge desired:** no specific skills required beyond the ability to

interface with the public. **Time Commitment:** 2 hours plus per week. **Training:** yes. **Expenses:** travel and meal allowance paid. **Accessible for Wheelchair Users:** yes to building - but space restriction behind Tea Bar counter. **Contact:** Louise Blake (Tea Bar Manager) Norah Williams (Escorts/Guides) & Alan Finch (Fundraisers) **Telephone:** 023 8077 0493

### **LEAGUE OF FRIENDS OF THE WESTERN COMMUNITY HOSPITAL**

**Aim:** To provide extra comforts for the patients and staff at the Hospital and attached units. **Volunteer Opportunities and Tasks Involved:** General Helper - to serve in small shop and help with fundraising events.

**Skills/knowledge desired:** none specific. **Time Commitment:** Monday to Friday between 11.00am and 5.00pm. Saturdays between 1.00pm and 4.00pm **Training:** on the job training in the shop. **Expenses:** travel and meal allowance paid if volunteering for more than 4 hours a session. **Accessible for Wheelchair Users:** hospital has access but restricted in the shop **Contact / Telephone:** Ronald A Benham / 023 8047 5454 from Monday to Friday – office hours.

### **LEUKAEMIA CARE SOCIETY**

**Aim:** To help those with leukaemia and their families both emotionally and physically. **Volunteer Opportunities & Tasks Involved:** Area Manager – local contact in Southampton. No skills necessary except to be literate and numerate. **Time Commitment:** minimum 4 hours weekly. **Training:** Induction. **Expenses:** please enquire. **Contact / Telephone:** Eve Martin or Julie Payne 01905 330 003

### **LIBERTY CHILD**

**Aim:** To provide holidays for children with disabilities and breaks for their parents and carers.

#### **Volunteer Opportunities & Tasks Involved:**

1. Assistant to be involved in the recruitment of about 50 volunteer staff together with the booking arrangements for the children going on holiday.
2. Fundraising assistant to organise fundraising activities, do mail outs and make grant applications

#### **Skills & Knowledge desired:**

1. Office administration and organisation/deal with post/internal application & assessment processes, phone calls, basic IT & PC skills (Word/Excel/Outlook)
2. Fundraising experience or ideas/event organising/mail outs/experience of making grant applications/numerate, basic PC/IT skills (Word/Excel/Outlook) Need to be self-starting and motivated.

**Additional information:** The organisation provides holidays in August for about 30 children with special needs. Raising funds to pay for the holidays – about £40,000 for 2005 – is an essential activity as well as the recruitment of volunteer staff/advertising the holidays and processing applications and organising the holiday too.

### **The LIGHT OF THE WORLD TRUST**

**Aim:** To alleviate poverty and suffering in respect of elderly people and adults

with disabilities. **Volunteer Opportunity:** Dog walkers.  
**Skills/knowledge desired:** A love of animals, reliability, honesty and good social skills. **Time commitment:** By arrangement **Training:** None  
**Expenses:** Travel. **Contact:** Geraldine Alford. **Telephone:** 01895 271659  
**Email** [steven.alford@btinternet.com](mailto:steven.alford@btinternet.com) **Website**  
[www.thelightoftheworldtrust.org](http://www.thelightoftheworldtrust.org) **Additional information:** This group provides a free dog walking/pet care service for older people and people with disabilities. They try and match the volunteer with someone living in their neighbourhood. This is not an organisation with a local office and it is suggested that for more information, particularly about insurance, enquiries be made directly with them.

#### **MARIE CURIE CANCER CARE - PORTSWOOD**

**Aim:** To raise funds for Cancer Care; nurses and hospices. Also to fund research and education.

**Volunteer Opportunities and Tasks Involved:** Shop Assistant - serving customers; cash handling, sorting and handling stock, ironing etc.

**Skills/knowledge desired:** honesty/commitment/team

player/presentable/friendly. **Time Commitment:** rota Monday to Saturday

**Training:** induction training offered. **Expenses:** none paid. **Accessible for**

**Wheelchair Users:** no **Contact / Telephone:** Sandra Philpott (Manager) / 023 8055 9344 **Address:** 12 The Broadway, Portswood, Southampton, SO17 2WE **Additional Information:** We are a small happy team who would welcome some additional help.

#### **MARIE CURIE CANCER CARE (Fundraising) HAMPSHIRE**

**Aim:** To raise money for the benefit of Marie Curie nursing service in Hampshire.

**Volunteer Opportunities and Tasks Involved:**

1. Events co-ordinator – to provide support in organising local community fundraising events
2. Press & Promotions – to write and issue press articles to promote local fundraising activities and events
3. Volunteer recruiter – to assist in the recruitment of community fundraising volunteers
4. Reception and information – helping to run an efficient reception and information service
5. Administrative assistant – to assist with the administration at the Community Fundraising office
6. Database assistant – to assist in the update of Focus – the community fundraising database
7. Stock controller – to provide a stock control service for all stockroom and trading goods items
8. Finance co-ordinator – to co-ordinate the counting, banking and receipting of monies received at the Community Fundraising Office
9. Collection box co-ordinator – to co-ordinate the distribution and return of collection boxes from sites in the community, and the banking and receipting of monies
10. Publicity distribution co-ordinator – to plan and manage the local

distribution of publicity materials for community fundraising activities and events

11. Public speaker – to undertake speaking engagements, to accept donations on behalf of, and promote the work of Marie Curie Cancer Care
12. Photographer – to provide photographic coverage at community fundraising events

**Skills/knowledge desired:**

1. good communication & organisational skills, clear and polite manner & an interest in events organisation
2. an ability to write press articles and exploit opportunities for publicity, an interest in media, good communication skills
3. good communication skills, previous volunteer experience, some experience of general office work
4. ability to take clear and accurate messages, good communication skills, clear and polite telephone manner
5. word processing experience, good organisational skills, ability to work on own initiative
6. experience of data entry, attention to detail, ability to work on own initiative
7. attention to detail, good communicator, numeracy skills, previous experience in stock control desirable
8. good organisational skills, attention to detail, neat/ accurate & numerate, experience of computerised accounting systems, an ability to understand accounting and financial procedures
9. good organisational & numeracy skills, knowledge of local area, access to vehicle or other transport
10. good negotiation skills, knowledge of local area, clear and polite telephone manner, good organisational skills, access to a vehicle or good transport links
11. good communication, presentation & organisational skills, attention to detail and experience of public speaking
12. previous photographic experience, ability to exploit photo opportunities for publicity, ability to work on own initiative, must have use of own photographic equipment

**Time Commitment:** varies depending on which opportunity you are interested in – please enquire **Training:** Induction provided - please enquire.

**Expenses:** travel paid. **Accessible for Wheelchair Users:** please enquire.

**Contact /Telephone:** Katrina Butterworth - Community Fundraising Co-ordinator. **Tel:** 023 8026 3123 **Additional Information:** There are many 'one-off' volunteering vacancies which occur from time to time. These are currently Task Force Volunteer, Daffodil Day Volunteer – Street Collector, Daffodil Day Volunteer – Site Co-ordinator.

**MAYFIELD NURSERY HORTICULTURAL THERAPY PROJECT**

**Aim:** To provide a range of therapeutic horticultural activities to people with severe mental health problems. **Volunteer Opportunities and Tasks**

**Involved:** Assistant – working alongside members in the nursery, seed sowing, potting up, cuttings etc, assisting with sales both at the nursery and other venues, dealing with the public, woodwork – making garden furniture (Volunteers do not have to do *all* these tasks!) **Skills/knowledge desired:**

listening/communication skills/understanding of people with mental health problems /patience/sense of humour/interest in horticulture/woodwork. **Time Commitment:** Temp position April to June on Tues/Weds/Thurs/Fri 10am to 3pm but useful if volunteers can do a whole day. **Training:** support and supervision through group and individual sessions given. **Expenses:** travel paid **Accessible for Wheelchair Users:** yes **Contact / Telephone:** The acting manager Rachel Hampton 023 8044 7743 **Address:** Mayfield Park, Weston Lane, Southampton, SO19 9HL **Additional Information:** It is a working nursery open to the public.

### **SOUTHAMPTON MENCAP**

**Aim:** To develop and promote social activities/clubs for people with learning disabilities. **Volunteer Opportunities and Tasks Involved:**

Clubs - volunteers required to help at the following all held at the Mencap Centre, Portswood.

1. Saturday 10.00am –12 noon - Junior Gateway - Children aged 5-16
2. Saturday 2.00 - 7.00pm - Adult Gateway - Adults 19 plus
3. Wednesday 7.00 – 9.00pm - Midweek Club - Adults 19 plus
4. Friday alternative weeks - Youth Club - Young people 15-25
5. Summer activities for children with special needs.
6. Parent and Toddler Group - Monday 1.00pm –3.00pm school holidays.
7. Society Treasurer – overseeing financial business of the society, working with a book-keeper on a regular basis, attending monthly management meetings and maintaining close links with the chairperson and co-ordinator.

**Skills/knowledge desired:** variable according to role, please enquire.

**Time Commitment:** negotiable. Management meetings last approximately 2 hours in the evenings. **Training:** yes - specific training needs met within clubs. **Expenses:** travel paid and meal allowance. **Accessible for**

**Wheelchair Users:** Yes. **Contact /Telephone:** Alex Iles / 023 8058 4088

**Address:** 187a Portswood Road, Portswood, Southampton, SO17 2NF

**Additional Information:** volunteers working with children up to the age of 19 will be Police checked **MENCAP Visiting Services** has a local vacancy for a volunteer visitor in the Shirley area. For details contact Suzanne Derham Telephone 01622 674222 Email: [Suzanne.derham@mencap.org.uk](mailto:Suzanne.derham@mencap.org.uk)

### **SOLENT MIND – APPROPRIATE ADULT SCHEME**

**Aim:** The Appropriate Adult protects the rights and welfare of vulnerable (mental health problems) adults who are helping the Police with their enquiries. **Volunteer Opportunities and Tasks Involved:** Volunteer Appropriate Adult duties include being on call (Police Station pages volunteers when required), attend Police Stations on request, protect rights and welfare of vulnerable suspects, advise suspects (not legal advice) and facilitate communication between Police and suspect. The area is South West Hampshire and the venue will be Police Custody Centres.

**Skills/knowledge desired:** drug/alcohol issues, experience of mental health/learning disabilities is helpful, caring non-judgemental approach, flexibility, access to transport **Time Commitment:** variable – volunteers are on a rota but will not do any work until called out by the Police. **Training:** 4 X 2½ hour sessions plus shadowing time (local). **Expenses:** travel and meal

allowance **Accessible for Wheelchair Users:** not all Police Stations  
**Contact / Telephone:** Celia Hutton 023 8022 7510 **Fax:** 023 8023 3494  
**Address:** 54 Henstead Road, Southampton SO15 2DD **Additional Information:** no previous experience is necessary. Good communication skills are required as well as ability to be assertive. Potentially demanding - details of offences could be unpleasant.

### **SOLENT MIND – THE CAFÉ CLUB**

**Aim:** To assist members to run a social club, for people who have, or have had, a mental health problem. To provide facilities and events, including meals and to be open at weekends and on some evenings, as well as in the week. **Volunteer Opportunities and Tasks Involved:**

1. Art Group Volunteer – encouraging people to enjoy themselves through the medium of art, to be present at the Art Group and to respond flexibly to members needs and encourage their ideas and also to inform worker(s) if materials are running low etc.
2. Driver – to take members out on short trips

**Skills/knowledge desired:** interest in art and/or crafts/patience/some understanding of mental health issues/listening skills/interest in teaching art and/or encouraging peoples interest in art. Driver needs to have a MIDAS certificate. **Time Commitment:** Tuesdays from 2.00pm to 4.30pm (or 5.00pm – depending on needs of volunteer) Training: please enquire for further details. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes. **Contact:** Steve Sammut – Manager Telephone: 023 8063 1607 Monday – 2.30pm to 9.30pm, Tuesday – 9.00am to 5.15pm, Wednesday 4.00pm to 9.30pm, Thursday 9.00am to 5.15pm, Friday 9.00am to 12.30pm.

### **MOORGREEN HOSPITAL**

**Aim:** To work alongside staff to promote and maintain the quality of life for patients, and to support patients and their families both in a hospital setting and in the wider community.

**Volunteer Opportunities and Tasks Involved:** Please enquire for details. **Training:** basic training in Fire, Health & Safety etc. **Expenses:** travel and meal allowance paid. **Accessible for wheelchair users:** yes, good access **Contact / Telephone:** The Voluntary Services Manager 023 8047 5263 **Address:** Moorgreen Hospital, Botley Road, West End, So'ton, SO30 3JB

### **MOTOR NEURONE DISEASE ASSOCIATION (SOUTHAMPTON & DISTRICT BRANCH)**

**Aim:** To support and help those with the disease, their families and carers.

**Volunteer Opportunities and Tasks Involved:**

1. Secretary of Group – Branch Officer with responsibility for all clerical work, booking speakers, liaising with national office on behalf of group, imparting information to group etc. Also writing monthly newsletter and mailing it. Supporting Chair and Committee in their efforts to help those with the disease. Raising awareness etc.
2. Fundraiser required as well.

**Skills/knowledge desired:**

1. General clerical skills/ability to meet and discuss work with committee

- and work compatibly with a committee/enjoy meeting people.
2. Experience of fundraising
- Time Commitment:** Committee meetings are approximately every 6 weeks. Branch meetings are monthly and secretarial work completed at secretary's leisure. **Training:** Branch Officer training by national office staff. Residential weekends etc **Expenses:** travel paid. **Accessible to Wheelchair Users:** yes **Contact / Tele:** Pamela Jupe **Tel:** 01489 602844

## **NAOMI HOUSE CHILDREN'S HOSPICE**

**Aim:** Naomi House is dedicated to providing respite and terminal care as well as bereavement support in a welcoming and homely environment, for children with life-limiting and life-threatening conditions and their whole family at no charge. **Activities of the organisation:** Looking after children on a one to one basis in the hospice, reflecting care given at home. Providing as many activities and as much stimulation as possible, including an art room, multi-sensory and hydrotherapy room and trips out. Bereavement support for the whole family. Sibling support.

### **Volunteer Opportunities and Tasks involved:**

1. Fundraising Collectors – Our Fundraising Team needs volunteers to collect funds at various events on an ad hoc basis. You will be collecting donations in boxes and buckets and may be involved in setting up and taking down display material.
2. Event Fundraisers – volunteers required on an ad hoc basis to help at special events with things such as marshalling, raffle ticket and merchandise selling or collection help.
3. Fundraisers – volunteers required to help raise awareness and funds in the community – looking after collecting boxes, giving talks, representing the Trust at presentations, holding events or simply spreading the word.
4. Rubbish Rangers – Volunteers are needed to help run our Recycling Programme, to become co-ordinators and representatives in their communities to collect recyclable material i.e. plastic milk bottle tops, mobile phones, cartridges/toners stamps and foreign currency.
5. Community Contacts – Spreading the word about Naomi House, visiting schools and local groups to talk about our work
6. Retail assistant at Shop in Shirley High Street, Southampton. Serving customers and preparing goods.
7. Weekend Catering Assistant

### **Skills/knowledge desired:**

1. Fundraising/collectors – Warm, friendly and comfortable with public.
2. Event Fundraisers – A passion to raise funds and awareness
3. Fundraisers – A passion to raise funds and awareness locally.
4. Rubbish Rangers – The volunteer must be in a good state of health, able to lift and move sacks and boxes of bottle tops, cartridges and phones. Full driving licence and access to telephone or email.
5. Community Contact - The volunteer must be warm and friendly and be comfortable to face the public.
6. Helpful manner – able to work directly with the public.
7. Warm & friendly attitude, happy to work as part of a team under the guidance of cooks/able to “stick” to a list of tasks/happy to interact with

staff & families/familiarity of kitchen equipment & procedures would be helpful but not necessary.

**Time commitment:** Various times Sunday to Saturday. **Training:** Yes – varies according to role – please enquire. **Contact/Telephone:** Rachel Holmes, Volunteer Services Manager 01962 760060 Email: [rachel.holmes@naomihouse.org.uk](mailto:rachel.holmes@naomihouse.org.uk)

### **NATIONAL OSTEOPOROSIS SOCIETY So'ton & District Group**

**Aim:** To improve the lives, treatments and care of people with osteoporosis . and to maximise prevention for those at risk. **Activities of the organisation:** Provides information, support and friendship for those with osteoporosis and their carers. Have monthly meetings **Volunteer Opportunities and Tasks involved:** “Tea person” Someone to make, serve and clear light refreshments at the meetings. **Skills/knowledge desired:** Basic health and safety/food hygiene **Time commitment:** Third Tuesday of each month between 1.45 – 2.15 and again 2.45 – 3.45 (not during June and December) **Accessibility:** Wheelchair friendly. Local buses. Expenses: travel **Contact/Telephone:** (in the first instance) Di Bernstein, Southampton Voluntary Services 023 8021 6015. **Additional information:** The group meets at St. Mark’s Church hall, Archers Road, Southampton.

### **NATIONAL SOCIETY FOR EPILEPSY**

**Aim:** To enhance the quality of life of people with epilepsy by:- promoting research, education, raising awareness; providing medical & support services; give information and training to anyone affected by epilepsy. **Volunteer Opportunities and Tasks Involved:** Self management tutor to lead short courses to give people with long-term health conditions the skills and confidence to live their life to the full. **Skills/knowledge desired:** Volunteers must have a long-term health condition, they should be excellent communicators and listeners, have a desire to change lives and a good sense of humour. **Time Commitment:** To be arranged - please enquire for details. **Training:** 4 day residential training course provided **Expenses:** travel allowance paid **Accessible for wheelchairs:** yes **Contact/telephone:** Catherine Wilson **Tel:** 01494 601 387

### **SOUTH HAMPSHIRE NATIONAL TRUST VOLUNTEERS**

**Aim:** To carry out conservation work and preserve/improve the environment. **Volunteer Opportunities and Tasks Involved:** General Assistant - includes cutting down rhododendron, Scots pine, building fences and gates, laying down bridges and footpaths, picking up litter and whatever else is required from the National Trust. **Skills/knowledge desired:** none specific. **Time Commitment:** one day every two weeks approx. **Training:** use of equipment as necessary. **Expenses:** travel paid. **Contact / Telephone:** The Volunteer Co-ordinator / 01372 453401 (office hours) **Email:** [se.volunteering@nationaltrust.org.uk](mailto:se.volunteering@nationaltrust.org.uk) **Address:** Southern Region Office, The National Trust, Polesdon Lacey, Dorking, Surrey, RH5 6BD **Additional Information:** No particular skills required. Work programme issued on a regular basis. Volunteering is usually on Sundays about twice a month at National Trust properties within the South Hampshire area.

## **NEW BRIDGE**

**Aim:** Creating links between the offender and the community

**Volunteer Opportunities and Tasks:** Voluntary Associate – to write to and visit a prisoner registered with New Bridge after training is completed. (Minimum age - 21) **Skills/Knowledge Desired:** good listening skills, sensible and sociable people. **Time Commitment:** Please enquire. **Training:** specific training provided relative to working with prisoners. **Expenses:** travel and meal allowance, postage and stationery (where appropriate). **Accessible for Wheelchair Users:** may be problems in some prisons. **Contact/ Telephone:** John Roberts S.W. Regional Manager **Tel:** 01489 790520

## **NEW FOREST, SOUTHAMPTON & SW HAMPSHIRE MEDIATION**

**Aim:** To provide mediation and conflict resolution services. **Volunteer Opportunity:** Honorary treasurer. This is a trustee position. The committee meets 4/5 times annually from 5.30 p.m. for approximately one and half hours. The office is in central Southampton. There is a part time member of staff who looks after the day to day book keeping. **Contact:** David Wheatley. **Tel:** 023 8033 1456 **Email** newforestmediation@hotmail.com

## **NO LIMITS**

**Aim:** To support young people aged 14 – 25 by offering a caring supporting environment where young people can explore issues which are affecting their lives and to provide accurate and up to date information.

### **Volunteer Opportunities and Tasks Involved:**

1. Volunteer Information/Advice and Counselling Worker - to offer "drop in" advice/information/counselling services to young people and to work to the policies of No Limits.
2. Administrative Assistant – inputting statistics onto Access database, ensuring that information is backed up, possibly assisting in pulling off reports
3. Volunteer Trustee – to guide the development of the service, and if appropriate, to take on special areas of interest.

### **Skills/knowledge desired:**

1. Ability to work with young people/awareness of issues which affect young people's lives/open-minded/willingness to be challenged/ability to sometimes work under pressure/use initiative/sense of humour (is essential!).
2. Administrative Assistant – accuracy/knowledge of Access database preferred.
3. Trustee – interest in young people, range of skills required – e.g. business background

**Time Commitment:** workers must be prepared to give a commitment of a minimum of one year working with the agency following completion of basic training. **Training:** (1) initial training is provided twice a year (September to February) over 10 Saturdays. The first 5 are on Information and Advice Work and the next focus on counselling and listening skills. Ongoing training is provided once every 2 months. (2) Administrative Assistant – on the job training will be offered initially (3) Trustee – as required. **Expenses:** travel paid. **Accessible for Wheelchair Users:** please enquire **Contact:** Annabel Hodgson (Service Manager) or Kate Ogilvie. **Address:** 278 Shirley Road,

Southampton SO15 3HL and 24A Bernard Street, Southampton **Telephone:** 023 8077 8448 (Shirley Road) & 023 8023 6237 (Bernard Street) **Additional Information:** This is a volunteer led agency and therefore we rely on volunteers who are able to give the agency 100%. If volunteers are unable to turn up it may mean that we have to close the service to the detriment of young people.

### **NORTHAM 521 – YOUTH CLUBS**

**Aim:** To address anti-social behaviour and work with the young people to broaden their horizons. **Volunteer Opportunities and Tasks Involved:** Helper/Supervisor – supervision of activities, creating ideas for new activities and working with the young people on their own ideas. **Skills/knowledge desired:** experience with young people aged 11 - 25 a plus/experience with challenging behaviour not essential but useful. **Time Commitment:** Wednesday evenings from 6.30pm to 9.00pm. **Training:** adapted to meet volunteer's needs. Further training includes First Aid, equal opportunities, dealing with prejudice and challenging behaviour. **Expenses:** travel paid and possibly childcare please enquire for further details. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Simon Whitmore, Youth Service Inner City Manager 07796 278540

### **NSPCC**

**Aim:** To provide therapeutic help for children who have been abused. **Volunteer Opportunities and Tasks Involved:** Volunteer driver to transport children to the NSPCC centre for therapy sessions & return them home. **Skills/knowledge desired:** Clean driving licence, ability to respect confidentiality. **Time Commitment:** Variable - open Monday to Friday afternoon/evenings **Training:** introduction to child protection **Expenses:** travel, help with car insurance **Accessible for Wheelchair Users:** access to buildings not required. **Contact / Telephone / Fax:** Phil Taverner – Manager / 023 8024 8180. **Address:** 21 The Avenue, So'ton, S017 1XL.

### **OAKLANDS COMMUNITY CYBERCAFE**

**Aim:** To secure a stable environment where learning thrives, to enable each person to achieve their maximum potential. Oakland's is a community providing sports and learning opportunities for adults and includes Early Years provision. **Volunteer Opportunities and Tasks Involved:** Cybercafé Assistant - to assist adults to access the computers and the internet. Good communication skills and a working knowledge of computers and the internet needed. **Time commitment:** Please enquire **Training:** Working with Adults & Use of Cybercafé **Expenses:** travel & meal allowance provided **Accessible for wheelchairs:** yes **Contact / telephone:** Joan Winter, Deputy Head **Tel:** 023 8073 9797 **Fax:** 023 8039 3662 **Address:** Fairisle Road, Lordshill, Southampton, SO16 8BY

### **OCKENDEN INTERNATIONAL**

**Aim:** promoting self-reliance for refugees and displaced people **Volunteer Opportunities and Tasks Involved:** There are a range of opportunities available relating to promotion and fundraising for the organisation. **Skills/knowledge desired and time commitments** are variable

according to the post. Please enquire for more details about the work of this organisation and their volunteer opportunities to: Pru Turner – Community Fundraising Co-ordinator at Ockenden International **Tel:** 01483 772012

### **ON THE LEVEL (NSF MENTORING PROJECT)**

**Aim:** To provide each care leaver in Southampton with the opportunity of having a mentor, to ease their transition from public care to independent living. **Volunteer Opportunity and Tasks Involved:** Mentors to provide supportive relationship to young person leaving care, to provide practical help if appropriate or necessary and to help young person identify their skills and aims and how they can be maximised. (Volunteers must be over 21.)

**Skills/knowledge desired:** ability to relate to young people/non judgmental/willingness to learn/time and enthusiasm to commit for one year.

**Time Commitment:** minimum of 1 hour per week contact with a young care leaver. Training and supervision is additional. **Training:** training to take place during a collection of weekends and evenings over 5 weeks focusing on the mentoring task, adolescence, public care, and prejudice reduction, mentoring model. **Expenses:** travel & light refreshments paid. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Sue Edser Project Manager 023 8077 5610 **Address:** 52 Seagarth Lane, Shirley, Southampton, SO16 6RL **Additional Information:** This is an excellent opportunity to develop interpersonal skills and work experience that would be beneficial for future employment. Because of the specialised training, this organisation recruits volunteers in groups. Please enquire for dates of next recruitment.

### **SOUTHAMPTON OPPORTUNITY GROUP**

**Aim:** To provide a special needs playgroup for children aged 0-5 years.

#### **Volunteer Opportunities and Tasks Involved:**

1. Driver - to pick up parents and children and take them home again.
2. Helpers - to help with the children. Based at Hardmoor Assessment Unit at Leaside Way in Bassett.

**Skills/knowledge desired:** experience of children with special needs would be helpful but not essential. **Time Commitment:** Wednesday and Friday mornings - helpers 9.30am - 12.30pm; Drivers a little earlier and later because of pick-ups. **Training:** please enquire. Drivers need to have MIDAS minibus training. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes.

**Contact / Telephone:** Alison Penfold (023 8036 2364) or Becki Miles (023 8049 0243) both after 5.00pm **Additional Information:** Very friendly small group, with regular contact with solicitor, daycares officer and doctors. We give support to parents and have one-to-one helpers for the children. It's just like a playgroup but with extra helpers.

### **OXFAM – PORTSWOOD MUSIC SHOP**

**Aim:** To make the most of donated goods to make money to support projects in third world countries. **Volunteer Opportunities and Tasks Involved:** Retail Assistant – serving and tidying shop, sorting donated stock, assisting with fair trade. (Volunteers must be over 16.) **Skills/knowledge desired:** all round training can be offered to enthusiastic people. **Time Commitment:** various 4 hour shifts a.m. or p.m. **Training:** Induction and other training ongoing. **Expenses:** travel paid and meal allowance if working all day

**Contact / Telephone:** Pete Fisher – Manager / 023 8055 3719 **Address:** 5 The Broadway, Portswood, Southampton, SO17 2WE

### **PDSA**

**Aim:** To care for the pets of needy people by providing free veterinary services to their sick and injured animals and promoting responsible pet ownership. **Volunteer Opportunity:** Retail Assistants for shops in Shirley and Portswood to assist with the day to day running of the shops. Duties will include assisting the public, cash handling, till operation and keeping the shop clean and tidy. Also volunteers are requested to promote public understanding of PDSA work and the importance of raising funds through the shop. **Skills/knowledge desired:** No previous experience necessary but enthusiasm and reliability are essential. **Time commitment:** To be arranged by agreement. The shops are open Monday to Saturday. **Training:** All relevant provided by manager **Expenses:** Any "out-of-pocket - usually travel. **Accessibility:** Most PDSA shops can be accessed by public transport. Disabled facilities vary from location to location. **Additional information:** Shirley shop is at Unit 6, 105 Shirley High Street and the Portswood one is 225 Portswood Road, Portswood. Volunteers need to be aged 14 years and over. **Volunteer Opportunity:** Members for the Wessex Fundraising Group - Southampton and Winchester Areas to assist with the fundraising group in organising and running events. Duties include attending regular group meetings, assisting at events and bringing ideas to the group for money-making opportunities. The group activities vary but might include; dog shows, supermarket collections etc. **Time Commitment:** Variable but usually evenings and weekends. **Contact:** Denise Rosewell NVC Supervisor. **Telephone:** 01962 868883 **Free phone** for potential volunteers 0800 854194 **Address:** PDSA National Volunteering Centre, Unit 9 City Business Centre, Hyde Street, Winchester SO23 7TA **Email:** [volunteers@pdsa.org.uk](mailto:volunteers@pdsa.org.uk) **Website:** [www.pdsa.org.uk](http://www.pdsa.org.uk)

### **PARENTLINE PLUS HAMPSHIRE**

**Aim:** To work together with parents and provide - parenting education; a telephone helpline and useful resources for parents. **Volunteer Opportunity and Tasks Involved:** Promoters needed to go out into the community and staff information points. **Skills/knowledge desired:** People with experience of parenting and some of its issues; good communication skills and a flexible approach to the role. **Time Commitment:** Flexible - to be arranged **Training:** Please enquire **Expenses:** Travel **Accessible for Wheelchair Users:** Need to enquire **Contact:** Lisa Gamblin, Parents Together Supervisor **Telephone:** 023 8061 9826 **Email** [lisag@parentlineplus.org](mailto:lisag@parentlineplus.org) **Website:** [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) **Address:** Wessex House, Upper Market Street, Eastleigh SO50 9FG

### **PUKAAR PROJECT**

**Aim:** A multi-cultural project to involve communities of different cultures and refugee and asylum seekers. **Volunteer Opportunities and Tasks Involved:** Reception and Administration Assistant. Able to use a computer. **Time Commitment:** Not specified but volunteers needed Mon – Fri mornings only.

**Training:** None specified. **Expenses:** Yes. **Contact/Telephone:** Romail Gulzar 023 8022 4710 **Address:** Unit 5 Acorn Enterprise Centre, Empress Road, Southampton SO14 OTX **Additional Information:** This project is involved in running curry parties for the community and workshops for refugees and asylum seekers.

#### The **RAMBLERS' ASSOCIATION**

**Aim:** To promote walking, including the preservation of footpaths and access land and prevention of activities which could spoil the country side for walkers.

**Volunteer Opportunities and Tasks Involved:** Area Footpath Secretary to organise and attend four meeting per year of the Footpath Committee, to take minutes and attend to correspondence and disseminate information.

**Expenses:** Travel **Contact:** Prue Skinner, Area Footpath Secretary. Tel 01962 854210 Email [Antprue.skinner@virginnet.co.uk](mailto:Antprue.skinner@virginnet.co.uk)

**Additional Information:** The Secretary works from home and the meetings are in Winchester. Can walk with group if wish.

#### THE RAINBOW PROJECT

**Aim:** To provide a supported housing project for young people and lone mothers aged 16-25.

**Volunteer Opportunities and Tasks Involved:** Executive Committee Member – to attend management committee meetings and may also be required to serve on one of the sub-committees **Skills/knowledge desired:** someone with knowledge and insight into some of the issues and challenges faced by young people/perhaps professional expertise (legal/accountancy/human resources/housing etc and/or a business background. **Time Commitment:** monthly Thursday evening **Training:** none specified **Expenses:** please enquire **Accessible for Wheelchair Users:** yes

**Contact / Telephone :** Linda Short / 023 8021 5335 **Email:**

[lindashort@tcp.co.uk](mailto:lindashort@tcp.co.uk) **Address:** Fairways House, Suite 9B Mount Pleasant Road SO14 OQB

**Additional Information:** New members are sought from the Black and Minority Ethnic Communities as these communities are currently under-represented on the committee. The remit of the organisation includes, besides the provision of accommodation, to provide appropriate support, advice, counselling and assistance and to facilitate the education of the public in the difficulties encountered by young people in need in So'ton.

#### **RAINER WESSEX APPROPRIATE ADULT SERVICE**

**Aim:** To provide a service that primarily seeks to safeguard the rights, welfare and interests of arrested young people aged 10-16 through the provision of a professional and dedicated Appropriate Adult Service on behalf of the Wessex Youth Offending Team.

**Volunteer Opportunities and Tasks Involved:** Volunteer Appropriate Adults support young people who have been arrested and taken into Police custody and who do not have a parent, guardian or other family member to be there with them. Appropriate Adults help the young person understand what is happening to them, explain and oversee Police procedures such as finger printing and interviewing and make sure the young person's welfare and rights are safeguarded. **Skills/knowledge desired:** Volunteers are not required to

have any particular experience but an interest in working with young people is vital as is a non-judgemental approach and a willingness to be flexible.

**Time Commitment:** Flexible rota system – see additional information below

**Training:** Full training is given prior to acting as an Appropriate Adult which includes a visit to a Police Custody Suite to meet custody staff and also the opportunity to shadow experienced volunteer Appropriate Adults before working alone. **Additional Information:** All voluntary work takes place in Police custody suites and volunteers are asked to choose which Police Stations they are happy to visit. Volunteers are also asked which shifts they wish to cover on a rota, which runs from 8.30 a.m. to 10.30 p.m. daily.

**Contact:** Gloria Holloway, Project Officer. **Telephone:** 023 8038 6712 or 07738 040476 **Email:** [gloria.holloway@raineronline.org](mailto:gloria.holloway@raineronline.org) **Address:** First Floor, Wheatsheaf House, 24, Bernard Street, Southampton SO14 3AY

### **SOUTHAMPTON RAPE CRISIS AND SEXUAL ABUSE COUNSELLING SERVICE (and the Star Project)**

**Aim:** To provide counselling and advice/information for people who have suffered sexual abuse/rape at anytime in their lives. **Volunteer**

#### **Opportunities and Tasks Involved:**

1. Volunteer Counsellors (women only) – taking calls on evening helpline duties, both counselling calls and advice/information to the general public, eventually counselling clients depending upon skills/training and experience and after passing phase 2 on the in-house training, taking part in group supervision as well as one to one supervision.
2. Fundraiser – initiating a fundraising strategy for corporate funding/sponsorship for SRC and implementing it, to back-up current core funding.
3. Administration assistant – excellent communication skills; confident on the telephone; used to working in an administration role and able to assist in all areas of admin including IT support to staff and volunteers as required; able to keep accurate records and maintain filing systems.

#### **Skills/knowledge desired:**

1. Some counselling skills training and/or experience/ability to work co-operatively and supportively.
2. Experience of corporate fundraising essential.
3. Previous experience in an administration role essential.

#### **Time Commitment:**

1. Phone line duties are from 7.00pm to 10.00pm on Monday and Sunday and there is a fortnightly Wednesday evening supervision meeting. Other times are by arrangement.
2. Flexible.
- 3, Flexible. Hours available between 9.00 a.m. & 7.00 p.m. Mon – Fri. Also hours on Sunday & Monday evenings between 7.00 p.m. and 10.00 p.m. **Training:** volunteers are encouraged to take part in in-house on-going training. **Expenses:** travel and all other out of pocket expenses paid. **Accessible for Wheelchair Users:** no. **Contact / Telephone:** Jo or Julie Tel: 023 8063 6313 Monday-Friday office hours **Address:** PO Box 50, Head Post Office, High Street, Southampton. **Additional Information:** Our new volunteer training programme is run once a year in the Autumn (daytimes). Potential

volunteers are advised to contact us during the summer for a pre-selection interview.

### **BRITISH RED CROSS (HAMPSHIRE)**

**Aim:** To be the leading voluntary provider of emergency help to people in most need, anywhere in the world.

#### **Volunteer Opportunities and Tasks Involved:**

1. Fire Victim Support Scheme - taking a mobile unit to the scene of domestic fires, providing refreshments, a phone, spare clothing, washing facilities, etc. Volunteers provide information, advice and comfort to victims.
2. Medical Loan Volunteer – to issue medical loan items, booking them in and out, some cleaning of equipment and telephone answering. (Volunteer must be over 16) **Skills/knowledge desired:** please enquire.

**Time Commitment:** 1. Team rota drawn up on a stand-by call-out basis, overnight on weekdays, and 24 hour cover at weekends and bank holidays - training twice a month. 2. One hour minimum per week. **Training:** full training given in First Aid, Welfare, Stress Management and Communication Skills. **Expenses:** travel paid. **Contact / Telephone / Fax:** Donna Taylor, Volunteer Co-ordinator / 01962 867309 **Address:** Red Cross House, Stockbridge Road, Weeke, Winchester, SO22 5JD

### **BRITISH RED CROSS (SOUTHAMPTON)**

**Aim:** To be the leading voluntary provider of emergency help to those in most need - providing First Aid cover, medical loan, running clubs for older and disabled people and providing transport.

#### **Volunteer Opportunities and Tasks Involved:**

1. Assistant - in Medical Loan Department - hiring out medical loan equipment, answering the phone, some cleaning and stock taking.
2. Volunteer Drivers – to drive the minibus, picking up and taking home club members. (Must be over 21)
3. Club Helpers – to help run a Red Cross club, supporting the members, making tea etc. (Must be at least 16)
4. Centre Organiser – to be the point of contact for enquirers and to oversee the smooth running of the centre. Good communication and admin skills required. Please contact Gary Webster 01962 – 865174 for further details.
5. Centre Treasurer – to deal with Centre finances, record keeping, handling petty cash and doing banking etc. A finance background and good written skills essential. Contact Gary Webster for details on 01962 – 865174.

**Skills/knowledge desired:** please enquire – depends on area of voluntary work undertaken. **Time Commitment:** variable - depending on area of voluntary work. **Training:** First Aid courses. Also training relevant to the voluntary work undertaken. **Expenses:** travel paid. **Accessible for Wheelchair Users:** limited. **Contact / Telephone:** Donna Taylor, Volunteer Co-ordinator – 01962 867309

### **RED LODGE COMMUNITY POOL**

**Aim:** To provide a community swimming pool.

### **Volunteer Opportunities and Tasks Involved**

1. Company Secretary – responsible for correspondence and administration. The post does not involve a great deal of paperwork, which can be handled by another person. Knowledge of Company affairs desirable.
2. Minutes Secretary for the Committee – once the company has become a Charity will become the Community Management Committee and will meet about every 4 – 6 weeks at first then about every two months.

**Skills/knowledge desired:** (1) knowledge of Company affairs desirable (2) experience of minute taking desirable **Time Commitment:** please enquire **Training:** please enquire **Expenses:** none paid **Contact:** John Kershaw **Telephone:** Pool Office on 023 8076 8209 **Address:** Vermont Close, Winchester Road, Southampton, SO16 7LT **Additional Information:** Other volunteering opportunities may be available – please enquire.

### **RELATE SOLENT**

**Aim:** To provide support and relationship counselling and sex therapy to adult couples and individuals; **Volunteer Opportunity:** Receptionist

**Skills/knowledge desired:** Able to be discreet, confident and with a good telephone manner; ability to maintain confidentiality essential. **Time commitment:** Monday and Tuesday evenings. **Training:**

Reception/telephone/confidentiality/health and safety

**Expenses:** Travel **Access for wheelchair users:** Yes **Contact:** Deborah Crescente, Centre Manager. **Telephone:** 023 8022 9761 **Email:**

[information@relatesolent.fsnet.co.uk](mailto:information@relatesolent.fsnet.co.uk) **Website:** [www.relate-solent.org.uk](http://www.relate-solent.org.uk)

**Address:** 3 Kings Park Road, Southampton SO15 2AT

**Additional information:** The volunteer needs to be able support the counselling staff with securing the building at the end of a session. These run between 6.00 and 9.00 p.m.

### **THE RIBBONS CENTRE**

**Aim:** To be a resource and information drop-in centre for people living with and affected by HIV. **Activities of the organisation:** Two drop-in sessions a week as well as a monthly. Positive Women's Group and a Partners and Carers Group. Resource Library, Complementary Therapies, Support, Information and Advice including Benefits and Drug Adherence. **Volunteer Opportunities and tasks involved:** To help run the drop-in sessions. This may include talking with clients; helping them access information from resources and the internet. Volunteers also help prepare a cooked meal for the drop-in sessions and general house-keeping. **Skill/knowledge desired:**

Good communication and social skills. Our volunteers need to be non-judgmental in working with a diverse client group. Also punctual and reliable. **Time Commitment:** Tuesday afternoon/evening Thursday morning/afternoon. **Training:** HIV, Communication, Listening skills, confidentiality. **Expenses:**

Travel only paid. **Contact:** Darryl Clarke – Client Services Manager. **Address:** P O Box 201, Southampton, SO14 3RZ. **Telephone/Fax:** 023 80225511 or 023 8033 5520. **Email:** [darryl@ribbons-centre.co.uk](mailto:darryl@ribbons-centre.co.uk)

### **ROSE ROAD ASSOCIATION**

**Aim:** To focus on work with children with severe and complex learning disabilities and to provide services and support for families.

**Volunteer Opportunities and Tasks Involved:**

1. Care Assistant - respite/short breaks services for children with severe learning disability.
2. Assisting children's leisure activities. Hours - evenings/weekends.
3. Shop Helpers/Assistants - in charity shop in Portswood, Totton and Winchester.
4. Classroom/Therapy Assistants (School) - to support children's programmes.
5. Lunchtime Assistants (School) - to help with lunchtime feeding and after lunch activities.
6. Driver – MIDAS training given - to collect children from the Centre and take to school on an arranged basis.

**Time Commitment:** negotiable. **Training:** Health & Safety, Child Care/Child Protection procedures & additional training to meet individual needs.

**Expenses:** travel & meal allowance paid. **Accessible for Wheelchair**

**Users:** at the centre only. **Contact / Telephone:** Vicki Jelley – Volunteer Co-ordinator / 023 8072 1234 (Monday-Friday (office hours)) **Address:** The Bradbury Centre, 30 Aldermore Road, Southampton, SO16 5NA

**ROSE ROAD ASSOCIATION - FUNDRAISING**

**Aim:** To care for the needs of children with multiple disabilities.

**Volunteer Opportunities and Tasks Involved:**

1. Collection Box Co-ordinators - Based at Empress Road / Rose Road. Placing and servicing of Charity Collection Boxes.
2. General Assistant - Fundraising - Based at Empress Road. General administration, mail-shot, leaflet folding and distribution.

**Skills/knowledge desired:** Office skills, sense of humour, ability to turn a hand to any job required, i.e. stuffing envelopes, news cuttings, etc. **Time**

**Commitment:** from half a day upwards. **Training:** full 'on job' training.

**Expenses:** travel paid if on Charity business. **Accessible for Wheelchair**

**Users:** no. **Contact / Telephone:** Louise Sarton – Fundraising Manager / 023 8039 3996 (Monday-Friday (8.30am-4.30pm)) **Address:** Rose Road, Southampton, SO14 6TE

**ROSHNI ASIAN ELDERS DAY CARE CENTRE (SOUTHAMPTON CITY COUNCIL SOCIAL SERVICES)**

**Aim:** To provide a culturally sensitive day care provision for Asian Elders in Southampton. **Volunteer Opportunities and Tasks Involved:** Day Care Volunteer – domestic duties including making and serving tea to clients, washing up, lunch preparation, helping to serve lunches and teas; to assist staff with activities; to aid clients and provide social contact.

**Skills/knowledge desired:** empathy with older people/social skills/team work/help with craft activities. The Asian language is not essential. **Time**

**Commitment:** Tuesday only from 9.30am to 3.30pm – flexible. All day preferred but ½ day shifts are considered. **Training:** please enquire.

**Expenses:** travel paid and meal allowance. **Accessible for Wheelchair**

**Users:** yes. **Contact:** Auran Sood **Address:** Bellamy Court, Pettinger Gardens, Off Priors Road, St Deny's, Southampton, SO17 2WN. **Telephone:** 023 8053 2720 on Tuesdays only – office hours. Mobile – 07798 532720

**Additional Information:** We are seeking volunteers from any age group.

The programme is planned to give stimulation, motivation, including exercises, quizzes, games, discussions, sewing and drawing.

### **R.S.P.B – THE ROYAL SOCIETY FOR THE PROTECTION OF BIRDS**

**Aim:** To promote action for the protection of wild birds and the environment, with a strong interest in conserving all bio-diversity. **Volunteer Opportunities and Tasks Involved:** YOC Leaders (The YOC, the junior secretary of RSPB, has a local group at Titchfield Haven Nature Reserve) – seeking additional leaders there, and to help form new YOC groups elsewhere. If sufficient people come forward the task is to organise 12 meetings per year for young people interested in birds and other wildlife. **Skills/knowledge desired:** energy/enthusiasm/communication skills particularly with young people. **Time Commitment:** Most YOC groups meet outdoors at weekends, evening meetings are also possible. Approximately 8-10 hours per month. **Training:** induction and standard 2 day training course provided with additional courses advertised to leaders **Expenses:** travel paid and other expenses offered **Accessible for Wheelchair Users:** yes **Contact / Telephone :**Helen Dargen/ 01273 775333 **Address:** RSPB South-East England Office, 2nd Floor Frederick House, 42 Frederick Place, Brighton, BN1 1AT **Additional Information:** It is the largest wildlife conservation charity in Europe. The YOC has some 150,000 members who receive their own magazine and can take part in local activities. We have a network of YOC local groups and give our leaders regular advice & support.

### **RUKBA (ROYAL UNITED KINGDOM BENEFICIENT ASSOCIATION)**

**Aim:** To help older and infirm people on very low incomes to remain in their own homes for as long as possible or, when that is no longer possible, in the residential or nursing home of their choice by the payment of an annuity **Volunteer Opportunities and Tasks Involved:** Volunteer Honorary Secretaries able to spare time to visit & support a number of people (about 5) who receive RUKBA's support & help. The work is not time consuming. It involves a few visits during the year & provides a point of contact via the telephone for advice & help. Also Fundraiser required. **Skills/knowledge desired:** please enquire. **Time Commitment:** flexible. **Training:** By Area Representative. **Expenses:** travel and out of pocket expenses paid. **Contact / Telephone:** Jane O'Kelly. **Tel:** 01264 363487

### **SAFE IN SOUND (S.V.S.)**

**Aim:** To promote health, safety and enjoyment of people using public entertainment venues and/or using recreational drugs. **Volunteer**

**Opportunities and Tasks Involved:** Information Volunteers – distributing written information on drugs and related issues, giving verbal advice and information to people regarding health and drug issues, offering aid and reassurance to people in crisis. **Skills/knowledge desired:** non-judgmental/a knowledge of or experience of the club scene. **Time Commitment:** work takes place mostly evenings. **Training:** please enquire for details.

**Expenses:** travel paid and meal allowance **Contact / Telephone:** Rob Kurn (Safe in Sound Co-ordinator) Tel: 023 8021 6031 Monday-Friday (office hours) **Address:** The Voluntary Action Centre, Kingsland Square, St Mary's Street, Southampton, SO14 1NW

### **SOUTHAMPTON DISTRICT SAMARITANS**

**Aim:** To befriend/give emotional support to those who are despairing, passing through a crisis or contemplating suicide. **Volunteer Opportunities and**

**Tasks Involved:** Telephone line and drop-in listeners/Samaritan – please enquire for details of duties. **Skills/knowledge desired:**

warm/caring/compassionate/non-judgmental/team worker/sense of humour.

**Time Commitment:** 3 hours duty once a week. A minimum of 6 night duties and 6 weekend duties per year. Plus associated support meetings. **Training:**

preparation courses held one or two evenings over 5 weeks. Potential volunteers must attend every session of the course. Dates are provided in advance. **Expenses:** please enquire for further details. **Contact / Sue**

**Roberts Telephone:** 023 8063 2888 **Address:** 11 College Place, London Road, Southampton, SO15 2FE **Additional Information:** Potential volunteers are given maximum support. We all work as a team. The Centre is a very calm, happy place to work despite the nature of the work. Volunteers have many reasons for joining and are amazed by the number of friends they make which is an added bonus.

### **THE SAVE THE CHILDREN FUND**

**Aim:** To create a better world for children. **Volunteer Opportunities and Tasks Involved:**

1. Area volunteer to work with Solicitors (Legacy Department) – visiting Solicitors to encourage clients to make a charitable bequest in their will. Please enquire for more in-depth information about the role. Work would be done from home.
2. Promotional Assistant (Legacy Department) – distributing legacy promotional material and assisting in other tasks such as putting up displays.

**Skills/knowledge desired:** good organisation skills/previous knowledge of working with solicitors would be an advantage/friendly and enthusiastic/good telephone manner. Knowledge of the locality would be helpful. **Time**

**Commitment:** For the area volunteer 2 to 4 days per month minimum (flexible). For the Promotional Assistant a minimum of 3 hours per week.

**Training:** provided by Legacy Development Officer and some training carried out at Head Quarters. **Expenses:** travel paid and other expenses offered.

**Accessible for Wheelchair Users:** please enquire. **Contact / Telephone:**

Nick Wiggins (Legacy Development Officer) Tel: 0181 658 3775 Additional **Information:** This role would suit an independent person who wishes to work with professional people.

### **SCA – COMMUNITY CARE SERVICES**

**Aim:** To provide day care for older people across various locations in the Southampton area.

#### **Volunteer Opportunities and Tasks Involved:**

1. Day Centre Carers - to provide a warm welcome on arrival, stimulate conversation and be prepared to listen. Provide physical support when necessary, whilst encouraging independence. Assist with activities, games, talks, quizzes, outings and entertainment. Assist in serving lunches and helping with washing-up.
2. Minibus Escorts – to accompany driver and assist clients.

**Skills/knowledge desired:** empathy with older people. **Time Commitment:** Day Centre Carers 9.30am-3.30pm one day a week; Minibus Escorts 9.00am-4.30pm Training: Coffee training mornings to exchange information and share ideas. **Expenses:** travel paid and meal provided. **Accessible for Wheelchair Users:** yes. **Contact:** Fay Kirton – Head of Transport & Christine Brown - Day care Volunteers **Address:** Amplevine House, Dukes Road, Southampton, SO14 0ST Telephone: 023 8036 6663 from Monday to Friday – office hours. **Additional Information:** A volunteer would be a respected member of a team that is sympathetic, helpful and companionable to our members, respecting their needs, independence, dignity and choice in a non-discriminating way. There are vacancies for volunteers in most locations across the City.

### **SCA – COMMUNITY CARE SERVICES – BUGLE STREET MULTICULTURAL CENTRE**

**Aim:** To deliver appropriate community care. **Volunteer Opportunities and Tasks Involved:** Day centre volunteer – to provide physical support to older people whilst encouraging independence, to stimulate conversation and to be prepared to listen. To assist with group or one-to-one activities. An excellent opportunity for someone who wants to enter the caring field or someone who has a genuine desire to help the elderly. **Skills/knowledge desired:** must be patient, caring, self-motivated, cheerful, willing to help and have an understanding of the needs of older people. **Time Commitment:** Open Monday to Friday – please enquire Training: Health & Safety, Equal Opportunities Expenses: travel and meal allowance paid **Accessible for wheelchair users:** the Day Centre is on the ground floor, it is wheelchair accessible with ramp and disabled toilets **Contact:** Kavita Shinh – Project Manager Tel: 023 80632474 Fax: 023 8063 2474 **Address:** 44 Bugle Street, Southampton, SO14 2AH

### **SCA SUPPORT SERVICES**

**Aim:** To provide community care transport services for all the community including children, adults and older people.

**Volunteer Opportunity and Tasks Involved:** Drivers for fully accessible vehicles. **Skills/knowledge desired:** A caring, helpful attitude towards people with physical disabilities or learning difficulties; mindful to confidentiality and

able to be discerning and discreet; able to assist wheelchair users and the very elderly. **Time Commitment:** Operational throughout the week – would need to enquire **Training:** Please enquire **Expenses:** Travel and meal allowance (if away for long period) **Contact:** Sally Glendinning, Assistant Transport Manager **Telephone:** 023 8022 2265 **Email:** [transport.operations@scaccs.org.uk](mailto:transport.operations@scaccs.org.uk) **Address:** Unit H, Centurion Industrial Park, Bitterne Manor, Southampton SO18 1UB **Additional information:** SCA Community Care Services is a “not for profit” social business that deliver community care services in central southern England. It has a well established community transport service for Southampton and has a fleet of fully accessible vehicles. They provide transport for children, adults and older people to enable them to keep in touch with the community, undertake daily living tasks, leisure activities and attend places of education.

### **SCHOOL GOVERNORS' ONE-STOP SHOP**

**Aim:** To recruit school governors

**Volunteer Opportunity:** School Governors **Skills/knowledge desired:** A desire to help provide children with the best possible standard of education. Not necessary to be a parent or know about education or have any specific skills but need to be willing to work in a team. **Time commitment:** Average monthly commitment of 6-8 hours. **Training:** Local Authorities provide all training needed for role. **Expenses:** Usually all "out-of-pocket" expenses may be claimed. **Contact:** Jo Buchanan. **Telephone:** 0870 241 3883 **Email:** [info@sgoss.org.uk](mailto:info@sgoss.org.uk) **Website:** [www.sgoss.org.uk](http://www.sgoss.org.uk) **Address:** 64 Essex Road, London N1 8LR **Additional information:** Much more available directly from the organisation including a "Frequently Asked Questions" fact sheet and an application pack.

### **SCOPE SHOP (PORTSWOOD)**

**Aim:** To raise funds to provide facilities for treatment/education and residential care for people with Cerebral Palsy.

**Volunteer Opportunities and Tasks Involved:**

1. Shop Assistants - serving customers at the till, maintaining a high standard of cleanliness and tidiness in the shop at all times, and keeping displays neat and tidy and replenishing shelves and rails with goods.
2. Backroom Work ticketing all donations, usage of steamer to improve the look of garments. Occasional tea making and keeping the backroom tidy.

**Skills/knowledge desired:** please enquire. **Time Commitment:** negotiable between 9am-5pm, Monday to Saturday. **Training:** volunteers are always paired with experienced people. Training for till use and steamer use.

**Expenses:** travel paid, if volunteering over 2 hours. **Accessible for Wheelchair Users:** yes but only for the shop area. **Contact / Telephone:** Dominique Hudson **Tel:** 023 8067 7140 Monday-Saturday (office hours) **Address:** 213 Portswood Road, Portswood, Southampton, SO17 1NF

### **SCOPE SHOP (BEDFORD PLACE)**

**Aim:** See above. **Volunteer Opportunities and Tasks Involved:** Shop Assistant – to help in shop, sorting and coding the clothes, keeping shop tidy and dealing with the public. **Skills/knowledge desired:** please enquire. **Time Commitment:** any time will be very much appreciated. **Training:** till and

general training offered. **Expenses:** travel paid if working over 4 hours.  
**Accessible for Wheelchair Users:** no. **Contact / Telephone:** Lesley Jones  
/ 023 8063 5760 (office hours) **Address:** 28 Bedford Place, Southampton

### **S.C.R.A.T.C.H. (Dorcas/Basics Bank)**

**Aim:** To help alleviate poverty.

#### **Volunteer Opportunities and Tasks Involved:**

1. Fundraising assistants – to identify new sources of funding, prepare applications and help plan fundraising events.
2. Events Co-ordinators – to plan and promote in house and external events with the help of a small team of events volunteers.
3. Events Assistants – to help the Event Coordinator with planning, producing and coordinating fundraising and PR events.
4. Marketing coordinators – to develop a marketing strategy for SCRATCH to raise the profile of the organisation
5. Newsletter Journalist – to work on quarterly Volunteer Newsletter, researching and writing articles and assisting with designing and printing.
6. Financial Controller – more details from the Contact below.
7. Shop Assistant – shop in St Mary's Street selling good quality second-hand furniture, electrical items and clothes.
8. Furniture scheme with Dorcas – helpers for collecting and delivering furniture to needy people.

**Time Commitment:** negotiable. **Training:** please enquire. **Expenses:** please enquire. **Accessible for Wheelchair Users:** please enquire

**Contact** Annie Knight **Telephone:** 023 8077 3132 **Email:**

[scm2scratch@tiscali.co.uk](mailto:scm2scratch@tiscali.co.uk) **Address:** Unit C, Brooklands Courtyard, First Avenue, Millbrook Trading Estate, Southampton, SO15 0LJ

### **SECTOR SERVICES – SOUTHAMPTON INDUSTRIAL THERAPY ORGANISATION**

**Aim:** To provide work opportunities for people with mental health problems or learning difficulties including work in a real situation and training towards Vocational Access Certificates

#### **Volunteer Opportunities and Tasks**

**Involved:** Membership of the Committee. Membership of the Committee may (or may not) include acting as a Director of the organisation with full Trustee responsibilities. Members of the Committee contribute their skills and experience to the management of the enterprise and they may offer assistance, advice and support to the Manager outside committee meetings as appropriate. There is no 'hands-on' involvement in the workshop.

**Skills/knowledge desired:** background in Business or Mental Health Services/ management/ advertising/ sales/ networking/at very least sympathy with people with mental health problems. **Time Commitment:** The Chairperson will probably contribute 2 hours each month to the organisation. Members – 5.30pm to 7.30pm on third Monday of every odd-numbered month

**Training:** please enquire for further details **Expenses:** travel paid

**Accessible for Wheelchair Users:** please enquire for further details

**Contact Telephone:** Peter Orchard (Manager) **Tel:** 023 8023 2544

**Address:** 17 City Commerce Centre, Marsh Lane, Southampton, SO14 3EW

### **SEMBAL HOUSE RESOURCE CENTRE**

**Aim:** To provide a wide range of activities and support services to disabled people and their carers. **Volunteer Opportunities and Tasks Involved:** Various to enhance the activities/services. Volunteers are encouraged to work in areas chosen by themselves. **Skills/knowledge desired:** empathy with people with disabilities. **Time Commitment:** whatever the volunteer feels they can give as a regular commitment (2 hours minimum). **Training:** one-to-one support/training offered at present. **Expenses:** meal allowance. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Mike Kilshaw / 023 8022 6633 (Monday-Friday (office hours)) **Address:** Sembal House, Handel Terrace, The Polygon, Southampton. **Additional Information:** Sembal House is a Resource Centre for people aged between 16 and 65 who are physically impaired or have sight or hearing problems. The unit provides easy and flexible access and choice in its activities and services. Sembal House Philosophy - "to be a friendly and relaxed, open door, community-based centre, providing a resource for information, opportunities and support, for positive disability awareness and to ensure control remains with the individual and their families".

### **SHIRLEY WARREN COMMUNITY GARDEN GROUP**

**Aim:** To create a garden on an area of wasteland. **Volunteer Opportunities and Tasks Involved:** Gardeners/general helpers **Skills/knowledge desired:** Enthusiasm/able to use garden equipment. **Time Commitment:** Variable so please enquire. **Contact:** Phoebe Ross **Telephone** 023 8032 0765 Email [colrossco@aol.com](mailto:colrossco@aol.com)

### **SIMON SAYS CHILD BEREAVEMENT**

**Aim:** To support children and young adults who have a close friend or relative who has died or is dying. **Volunteer Opportunities and Tasks Involved:**

1. Helpers at the support groups. These are a great comfort to any child affected by bereavement. Fun activities, games and discussions centred on feelings and emotions and questions children may have related to bereavement. We provide all resources and therefore planning the groups may be needed.
2. Telephone supporters to take calls from worried friends or relations of a child affected by bereavement.
3. Fundraisers to help put together and be involved with a fund raising calendar of events and activities.

**Skills/knowledge desired:** 1. & 2. Some experience of working with children beneficial but not essential. 3. Confidence in dealing with the media. **Time Commitment:** 1. monthly meeting Sunday evenings 2. Mon-Fri p.m.

**Training:** Please enquire. **Contact:** Hayley Hamlett, Volunteer Liaisons.

**Telephone:** 023 8064 7550 **Email:** [info@simonsays.org.uk](mailto:info@simonsays.org.uk) **Address:** 113 Leigh Road, Eastleigh, Hants. SO50 9DS **Website:** [www.simonsays.org.uk](http://www.simonsays.org.uk)

### **SOCIETY OF ST JAMES**

**Aim:** To provide services for homeless people includes a direct access hostel, daily soup run. **Volunteer Opportunities and Tasks Involved:** Soup run volunteer – to assist with collecting the soup from the hostel and taking it to the venue, distribute the soup, clean up and give advice etc. where

appropriate. **Skills/knowledge desired:** Time and willingness, reliability, Police Checks will be carried out. **Time Commitment:** one evening a fortnight – please enquire (working in a small team of 3) **Training:** ‘shadow’ a shift and induction provided **Expenses:** none paid **Accessible for wheelchair users:** the church is accessible – please enquire for further details **Contact / telephone:** Chris Molineaux **Tel:** 023 8033 1479 **Address:** Fairways House, Mount Pleasant Industrial Estate, Mount Pleasant Road, So’ton, SO14 0QB

### **SOLENT SKILLS QUEST LTD**

**Aim:** To support economic development, social inclusion and lifelong learning. Promoting partnership between education and business. To encourage employers to increase their participation in lifelong learning.

#### **Volunteer Opportunities and Tasks Involved:**

1. Employment access centre volunteers – assisting with the administration of the centre, recording client details, maintaining records, providing information etc.
2. Reading support volunteers, one-to-one session work with primary school pupils 10-11 years old.

**Skills/knowledge desired:** 1. ability to undertake routine clerical/admin tasks, pleasant helpful approach, good customer service skills, keyboard skills would be helpful but not essential. 2. Sympathetic and constructive approach, open encouraging style, to encourage a love of reading **Time Commitment:**

1. The centre is open Mon-Fri during the daytime – please enquire. 2. Please enquire. **Training:** provided as necessary **Accessible for wheelchair**

**users:** Level access, wide doors, disabled toilet, ground floor location

**Contact:** 1. Liz George – Centre Manager 2. Dal Taggar – Education Project Manager **Address:** 1. Wheatsheaf House, 24 Bernard Street, Southampton, SO14 3AY 2. Smith Bradbeer House, 41-44 High Street, Eastleigh, SO50 5LG **Tel:** (1) 023 8023 7662 & (2) 023 8065 2118

### **SOLENT SKILLS QUEST – FACE 2 FACE**

**Aim:** To provide disengaged young people with new opportunities.

**Volunteer Opportunities and Tasks Involved:** Mentors to provide a positive role model for disengaged young people (14-16 years) in a school setting who may be at risk of exclusion/excluded from school. Experience of working with young people is desirable but not essential as full training is provided. Ability to be non-judgemental is more important. **Time**

**Commitment:** during the school day for approximately 1 hour every 2-3 weeks. **Training;** “communication” “ice breakers” “benefits to the student” “child protection” **Accessible for wheelchair users:** Yes - at school sites.

**Expenses:** Travel **Contact/Telephone:** Emma Pretty 023 8055 8222 **Email**

[emma.pretty@solentskillquest.co.uk](mailto:emma.pretty@solentskillquest.co.uk) **Address:** Abacus House, 1 Spring

Cres. ,Portswood, Southampton SO15 2JL **Website**

[www.solentskillquest.co.uk](http://www.solentskillquest.co.uk)

### **SOLENT SKY (formerly Southampton Hall of Aviation)**

**Aim:** To preserve and exhibit examples of aviation manufacturing covering all 26 local companies in the Solent region. To present all exhibits to the public for their interest and education and to ensure the collection is available for future generations. **Volunteer Opportunities and Tasks available:**

Volunteer guides - "meet and greet" visitors, take entrance fees, sell museum merchandise in the shop. Archive volunteers - working under direction of archivist, recording inventory of artefacts, dealing with enquiries.

Administration volunteers - clerical duties. **Skills/knowledge desired:**

Vacancies would ideally suit a retired or semi-retired person, in particular those with an interest in aviation – although none of these are necessary.

**Time Commitment:** the museum is open every day – please enquire.

**Training:** as required – please enquire **Expenses:** ask for details at interview

**Accessible to wheelchairs:** limited access available – please enquire for details

**Contact/Telephone/Fax:** Colin Van Geffen **Tel:** 023 8063 5830 **Fax:** 023 8022 3383 **Email:** [aviation@spitfireonline.co.uk](mailto:aviation@spitfireonline.co.uk) **Address:** Albert Road South, Southampton, SO14 3FR

### **THE SOLENT STEAM PACKET (S.S. SHIELDHALL)**

**Aim:** To restore the veteran steam ship Shieldhall.

**Volunteer Opportunities and Tasks Involved:**

1. Maintenance workers - on deck, mainly painting but other seamanship duties taught.
2. Carpenter - to oversee and direct refurbishment of wooden floatation seating units.
3. Labourers - to assist carpenter in refurbishment of wooden floatation seating units.
4. Engine Room Staff - engineering experience useful but not essential.
5. Ship Guides - to look after visitors (40,000 a year).
6. Shop Assistants - to work in the Souvenir shop.
7. Catering Assistants - to help with a heavy catering load e.g. wedding receptions etc.

**Skills/knowledge desired:** no experience necessary, only enthusiasm.

**Time Commitment:** volunteers can put in as much time as is convenient for them - ideally one day per week - but more or less can be accommodated.

**Training:** informal - provided in all aspects of the work on board. **Contact /**

**Telephone:** Graham MacKenzie – Honorary Chairman **Tel:** 023 8023 0405 (10.00am – 12.00pm daily) **Address:** SS Shieldhall, Ocean Village,

Southampton or write to Acacia Lodge, 118 Waterloo Road, Fremantle, Southampton. **Additional Information:** The Solent Steam Packet Ltd is a preservation society formed to restore the veteran steamship Shieldhall which

is the largest operating steamship preserved in Britain. Everyone in the organisation is a volunteer. Shieldhall is an operational steamship, which undertakes excursion sailings and visits to Poole, Weymouth and Torquay. Volunteers can be given training to crew the vessel. Most of the time though, the ship is at Ocean Village.

### **SOLENT YOUTH ACTION**

**Aim:** To support young people between 16- 24 years old to volunteer.

**Volunteer Opportunity:** Member of management committee.

**Skills/knowledge desired:** No specific skills or experience mentioned but any experience perhaps of working with young people or particular skills connected to business or professional background experience would be ideal.

Also the person should be enthusiastic to support young people into playing a positive role in the community. **Time commitment:** This would depend on the commitment of the trustee but minimally attendance at monthly committee meetings. **Volunteer Opportunity:** Assistant for Youth Club for young people with learning or physical difficulties. **Skills/knowledge desired:** Someone who enjoys the company of young people and is enthusiastic about supporting them to engage in a range of fun activities. **Time commitment:** Tuesday and/or Thursday evenings. **Additional Information:** The Youth Club is in Eastleigh. The volunteer needs to be over 21 years old, trained to drive a minibus and with a minimum of 2 years driving experience. **Training:** Midas (driving a minibus) and Disability Awareness **Expenses:** Travel

**Volunteer Opportunity:** Assistant for Youth Club for young people with learning or physical difficulties. **Skills/knowledge desired:** Someone who enjoys the company of young people and is enthusiastic about supporting them to engage in a range of fun activities. **Time commitment:** Monday evenings **Additional Information:** The Youth Club is in Shirley. The volunteer needs to be over 21 years old, trained to drive a minibus and with a minimum of 2 years driving experience. **Training:** Midas (driving a minibus) and Disability Awareness **Expenses:** Travel **Contact:** Donna Saville, Project Manger. **Telephone:** 023 8090 2466 **Email:** [dsaville@ecs-vol-org](mailto:dsaville@ecs-vol-org)

**Website:** [www.solentyouthaction.org.uk](http://www.solentyouthaction.org.uk)

**Address:** ECS House, 16 Romsey Road, Eastleigh SO50 9AL

**Additional information:** This organisation is a Youth Volunteering Charity. The young people they work with are themselves volunteers that get involved in a variety of projects.

### **SOUTHAMPTON AREA CO-OPERATIVE DEVELOPMENT AGENCY (SACDA)**

**Aim:** To promote job creation, retention and urban regeneration through the development of co-operative enterprises and to provide appropriate support facilities. **Volunteer Opportunities and Tasks Involved:** Reception/admin worker volunteer – volunteers will answer and forward queries from personal and telephone enquirers, and assist with general administration. **Skills/knowledge desired:** good communication & organisational skills. **Time Commitment:** Open Monday to Friday – please enquire **Training:** induction training provided **Accessible for Wheelchair Users:** Limited access - there are 5 steps & no adapted toilet facilities. **Contact/Telephone:** General Manager / 023 8023 0529 (office hours / answer phone available) **Address:** 12 Bellevue Road, Southampton, SO15 2AY / **Email:** [sacda@co-ops.org.uk](mailto:sacda@co-ops.org.uk)

### **SOLID OPTIONS**

**Aim:** To provide activities for young people aged 8-13 in areas with high levels of anti-social behaviour. **Volunteer Opportunities and Tasks Involved:** Assistant Youth Workers to help with sessions that take place in Weston, Shirley, Townhill Park and Bassett Green. **Skills/knowledge desired:** No qualifications required, just an interest of working with young people often from disadvantaged backgrounds. **Time Commitment:** One

afternoon weekly from 3.30 – 5.00 p.m. **Training:** Provided by existing youth workers. **Additional Information:** Solid Options provides open access sessions that include a range of sports, arts & crafts and ICT activities. Also trips and activities are provided over the school holiday periods.

**Contact:** Steven Reynolds, Programme Development Co-ordinator.

**Telephone:** 023 8040 7201 or 07920 060238 **Email:**

[stevenreynolds@solidoptions.plus.com](mailto:stevenreynolds@solidoptions.plus.com) **Address:** Eastpoint Centre, Burgoyne Road, Thornhill, Southampton SO19 6PB

### **SOUTHAMPTON CITY CENTRE PARISH - transport**

**Aim:** To provide transport for families and elderly people so that they may attend church. **Volunteer Opportunities and Tasks Involved:** Minibus Driver - to collect people from addresses in the City Centre and drive to St Mary's/St Michael's Church each Sunday. **Skills/knowledge desired:** volunteer needs to be MIDAS trained or willing to take the test/clean driving licence. **Time Commitment:** Every Sunday, 9.30am-12.30pm. **Training:** the volunteer would be helped to familiarise themselves with the minibus and introduced to the passengers on route. **Expenses:** none paid **Contact / Telephone:** Dorothy Alderson **Tel:** 023 80330581 or 8033 0869 Monday-Friday (office hours) **Address:** The Parish Office, 135 St Mary Street, Southampton, SO14 1NX

### **SOUTHAMPTON CITY PCT – Moorgreen Hospital**

**Aim:** to improve the quality of life of patients and relatives **Volunteer Opportunities & Task Involved:** Driver for the Memory & Research Centre (MARC) and the Memory Clinic. Bringing patients and carers into hospital and taking them home. **Skills/Knowledge desired:** Over 21 years old. **Time Commitment:** negotiable **Training:** Health & Safety, Moving & Handling, Infection Control, Customer Care. **Expenses:** Travel and meal allowance **Contact:** Voluntary Services Manager, Moorgreen Hospital, Botley Road, West End, Southampton. SO30 3JB. **Tel:** 023 8047 5254 **Website** [www.southamptonhealth.co.uk](http://www.southamptonhealth.co.uk)

### **SOUTHAMPTON CO-OPERATORS CREDIT UNION LIMITED**

**Aim:** To provide affordable financial services to local citizens particularly those on low incomes, the socially excluded and those in jeopardy caused by debt. **Volunteer Opportunities and Tasks Involved:**

1. Treasury Team Member – assisting officers in maintenance of ledgers and to assist officers in compiling summary reports.
2. Collectors/cashiers – working on a rota, staffing a collection point with a colleague.
3. Accounts/loan administration assistant
4. Marketing/fundraising assistant
5. Office administrator/I.T. expert

**Skills/knowledge desired:**

1. Treasury Team - ability to work accurately and methodically/book-keeping experience an advantage.
2. Collectors/cashiers – basic literacy and numeracy
3. Accounting/book-keeping/loan administration experience preferred
4. Marketing/fundraising experience needed – please enquire for full details
5. Experience in general office administration and a comprehensive

knowledge of I.T. preferred – please contact them to discuss details  
**Time Commitment:** minimum 3 hours per week. **Training:** 1 hour introduction to the organisation, its work, structure etc. Introduction to key co-workers and job role. On-going job coaching from relevant officer.  
**Expenses:** travel and meal allowance paid. **Accessible for Wheelchair Users:** there is a lift to the first floor but they are re-locating shortly  
**Contact:** Max Buckmaster **Tel/fax:** 023 8033 0496 (office hours – answer phone available) **Address:** 135 St Mary Street Southampton **Website** [www.realsouthampton.co.uk/sccu](http://www.realsouthampton.co.uk/sccu) **Additional Information:** All volunteers must join the Credit Union.

### **SOUTHAMPTON COUNSELLING & THERAPY CENTRE**

**Aim:** To preserve and protect mental, psychological and emotional health by the provision of counselling. **Volunteer Opportunity:** Filing clerk and chaperone for lone office worker. **Skills/knowledge desired:** None specific but must be able to maintain confidentiality. **Time commitment:** Monday daytime. **Training:** Office procedures. **Expenses:** Travel to a maximum of £5. **Access for wheelchair users:** The office is but not the toilet. **Contact:** Heather Marsh. **Telephone:** 023 8023 3763 or 023 8036 5929 **Email:** [joyhea@ntlworld.com](mailto:joyhea@ntlworld.com) **Address:** 168 Northam Road, Southampton SO14 OQF **Additional information:** There is scope to develop this role further if the volunteer requires.

### **SOUTHAMPTON COUNSELLING & THERAPY CENTRE**

**Aim:** To preserve and protect good health, both psychological and emotional of persons in the community and in particular the provision of counselling, workshops and support. **Volunteer Opportunities and Tasks Involved:**

1. Data Handling Consultant – assessment of existing data handling procedures and their status under the new Data Protection Act and general good practice. Working with our paid and voluntary staff to make changes as required and develop a more sound data handling policy. Advising and assisting staff to create and maintain data handling procedures relevant to our new activities/structure e.g. café project.
2. Office clerk – to assist in record keeping, data storage/sorting, and reading documents for a partially sighted volunteer.
3. Fundraising Application Assistant – initially to assist in the planning, preparation and procedures of written applications for funds to grant-making organisations e.g. The Lottery. Eventually to be ‘in charge’ if appropriate.

**Skills/knowledge desired:**

1. Experience of data handling methods and the implication of data protection regulations.
2. No formal qualifications needed but filing skills and the ability to deal with confidential information is essential.
3. Experience would be useful but not essential. The ability to collect and present information, write descriptions of projects and to meet deadlines is necessary.

**Time Commitment:**

1. Initially several hours per week, negotiable with staff. Later on – as required e.g. being available for consultation when issues arise.

2. Please enquire
3. Please enquire

**Training:**

1. Not for this role, as the organisation is looking for advice itself.
2. Induction given – period and details dependent on the applicant
3. Induction given - initially working with the current fundraiser and gradually increasing responsibilities

**Expenses:** 1. Travel expenses, postage, telephone 2.& 3. please enquire

**Accessible for Wheelchair Users:** There is wheelchair access into the building but no accessible toilet. **Contact:** Heather Marsh – Company Secretary **Address:** 168 Northam Road, Southampton, SO14 0QF **Tel:** 023 8023 3763 (office) **Additional Information:** A lot of support, information and advice are available from other sources e.g. The Charity Commissioners, SVS, National Council for Volunteers.

### **SOUTHAMPTON COUNSELLING LTD**

**Aim:** To provide a setting offering a sense of support, belonging, enjoyment and involvement. **Volunteer Opportunities and Tasks Involved:** Office clerk. To assist in record keeping, data storage/sorting, filing/archiving, photocopying, making up brochures and some general administration tasks.

**Time commitment:** Please enquire. **Training:** “On the job” – office procedures and general office procedures. **Expenses:** Travel **Accessible for Wheelchair Users:** Toilet facilities and ground floor access but office is on 1<sup>st</sup> floor. No lift. **Contact:** Patricia Mullins, Principal Administrator. **Tel:** 023 8063 9966 **Email** [info@southamptoncounselling.org](mailto:info@southamptoncounselling.org) **Website**

[www.southamptoncounselling.org](http://www.southamptoncounselling.org)

### **SOUTHAMPTON COUNSELLING LTD**

**Aim:** To provide a counselling service for individuals; to facilitate the development of counselling skills and provide a programme of courses and support groups for the promotion of community health.

**Volunteer Opportunity:** Honorary Secretary to the Board of Trustees.

**Skills/knowledge desired:** Secretarial including shorthand; previous experience, preferably at board level; maturity and ability to contain confidential information. **Time commitment:** Bi-monthly meetings.

**Expenses:** Travel **Access for wheelchair users:** Yes

**Contact:** Stella Ridley **Telephone:** 023 8063 9966 **Email:**

[info@southamptoncounselling.org](mailto:info@southamptoncounselling.org) **Website** [www.southamptoncounselling.org](http://www.southamptoncounselling.org)

**Address:** Union Road, Northam, Southampton SO14 OPT

**Additional information:** This role is primarily to take notes of the board meetings and produce Minutes and to work closely with the Chairperson in regard to the preparation of the Agenda for each meeting.

### **SOUTHAMPTON HOMELESSNESS VOLUNTEER PROJECT**

**Aim:** To support former homeless people and help to prevent a return to a street lifestyle. **Volunteer Opportunities and Tasks Involved:**

1. Befriender – To befriend a formerly homeless client and carry out activities or accompany client on any interest common to both parties.
2. Task Force Volunteer – To assist and pass on experience and skills of a practical nature to clients on work projects in the community.

**Skills/knowledge desired:** Befriender – friendly nature, able to interact with people. Task Force Volunteer – practical skills or experience such as decorating, gardening and other general skills. **Time Commitment:** please enquire **Training:** Yes – please enquire. **Expenses:** travel and meal allowance paid if associated with volunteer activity. **Contact / Telephone/Fax:** Karen Ringwald Project Co-ordinator. **Tel:** 023 8021 6037 **Fax:** 023 8022 2929 **Address:** The Voluntary Action Centre, Kingsland Square, St. Mary Street, Southampton SO14 1NW **Email:** k.ringwald@southamptonvs.org.uk

### **SOUTHAMPTON SCOUTS**

**Aim:** To provide opportunities for all types of adventure and encourage the physical and mental development of young people. **Volunteer Opportunities and Tasks Involved:** Adult Leaders, Instructors, Helpers, Supporters – Arrange and run weekly meetings and other activities such as day trips and camps, supporters are needed for 'behind the scenes' work such as administration, fundraising and HQ maintenance etc, to look after the wellbeing of young people and aid their personal development.

**Skills/knowledge desired:** ability to work with young people **Time Commitment:** mostly evenings (various days and times) **Training:** An ongoing training scheme is provided **Expenses:** travel paid **Contact:** Graham Meering **Address:** Scout HQ, Leaside Way, Bassett, Southampton, SO16 3EQ **Telephone:** 023 8057 6003 **Additional Information:** Scouting has four sections that we need help with: - Beaver Scouts (aged 6-8), Cub Scouts (aged 8 –10½), Scouts (aged 10½ - 15½), Venture Scouts (aged 15½ - 20), all now have male and female members.

### **SOUTHAMPTON SCRAP STORE**

**Aim:** To supply good quality waste materials to children's organisations for arts/crafts and educational activities.

#### **Volunteer Opportunities and Tasks Involved:**

1. Scrap Store Assistant - includes checking in existing members, signing up new members, selling arts and craft materials from the shop. Restock waste materials in store, prepare, sort, divide, cut or parcel up scrap appropriately or as directed. Also general basic admin duties i.e. answering the phone, taking messages etc
2. Store Assistants - to collect, sort and store surplus and waste materials from business and industry and distribute them free of charge to member groups for children's play provisions.
3. Drivers - to collect, sort and store surplus and waste materials from business and industry and distribute them free of charge to member groups for children's play provisions.
4. Secretary (for management meetings monthly) and Management Committee members.
5. Driver/Scrounger - to collect materials from suppliers this involves driving a van. Unloading and sorting materials and sorting the materials in the store.

**Skills/knowledge desired:** inter-personal skills/need to be reasonably confident and prepared to work as part of a team. For Driver's post, 2 years clean driving licence required. **Time Commitment:** negotiable. **Training:**

basic training where relevant. **Expenses:** travel and meal allowance if work over 6 hours. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** John Marsh - Co-ordinator / 023 8040 2812 (Mondays, Tuesdays, Thursdays) **Address:** Eastpoint Centre, Burgoyne Road, Southampton, SO19 6PB

### **SOUTHAMPTON SEAFARERS CENTRE**

**Aim:** To provide a friendly service to all seafarers from around the world in “a safe haven” with care and support. **Volunteer Opportunities and Tasks**

**Involved:** A befriender/driver to collect/return seafarers from their ships or hotel as necessary, driving a Ford Transit 14 seater mini bus.

**Skills/knowledge desired:** Full driving licence essential. **Time Commitment:**

Any time between 12.00 – 3.00 p.m. and 5.00 – 7.00 p.m. **Training:** please enquire **Additional Information:** This is an ecumenical partnership of three charities that provide care and support to seafarers.

**Contact:** Colin Derrington, Centre Manager. **Telephone:** 023 8033 3106

**Email:** [info@southamptonseafarers.org.uk](mailto:info@southamptonseafarers.org.uk) **Address:** 12-14 Queens Terrace, Southampton So14 3BP website: [www.centresforseafarers.org.uk](http://www.centresforseafarers.org.uk)

### **SO'TON SOCIAL SERVICES GLEN LEA RESIDENTIAL CARE HOME**

**Aim:** To provide residential care to frail elderly mentally ill people, including care management, meals-on-wheels, home care services, residential care, day care, children's services. **Volunteer Opportunities and Tasks Involved:**

Caring volunteers – to spend quality time with elderly mentally ill people who live in Glen Lea **Skills/knowledge desired:** volunteers must be caring and tolerant **Time Commitment:** please enquire **Training:** Induction – Health and Safety **Expenses:** Meal if appropriate **Accessible to Wheelchair**

**Users:** ramp in car park - please enquire for details. **Contact/Telephone number:** Theresa Kimber – Unit Manager Tel: 023 8047 3697 **Address:**

Glen Lea, Wavell Road, Bitterne, Southampton, SO18 4SB

### **SOUTHAMPTON SPECIAL PURPOSE WORKSHOP (SSPW)**

**Aim:** To offer work type employment training for adults with special needs in a warm and friendly environment. **Volunteer Opportunities and Tasks**

**Involved:** General Assistants - to assist users to enable them to make full use of the workshop. Working in wood, on vehicles, lawn mowers, wood chopping and general chatting and helping out. Also assist with tea and coffee making.

**Skills/knowledge desired:** experience of woodwork/empathy with people with learning disabilities. **Time Commitment:** on a weekly basis for half or a full day from either 9.30 to 3.30pm or 9.30 to 12.30pm or 12.30 to 3.30pm.

**Training:** regular volunteers will join in with staff training (initial supervision day). **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes.

**Contact / Telephone:** Jim Parker –Manager **Tel:** 023 8033 8452 Monday-Friday (10.00am 3.00pm) **Address:** SSPW, off Central Trading Estate, Melbourne Street, Chapel, Southampton, SO14 5FB

### **SOUTHAMPTON SUNDAY LUNCH PROJECT**

**Aim:** To provide a Sunday lunch for people with mental health problems/in poor accommodation/lonely. **Volunteer Opportunities and Tasks Involved:**

Kitchen Assistant – preparing vegetables, laying tables, making and serving tea, serving lunch, clearing up and washing up. **Skills/knowledge desired:** team working/basic kitchen skills, knowledge of basic hygiene and food preparation **Time Commitment:** on a weekly rota from 10.00am to 2.00pm, volunteers may do more hours if desired **Training:** Co-ordinator initially interviews and talks through details and this is carried forward by Team Leader. Opportunities to gain First Aid and Basic Food Hygiene Certificates. **Expenses:** none paid **Accessible for Wheelchair Users:** dependent on venue, please enquire for more details **Contact / Telephone:** Jim Haizelden 023 80770674

### **SOUTHAMPTON UNIVERSITY HOSPITALS NHS TRUST** (including Hospital Radio and the League of Friends)

**Aim:** To promote, protect and improve health by effective treatment and care of patients through an extensive range of general and specialist services.

#### **Volunteer Opportunities and Tasks Involved:**

**Accident and Emergency** – help, guide and support patients

**Information Point** – providing information for patients, staff and members of the public on many health matters

**Outpatients** – help is always needed with a number of duties supporting patients and staff

**Taplins Day Nursery** – reading stories, playing games, singing songs, helping at lunch times

**Wards** – volunteers needed in many wards at the General, Royal South Hants and Princess Anne Hospital, to help patients stay more comfortable, maybe feed patient at lunch/dinner times, running errands, general help and reassurance, and chatting with time to spend.

**Reception** – some opportunities for volunteer assistance

**Drivers** – from all areas to help ferry patients to and from the Hospitals in the Trust for their outpatient appointments all expenses are paid but you do need a four-door car

**Trollies** - volunteers needed to help with trolley rounds - various shifts available. Must be able to walk and handle money. Morning shifts commence around 8.30am till about 11.00, afternoon shifts are 1.15pm till about 3.30pm. Please enquire for full details. Also someone to arrange the trolley rota.

**Guides** - to take people round the Trust and show/advise them how to get there. Times are 9.00am till 1.00pm or 1.00pmm till 4.00pm.

Volunteers to visit the wards on a Friday to ask if anyone wants to go to the **Church Chapel Service** on Sunday.

**RADIO LOLLIPOP** This is a charity that functions in our children's wards and is a play service where the radio links are like a toy in the toy box. Children take part in the programme and volunteers have an opportunity to play with the children in the play rooms or on the wards.

### **LEAGUE OF FRIENDS**

1. **Coffee/teas shop assistants** located at the Southampton General Hospital, Royal South Hants Hospital, Princess Anne Hospital and the Eye

- Unit, serving refreshments and doing associated tasks at different times of the day and weekends.
2. **Newspaper Trolley Assistants** – taking and selling newspapers on the wards needed at weekends and during the weekday starting at 8.30 there is an afternoon trolley service selling confectionery and the Evening Echo.
  3. The League of Friends shop in the main foyer of the Hospital need **Shop Assistants and Shelf Fillers** to work for a few hours a week this is a job that can be done after school.
  4. **Escort/guides** always needed – to help on the reception desk with patients; training will be given so that you know the hospital layout in no time.
  5. **Treasurer** for the General Hospital League of Friends. Hours to suit. Expenses paid.

### **HOSPITAL BROADCASTING ASSOCIATION – HOSPITAL RADIO**

The Studio Centre is situated at Tebourba Way, Shirley. They give a twenty-four hour radio service to all the patients at the General, Royal South Hants, Princess Anne Hospitals; they have a request line and patient visiting service. For more information contact Yvonne Lowe, Membership Secretary, on - (023) 8078 5151 (volunteers must be over 18) **Time Commitment:** Minimum of 2/3 hours per week **Training:** please enquire for details **Expenses:** travel paid and a meal allowance if working over 5 hours in one day **Accessible for Wheelchair Users:** yes

### **For further information on all these opportunities Contact / Telephone:**

Kim Sutton **Tel:** 023 8079 6062 Monday-Friday (office hours) **Address:** Voluntary Services Co-ordinator, Personnel Department, Level C, Centre Block, Southampton General Hospital, Tremona Road, Shirley, Southampton, SO16 6YD **Additional Information:** Southampton University Hospitals NHS Trust includes, Southampton General Hospital, Royal South Hants Hospital, Princess Anne Hospital, the Abbey Unit and Countess Mountbatten House. For volunteering at the Hospice, see entry under “Countess Mountbatten House”

### **SPURGEON’S CHILD CARE – London Advocacy & Consultative Scheme**

**Aim:** To help children and families through professional practice as a practical expression of the Christian faith in partnership with local churches, local authorities and other organisations.

**Volunteer Opportunities and Tasks Involved:** Advocates to support children and young people who are looked after by a local authority (Southampton and immediate surrounding areas).

**Skills/knowledge desired:** A good listener with the ability to relate well with children and young people. Knowledge and awareness of some of the challenges and issues faced by “looked after”

children/young people. **Time Commitment:** flexible so please enquire **Training:** Initial training over 3 Saturdays cover “children’s rights” “legal aspects” “skills & abilities for advocates” **Expenses:**

All “out of pocket” expenses paid **Contact/Telephone:** Ken Ford Project Worker for South Coast Region 07917 547974 **Email:**

[kenneth.ford@homecall.co.uk](mailto:kenneth.ford@homecall.co.uk) **Address:** Tavern Quay Business Centre, Unit 6, Rope Street, Surrey Quays, London SE16 7TX  
**Website:** [www.spurgeonschildcare.org](http://www.spurgeonschildcare.org) **Tel:** Freephone 020 7064 9441 Email: [lacs.admin.lonoff@pop3](mailto:lacs.admin.lonoff@pop3)

### **SSAFA FORCES HELP**

**Aim:** To give assistance in the time of need to ex-servicemen or women, their dependents, or their widows/widowers. **Volunteer Opportunities and Tasks Involved:** Caseworker – to visit identified clients and make an assessment of their needs so that the office has a recommendation to work on in getting help for them. **Skills/knowledge desired:** literacy, ability to interview and a desire to help **Time Commitment:** as required **Training:** a two-day training course **Expenses:** travel/postage/phone paid **Contact/telephone:** Bryan Wilson - Hon Divisional Secretary **Tel:** 023 8077 0640 **Additional information:** You do not need to have a services background. The main qualification for this role is to enjoy meeting and helping people. There is a very high need for helpers.

### **ST BASIL'S CHRISTIAN CARE HOME**

**Aim:** To provide accommodation for elderly/frail people.

**Volunteer Opportunities and tasks involved:** A volunteer helper to assist on a one to one basis with arts and crafts activities; flower arranging, going for walks. **Skills/knowledge desired:** Outgoing, friendly personality. **Time commitment:** Various times Sunday to Saturday **Contact:** Shirley Mico, Activities Organiser. **Address:** St Basil's 33 Hill Lane, Southampton SO15 5WF. **Telephone:** (023) 80226976

### **ST. DENYS COMMUNITY HELP PROJECTS**

**Aim:** To enable the development of the local community via leisure, recreational and community clubs and activities.

#### **Volunteer Opportunities and Tasks Involved:**

1. Lunch Club Assistant for Over 60's Club - assisting in the preparation and serving of meals, assist with refreshments, washing up etc, assisting with the development of social activities and establishment of rapport with members.
2. Youth Work Assistant - assisting leaders in running activities and making young people welcome. Serving drinks and biscuits and collecting weekly subscriptions and to assist youth work team in planning of activities/programmes and play schemes.

**Skills/knowledge desired:** please enquire. **Time Commitment:**

Lunch Club Assistant - Fridays 10.00am – 12.30/1.00pm. Youth

Work Assistant - Wednesdays 3pm - 4.30pm. **Training:** Lunch

Club Assistant - induction training, food hygiene and caring for older people. Youth Work Assistant - Health and Safety, emergency

procedures, specific training for individual projects and Youth

Specific Training Programme. **Expenses:** travel paid and meal

allowances to be discussed. **Accessible for Wheelchair Users:**

yes. **Contact / Telephone:** Pam Maidment **Tel:** 023 8034 4377

**Address:** The St Deny's Church Centre, Dundee Road, Southampton.

## **ST. JOHN AMBULANCE – Social Care**

**Aim:** To help lonely, disabled and older people with various activities/service. (For people who do not qualify for help from other agencies). **Volunteer**

**Opportunities and Tasks Involved:** Volunteers needed to help with the following: bathing service, outings for lonely people, escorts and drivers, car transport and minibus transport, befriending, helpers for wheelchair users, dog walking and shopping. **Skills/knowledge desired:** please enquire.

**Time Commitment:** As much or as little as the volunteer wants to do.

**Training:** Full training given depending on activity chosen by the volunteer. Training available - First Aid, caring, listening skills, manual handling, patient handling, MIDAS minibus training. **Expenses:** travel expenses, meal allowance and childcare expenses. **Accessible for Wheelchair Users:** yes.

**Contact / Telephone:** Jill Abrahams – Social Care Co-ordinator **Tel:** 023 8043 5946 (answer phone available) **Additional Information:** The local group meets at the Bitterne St John Ambulance Headquarters.

## **THE STROKE ASSOCIATION**

**Aim:** To help people with dysphasia, aiming to improve their skills, help gain confidence and improve independence.

### **Volunteer Opportunities and Tasks Involved:**

1. Group Assistants – working on a one to one basis helping with the person's dysphasic problem, generally reading, writing etc using worksheets provided by the organiser. Conversing which improves the communication skills for those having speech difficulties, the laughter and fun improves the person's wellbeing. Working for second half of the session in groups to improve skills – singing games, or having quizzes or working in teams.
2. Home Assistants – working on the member's skills on a one to one basis for one hour a week.
3. Drivers – to and from groups, which are based at Weston and St. Deny's.

**Skills/knowledge desired:** empathy with dysphasia/patience.

**Time Commitment:** groups are approximately 2 hours per week during term time. Home Assistants are required for 1 hour for approximately 40 weeks per year. **Training:** provided by a Speech Therapist, also further training from the Dysphasia Support Organiser. **Expenses:** travel paid, all drivers get expenses. **Accessible for Wheelchair Users:** dependent on task. **Contact:** Suzie Maidment – Dysphasia Support Organiser **Telephone:** 023 8056 2011 (Monday/Wednesday (12.30pm and 2.30pm)) - answer phone available.

**Additional Information:** Dysphasia is the understanding of language, speech, reading, writing and memory skills which is all affected by people recovering from strokes in varying ways. No lifting or personal care is required from volunteers - just helping in learning. Because this is a committed volunteer position, after a period of time I am able to give references, which can be used on your C.V. Age doesn't matter providing your eyesight is still reasonable. Although all the groups have communication problems, the groups are very lively, and everyone is friendly. Should you be looking for something to keep your mind active as well as helping others this could be for you.

## **SWAYTHLING YOUTH CLUB**

**Aim:** To socially educate and provide a stable environment for learning processes .**Volunteer Opportunities and Tasks**

**Involved:** Youth worker - helping to set up. To mix, aid or organise pool, trips out, football, basketball etc. At times to deal with money and run tuck shop and collect door money. **Skills/knowledge**

**desired:** ability to communicate well with young people/non judgmental. **Time Commitment:** Monday to Thursday 6.30pm-9.45pm and Wednesday 5.45pm-8.15pm. **Training:** support and help where needed. **Expenses:** travel paid and meal allowance.

**Accessible for Wheelchair Users:** yes. **Contact:** Dave Powell

**Address:** Swaythling Youth Centre, Parkville Road, Swaythling, Southampton. **Telephone:** 023 8046 5263 (home) – Tuesday to Friday all evening; 023 8058 1933 (clubhouse) on Monday and Thursday from 7.00pm to 9.00pm and Wednesday from 6.00pm to 8.00pm. **Additional Information:** This is a vacancy for all ages with a keen sense of humour who can talk to young people without being overpowering and judgmental. Don't let working with young people put you off it can be great fun.

## **SOUTHAMPTON AREA TALKING ECHO**

**Aim:** To provide a digest of news, entertainment and information from the local paper – the Southern Daily Echo – on tape every two weeks for those unable to read normal newsprint (i.e. visually impaired or blind.)

### **Volunteer Opportunities and Tasks Involved:**

1. Sound Engineers – for recording onto computer using CoolEdit, and editing the recording to produce the Digital Master. Needs to be computer literate.
2. Readers – reading the prepared material - volunteers need good diction and sight-reading. An audition is required.
3. Editors – assisting in choosing appropriate articles for inclusion on cassette.
4. Producer – Helping to produce an audio publication – this may be news based or a magazine style
5. Tape copier – volunteers should be organised and able to 'pay attention to detail'. Using high-speed copiers for which training is provided.
6. Administration – general administration/office skills, computer literate.
7. Tape Management - Persons wanted particularly for a couple of hours Tuesday or Thursday mornings (to work with an experienced volunteer) to remove cassette tapes from mailing wallets, erasing and rewinding the tapes and receipting the wallets using a computer with a bar code scanner. Although volunteers with disabilities are welcome, this particular task does require some vision and some lifting is involved.
8. Information seeker - Volunteers working with Editorial team to gather material for Magazine tapes.
9. Minute Secretary - someone to record the proceedings of Committee Meetings. These meetings occur on a Monday at

7pm about every two months and are held at the Southampton Society for the Blind, 3 Bassett Avenue, Southampton. Other secretarial duties might include co-ordinating the annual Flag Day appeal, AGM, and publicity to raise awareness of the services we provide to visually impaired people. Access to the internet and email would be of great advantage.

10. Chairperson – someone who can champion the Talking Echo and raise awareness of the service provided. As a trustee, the person will chair committee meetings and the annual general meeting, encourage recruitment through publicity and support volunteers.

**Skills/knowledge desired:** a basic knowledge of recording procedures (although not necessary and training given) please enquire for fuller details. (Volunteers should be over 18) **Time Commitment:** mainly Tuesday or Thursday evenings or as specified. **Training:** Please enquire. For the reader role, prospective readers are auditioned and recordings are supervised.

**Expenses:** none paid. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Chris Litton – Technical Services Manager **Tel:** 023 8076 7583 (studio answerphone) **Email:** [chrismlitton@aol.com](mailto:chrismlitton@aol.com) **Address:** Talking Echo Studio, 3 Bassett Avenue, Bassett, Southampton, SO16 7DP

**Additional Information:** Parking can be problem but accessible by public transport, First Bus (routes 4 & 6) and Solent Blue Line buses.

For opportunities numbered 9 & 10, **Contact:** Sue Wolstenhome. **Email:** [swolsten@btinternet.com](mailto:swolsten@btinternet.com)

### **THORNHILL YOUTH CENTRE – UK ONLINE CENTRE**

**Aim:** To help and educate young people through their leisure time activities. **Volunteer Opportunities and Tasks Involved:** UK

Online Centre volunteer **Skills/knowledge desired:** good general knowledge of I.T. and the Internet. Need to have good communication skills and a certain amount of patience. **Time**

**Commitment:** Opening times to be decided – please enquire for details **Training:** suitable training complimentary to the volunteer role will be made available **Expenses:** travel and meal allowance may be available – please enquire **Accessible for Wheelchair**

**Users:** fully accessible with disabled toilet facilities **Contact / telephone number:** Chris Dixon, Amy Parsons / 023 8046 2860

**Address:** Thornhill Youth Centre, Bitterne Road East, Thornhill, Southampton, SO18 5QY

### **TIME TOGETHER**

**Aim:** To match refugees with mentors who give them support and encouragement as they settle in to their new communities.

**Volunteer Opportunities and Tasks Involved:** Mentors who help refugees in a variety of ways. It may be help to improve their English language, look for a job, accessing education or simply showing them around, explaining local history and the British culture. **Skills/knowledge desired:** No qualifications are necessary but ideally mentors would have a good understanding of the UK culture and would be open to other cultures; being patient and a good

listener is helpful too. **Time Commitment:** Negotiable to suit **Training:** An initial 5 hour course **Additional Information:** Mentors spend about 5 hours a month with their mentee, supporting them as they pursue their goals, in education, training, employment, and integration. UK Citizens can use their professional experience to benefit a refugee from the same professional background or simply introduce a newcomer to the UK and make it seem more like home. **Contact:** John Linford, Project Co-ordinator. **Telephone:** 023 8022 1702 **Email:** [john@clearproject.org.uk](mailto:john@clearproject.org.uk) **Address:** George Williams House, Cranbury Terrace, Southampton SO14 OLG. **Website:** [www.timetogether.org.uk](http://www.timetogether.org.uk)

## **TOOLS FOR SELF RELIANCE**

**Aim:** To empower artisans in developing countries by supplying refurbished hand tools and sewing machines.

### **Volunteer Opportunities and tasks involved:**

1. Tool refurbisher to work alongside other volunteers in our workshops, refurbishing a large variety of hand tools, using abrasives, workshop machinery and hand tools after appropriate training.
2. Sewing Machine refurbisher to work alongside other volunteers in our Sewing Machine workshop, refurbishing Singer hand and/or treadle sewing machines and carrying out a sewing test.
3. Warehouse store person/drive to give some general assistance in the warehouse, packing and sorting areas; minor maintenance jobs; helping to load/unload vehicles by hand and using mechanical handling equipment after training driving the organisation's Transit van to collect tools, machinery, wood and other items.
4. Electrical equipment test/repairer (NB must be qualified and experienced) to carry out electrical safety tests on electric sewing machines and other small pieces of workshop equipment; cleaning and repairing sewing machines; carrying out electromechanical tests.
5. Volunteer organiser to recruit volunteers for fundraising and profile-raising activities; recruitment, organisation and support of a network of volunteers throughout the local area who will run jumble sales, car boot sales, etc., and/or put up and maintain posters and stocks of literature in local halls, surgeries, libraries etc.
6. Researcher to research sub Saharan countries to gain an overview of their development, and the number of NGO's operating in the country.
7. Maintenance/ Grounds person to help out with general maintenance including clearing ditches and gutters, painting, hedge trimming, plumbing repairs and "odd jobs" around the site and buildings.
8. Public Speaker to give talks at a variety of local venues, such as WI, Inner wheel, Rotary and church groups on the work of Tools for self Reliance with a view to raising the profile to attract more volunteers and funding for the

charity.

9. Profile Raising helper to organise and run a variety of activities such as car boot sales, jumble sales, plant sales and/or maintain posters and stocks of literature in local halls, surgeries libraries etc

10. Resources manager to organise and maintain the resources room at Netley Marsh, including notifying appropriate staff of need to renew resources and to maintain all poster boards and displays within the building.

11. Publications Officer to produce a wide variety of resources for use in creating awareness and in profile raising for the charity. Resources can include; pamphlets, posters, newsletters, editing videos, making power point presentations and slide shows.(This position could combine with resources manager)

12. Librarian This is a new development. We are looking for someone to set up and maintain the Tools for Self Reliance library, to organise to systemise the material and to maintain the library.

13. Reporter/Writer to produce a variety of articles and news reports and to find magazines, journals, and newspapers that will publish them.

14. Assistant Group Worker This post is to work alongside and support the existing Group worker. The Group Worker is responsible for supporting all Tools for Self Reliance volunteer groups in the UK. Tasks may include: answering enquiries by email, phone and letters, maintaining a data base, helping to produce a newsletter, preparing feedback from artisans to send to volunteer groups and much, much more!

15. Assistant Partnership Development Officer This post is to work alongside and support the existing Partnership Development Officer. The Partnership Development Officer is responsible for liaising with Tools for Self Reliance partners in Africa. Tasks may include: answering enquiries by email and letter, inputting information into a database, collating feedback from artisans to send to volunteer groups and much, much more!

**Skills/knowledge desired:** For most positions, common sense, a practical approach and a willingness to work with others are the only skills needed.

Please contact Tools for Self Reliance for more details. **Time Commitment:**

negotiable. **Training:** Health & Safety induction, further in-house training as required

**Access for wheelchair users:** limited. **Contact:** Jon Dunkley Workshop and Volunteer Manager **Address:** Tools for Self Reliance, Netley Marsh Workshops, Ringwood Rd., Netley Marsh, Southampton SO40 7GY

Web: [www.tfsr.org](http://www.tfsr.org) **Tel:** 023 80-869697 **Email:** jon@tfsr.org

## **TWO SAINTS DAY CENTRE**

**Aim:** To provide a range of services for homeless people.

### **Volunteer Opportunities and Tasks Involved:**

1. Art/Craft Room Assistant - the volunteer will help to assist the staff in providing a welcoming, supportive and safe environment for the small number of people using the craft room facility. To keep materials in good order, maintain stocks and general cleanliness in the area. To feedback any problems or concerns to a member of staff.
2. LFHPP (Learning for Homeless People Project) - volunteer to teach a cycle maintenance programme

**Skills/knowledge desired:** depends on vacancy - please enquire. **Time**

**Commitment:** (1) any day between Monday and Friday, 10.00am-3.00pm.

(2) Please enquire **Training:** in house training is offered where appropriate  
**Expenses:** meal allowance covered, but travel expenses not paid **Contact / Telephone:** (1) John Boyle / 023 8022 3443 (office hours) (2) Jane Cadle-Hartridge 023 8022 3443 **Address:** 30 Cranbury Avenue, So'ton, SO14 OLT

### **TUG TENDER CALSHOT TRUST**

**Aim:** The restoration of Tug Tender Calshot

**Volunteer Opportunities and Tasks Involved:** Require volunteers to help with painting, stripping wood, varnishing etc. Need qualified welders, carpenters etc. Also looking for volunteers to make tea and sweep the decks.

**Skills/knowledge desired:** Qualified welders and carpenters needed, but unqualified people welcome as well

**Time Commitment:** Weather dictates work on board – on-going April to November

**Training:** No formal training provided – work with other volunteers

**Contact / Telephone:** Terry Yarwood 023 8077 4717

### **SOUTHAMPTON VICTIM SUPPORT**

**Aim:** To provide a support service of help and practical information to members of the community who have suffered injury, fear or distress as a result of crime. **Volunteer Opportunities and Tasks Involved:** Volunteer Visitor - main duties include receiving details of victims referred to the scheme and make contact with victims to offer support, in accordance with Scheme Policy. To provide victims with support, advice and information to assist them to come to terms with the practical, social and emotional impact of the crime.

**Skills/knowledge desired:** good interpersonal skills/knowledge of the criminal justice system would be helpful but not essential. **Time**

**Commitment:** minimum 3 hours per week mostly during the days. **Training:** a set training schedule done in graduated stages. **Expenses:** travel paid, please enquire for other expenses.

**Contact / Telephone:** Jo Black 023 8023 4883 **Email:** [j.black@victimsupport-hiow.org.uk](mailto:j.black@victimsupport-hiow.org.uk)

**Additional Information:** We are particularly keen to involve people as volunteers who reflect the community that we serve.

### **VITALISE (formerly the Winged Fellowship Trust)**

**Aim:** To provide quality holidays for people with disabilities and respite for carers. **Volunteer Opportunities and Tasks Involved:**

1. "Extra Hands" for holiday guests with physical disability – companionship and social support during trips out, in-centre, entertainments and activities and meal times, pushing wheelchairs on trips and visits and helping guests with personal tasks at bedtime/getting up (under supervision).
2. Fundraising Assistant. to help with office administration in fundraising, writing 'thank you' letters, entering data on a computer, banking, posting letters etc.

**Skills/knowledge desired:** 1. No experience required sense of humour, willingness to work as part of a team, interest in other people. 2. Basic computer skills, including Word for Windows, Excel and mail merging. Knowledge of databases would be helpful for entering donor's records. Must have a good telephone manner, friendly outlook and be flexible.

**Time Commitment:** please enquire **Training:** Manager's induction and 'walk around' **Expenses:** meal allowance, travel paid and entrance fees on Dave

Bonney day trips **Accessible for Wheelchair Users:** yes **Contact / Telephone** 1. **Tel:** 023 8045 3686 2. The Community Fundraiser/Volunteer Co-ordinator **Tel:** 023 8045 5845 **Address:** Netley Waterside House, Abbey Hill, Netley Abbey, Southampton, SO31 5FA **Additional Information:** The holiday environment means the atmosphere is happy, busy and lively. It is a wonderful experience of giving and receiving – helping whilst also increasing in skills, knowledge and understanding. The fundraising activities offer the opportunity to get involved on a more ad hoc basis with plenty of opportunity for having some fun too!

### **VOLUNTEER READING HELP**

**Aim:** To give as many children as possible a better chance in life by helping them avoid the problem of illiteracy. **Volunteer Opportunities and Tasks**

**Involved:**

1. Volunteer Reading Helper – befriending and encouraging children aged between 6 and 11 who find reading difficult and are often not aware of the interest and pleasure they can derive from books. In relaxed one-to-one sessions, talking, reading and playing games together, the VRH gradually builds up the child's confidence and encourages him/her to enjoy reading.
2. Branch Chairman – to provide leadership to the branch and to support the branch organiser

**Skills/knowledge desired:** 1. Reliable/flexible/sympathetic/patient/some-one who likes children and books 2. An interest in the aims of the organisation, ability to fundraise, leadership qualities **Time Commitment:** please enquire

**Training:** 1. volunteers will be asked to attend a training course consisting of 3 x 2 hour sessions. 2. Chair may wish to participate in this training scheme

**Expenses:** travel only paid **Contact / Telephone:** Zoe Monk Volunteer Co-ordinator, Eastleigh Community Enterprise, Unit 3 Barton Park, Eastleigh S050 6RZ 023 8065 3237

### **WATERWAY RECOVERY GROUP**

**Aim:** To restore canals. **Volunteer Opportunities and Tasks**

**Involved:** Volunteering on restoration projects – practical work such as digging, brick laying, clearing vegetation etc. **Time**

**Commitment:** mainly summer canal camps as listed in Canal

Camps booklet. **Training:** all training given **Contact / Telephone:** Lauren Summersgill / 01923 711114 – ext.30 Monday-Friday (office hours) **Address:** P.O Box 114, Rickmansworth, WD3 1ZY

**Additional Information:** All details about 'canal camps' are noted in the 'canal camps' booklet, which is available from the above address.

### **The WAYNE HOWARD TRUST**

**Aim:** To help those who have been affected either directly or indirectly by

brain injury and to establish a local neurological treatment and rehabilitation clinic. **Volunteer Opportunities and Tasks Involved:** Project manager and general helpers to work in charity shop in Shirley. This is an ideal opportunity to get in on the “ground floor” with the development of a fairly new charity. Fundraisers also required. **Skills/knowledge desired:** Various – for Project Manager, no previous experience is required but someone who is able to take a lead responsibility and has good organisational and interpersonal skills. Volunteers are needed to work in the shop – selling/sorting stock etc. **Time Commitment:** This will vary according to what volunteers are able to give. Please enquire for more information. **Training:** “on the job” and possibly further if required. **Expenses:** Travel **Accessible for Wheelchair Users:** ramp entrance and all on one level **Contact / Telephone/Fax:** Isobel Howard, Chief Executive 07986 352532 **Email** [isobel@16sweetbriar.freeserve.co.uk](mailto:isobel@16sweetbriar.freeserve.co.uk) **website** [www.thewaynehowardtrust.co.uk](http://www.thewaynehowardtrust.co.uk)

### **WESSEX CANCER TRUST**

**Aim:** To raise funds for scientific and patient orientated research, education and prevention and family grants and care. **Volunteer Opportunities and Tasks Involved:** WCT Volunteer Driver – to meet patients/escorts from either the RedJet Hydrofoil or Red Funnel Ferry at Town Quay, to take them to the R.S.H Hospital, and occasionally to the Southampton General Hospital. Drivers are requested, if required, to wait and return patients after treatment to their pick-up points. Also General Office Assistant and Fundraiser required. **Skills/knowledge desired:** responsible and caring preferably living within a two-mile radius of central Southampton. For office duties knowledge of office procedures and computer skills would be helpful. **Time Commitment:** negotiable. **Training:** as required. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Justin Dalton 023 8067 2200 (Monday-Friday (9am – 2pm) **Address:** Bellis House, 11 Westwood Road, Southampton, SO17 1DL

### **WESSEX YOUTH OFFENDING TEAM**

**Aim:** To prevent offending amongst young people aged 10 to 17 years. To offer preventative interventions for young people as well as case management of those young people on Youth Court Orders. **Volunteer Opportunities and Tasks Involved:** Youth Offender Panel Member – To participate as a Community Panel Member as part of the Youth Offender Panel which deal with all first time young offenders in court and pleading guilty. (Minimum age is 18) **Skills/knowledge desired:** Volunteers must have the ability to assimilate facts from reports prepared by the Youth Offending Team, they must be literate and numerate, & show that they can abide by the rules of confidentiality. An ability to appreciate the problems that young people face and some knowledge of the Criminal Justice System would be an advantage. Volunteers should be non-judgemental and be able to control their emotions. **Time Commitment:** Panel members will be expected to sit on a panel at least once every two weeks. **Training:** Six days (48 hours) of training is required which the local Youth Offending team will provide. There will be on-going training and support. There will be a designated Referral Order Co-ordinator

who will be available to support volunteers. **Expenses:** travel and childcare paid. **Accessible for Wheelchair Users:** available at Youth Panel meeting venue. **Contact:** Referral Order Coordinator **Address:** Southampton/SW Hants Teams, 33 Selborne Avenue, Harefield, Southampton, SO18 5DZ **Telephone/Fax:** 023 8046 3336 / 023 8047 0060

#### **SOUTHAMPTON WOMEN'S AID**

**Aim:** To provide support, advice and temporary accommodation for women and their children escaping domestic violence (emotional/physical and/or sexual abuse). **Volunteer Opportunities and Tasks Involved:** gain experience of working with women and/or children in a refuge setting, collective working and some office experience. Tasks involve listening to and supporting women in the refuge, playing with and listening to children, photocopying, answering the office phone, sorting out donations and generally supporting the refuge workers and/or child workers. **Skills/knowledge desired:** non-judgmental, non-directive approach, knowledge of feminist understanding of domestic violence and/or experience of domestic violence. **Time Commitment:** no minimum or maximum time, though once a commitment is made however small, we ask that it be kept to. New volunteers would only work a couple of hours per week, at first, between 10.00am - 4.00pm, Monday to Friday. **Training:** general induction and other relevant training opportunities as time goes on. **Expenses:** travel paid. **Accessible for Wheelchair Users:** The office is partly accessible - but please enquire for further details. **Contact / Telephone:** Isobel Butler. Jackie Rowlinson / 023 8033 8881 **Address:** PO Box 20, Southampton, SO14 3XE

#### **WORKING WOMENS PROJECT**

**Aim:** To provide information, support and advice to women who work in the sex industry. To provide free condoms, health screening and treatment. **Volunteer Opportunities and Tasks Involved:** Street based outreach volunteers, driving in the sex-work area with a project worker, distributing condoms, newsletters and befriending women. (Females over 21 only) **Skills/knowledge desired:** non-judgemental attitude, friendly & outgoing personality, some awareness/knowledge of the sex industry useful. **Time Commitment:** please enquire (evenings) **Training:** confidentiality, personal safety, drug/alcohol dependency, sex work and the Law, outreach in practice. **Expenses:** travel **Accessible for wheelchairs:** no **Contact / Telephone/Fax:** Emily Jaramazovic Tel: 023 8063 1112 or 023 8082 5122 **Address:** Dept. G U Medicine, Level C, Royal South Hants Hospital, Southampton, SO17 1BJ.

#### **SOUTHAMPTON YOUNG CARERS PROJECT**

**Aim:** To raise awareness of young carers needs, identify young carers and befriend young carers and offer them support. **Volunteering Opportunities and Tasks Involved:** Befriender - volunteers are needed to befriend a young carer, to encourage a young carer to pursue an interest/hobby. This provides the young person with 'time out' from their caring. To provide an opportunity for the young carer to talk and share their worries. Volunteers are also needed to help out in young carers groups. They meet on a variety of days and are an opportunity for young carers to have some fun. **Skills/knowledge**

**desired:** no previous experience required but need to be empathetic to particular needs of young people with care responsibilities. **Time Commitment:** approximately 2 hours a fortnight, probably after school hours or at weekends. **Training:** training will include - Young Carers, Listening Skills, Disability Awareness, Equal Opportunities, Child Protection and Confidentiality. **Expenses:** travel paid. **Accessible for Wheelchair Users:** yes. **Contact / Telephone:** Leonie Warnick 023 8021 6032 Monday-Friday (office hours) **Address:** Southampton Voluntary Services, The Voluntary Action Centre, St. Mary's Street, Southampton, SO14 1NW **Additional Information:** Volunteers need to be mature, flexible and dedicated.

### **SOUTHAMPTON YMCA**

**Aim:** To provide semi-independent accommodation for 40 young (homeless) people who are unemployed or in low paid employment. **Volunteer Opportunities and Tasks Involved:**

1. Assistant – to assist in the running of activities such as sports tournaments, leisure, cooking and other life skills, to organise and take people on trips, assist in the running of the coffee bar and to befriend and develop positive relationships with tenants.
2. Fundraiser – to organise fundraising events
3. Receptionist – answer telephones, filing, administration
4. D.I.Y/Gardener – painting and decorating and basic gardening
5. Representatives – to sit on a personnel Committee – previous experience necessary
6. Treasurer – to advise the Board of Management on the financial affairs of the Association. Applicants will need an understanding & recent practical experience of financial management, accountancy & banking procedures, investment & Charity Law/Company Law financial compliance requirements. For further details please contact the organisation.

**Skills/knowledge desired:** For above vacancies 1 to 5 an interest in young people/good listening and communication skills/ sense of humour/reliable/ability to work on a one-to-one basis and in a team. For 6 see above. **Time Commitment:** required evenings and/or weekends **Training:** Volunteers will be given an induction into the place of work, a clear idea of the tasks they will be asked to perform and the responsibility that will go with each task **Expenses:** travel paid **Accessible for Wheelchair Users:** yes **Contact:** Tony Frowd **Address:** Southampton YMCA, George Williams House, Cranbury Place, So'ton, SO14 0LG **Telephone:** 023 8022 1202

### **MILLENNIUM VOLUNTEERS, YMCA FAIRTHORNE MANOR**

**Aim:** To offer volunteering opportunities to all 16-24 year olds at Fairthorne Manor and in local communities

#### **Volunteer Opportunities and Tasks Involved:**

1. Residential/Day Camp Childcare – play work, arts & crafts, music, drama, group work
2. Supporting children with special needs, 'Buddy' system
3. Childcare – helping out in the nursery with children aged from babies to 4-5 years old
4. Conservation – habitats onsite include ponds, streams, estuaries, woodlands and an SSI wetland

5. Leading Group Activities – such as climbing, abseiling, canoeing, kayaking, raft building etc.

The young person chooses what it is they are interested in and volunteers in that area. Please enquire for more details about the many possibilities for volunteering.

(There is a possibility for volunteers to be residential – please enquire)

**Time Commitment:** flexible **Training:** First Aid, Health & Safety, also intending to offer key skills accreditation **Expenses:** all expenses are offered  
**Accessible for Wheelchair Users:** yes **Contact / Telephone:** Emma Woollin  
**Tel:** 01489 785228/07799 416509 **Address:** YMCA Fairthorne Manor, Curdridge, Southampton, SO30 2GH **Additional Information:** every volunteer will be allocated a mentor. On completion of 100 hours of volunteering the young person will receive a certificate and after 200 hours an award will be received. A celebration will also take place and the young person can choose in what form the celebration will be.

### **YOUNG ENTERPRISE**

**Aim:** To inspire and equip young people to learn and succeed through enterprise.

**Volunteer opportunities and tasks involved:**

1. Board Member – to become a member of West Hampshire Young Enterprise.
2. Business Adviser – Two hours per week during term time supporting students in time management, communications, decision-making etc.

**Skills/knowledge desired:** business knowledge, common sense, enthusiasm

**Time Commitment:** (1) Two hours every two months (2) Two hours per week during term time. **Training:** please enquire – informal induction given  
**Expenses:** none paid **Accessible for wheelchairs:** various locations – please enquire **Contact:** Teresa Hickson. **T telephone** 07977 297386 **Email:** [teresa.hickson@yese.org.uk](mailto:teresa.hickson@yese.org.uk)

**IF YOU CANNOT FIND WHAT YOU ARE LOOKING FOR, CONTACT DI BERNSTEIN VOLUNTEERING DEVELOPMENT WORKER AT SOUTHAMPTON VOLUNTARY SERVICES (See contact details below)**

**IF VOLUNTEERING ON A REGULAR BASIS IS NOT POSSIBLE FOR YOU, HAVE YOU CONSIDERED HELPING OUT OCCASIONALLY AT SPECIAL EVENTS? PERHAPS YOU WOULD LIKE TO THINK ABOUT DOING SOMETHING THAT COULD INVOLVE YOUR WORK COLLEAGUES OR FRIENDS/ADULT FAMILY MEMBERS. SVS IS ADVISED OF FUND RAISING EVENTS SUCH AS FUN RUNS OR STREET COLLECTIONS AT VARIOUS TIMES. IF YOU WOULD LIKE US TO KEEP YOUR CONTACT DETAILS PLEASE LET DI BERNSTEIN AT SOUTHAMPTON VOLUNTARY SERVICES KNOW. TELEPHONE 023 8021 6015 OR EMAIL [d.bernstein@southamptonvs.org.uk](mailto:d.bernstein@southamptonvs.org.uk)**

**PLEASE NOTE THAT WHILST SOUTHAMPTON VOLUNTARY SERVICES TRYS TO ENSURE THAT ALL INFORMATION CONTAINED IN THE BULLETIN IS UP TO DATE, CHANGES TO INFORMATION DO OCCUR**

**BETWEEN RE-PRINTS. IF YOU SEE AN ERROR OR WISH TO ADVISE OF  
UPDATED INFORMATION, PLEASE CONTACT AS ABOVE.**

**IF YOU HAVE FINISHED WITH THE BULLETIN, WHY NOT PASS IT TO A  
FRIEND/COLLEAGUE TO READ?**