

### Benefits of being a volunteer

As a volunteer you can gain:

- *A great understanding of social issues effecting our community*
- *Develop interpersonal skills*
- *Gain a sense of achievement & fulfilment*
- *Or it could be a 'stepping stone' in your career or lead to future employment!*

### Expenses

Out of pocket travel expenses and reasonable activity expenses are reimbursed (and receipts are requested).

### Supervision & Training

All volunteers and service users are interviewed and two personal references are requested. All clients have recent risk assessments from professional bodies.

There is always guidance and information available from the Volunteer Co-ordinator should the volunteer require it.

The Southampton Voluntary Services Policy also contains information regarding issues and guidelines.

**Contact Information**  
**Karen Ringwald**  
**Volunteer Co-ordinator**

Street Homeless Prevention Team  
Voluntary Action Centre  
Kingsland Square  
St Mary Street  
Southampton  
SO14 1NW

**Tel: 023 80 216 037**

[k.ringwald@southamptonvs.org.uk](mailto:k.ringwald@southamptonvs.org.uk)

Supported by



**The Street Homeless Prevention Team**  
is funded by Southampton City Council



# Southampton Voluntary Services

## Southampton Street Homeless Prevention Team

### VOLUNTEER PROJECTS

Befriending Service, 5 A Side Football Sessions & Annual Tournament  
Task Force: Gardening Tidying & Painting / Decorating Team  
and The Allotment Project



As a volunteer for The Befriending Service or Task Force you will be an integral part of The Street Homeless Prevention Team. Here is some information about the service and information on becoming a volunteer.

### **'Why do people become homeless and sleep rough?'**

People find themselves in the situation of sleeping rough for many different reasons ranging from family breakdown or leaving care to trauma, mental illness and/or drug and alcohol misuse issues to name a few. The effects of homelessness are evident: low self-esteem, possible mental health problems, poor physical health and difficulty accessing services. Rough sleepers are vulnerable to the elements and also to intimidation and harassment. The Street Homeless Prevention Team meet many people in these circumstances and provide a pivotal role in supporting rough sleepers to access appropriate services to meet their diverse and sometimes complex needs.

### **The Street Homeless Prevention Team - SHPT**

The Street Homeless Prevention Team provides support to people who are street homeless or imminently at risk of street homelessness.

### **Aims & Objectives**

To effectively minimise the need for anyone to have to resort to street homelessness and to ensure that returning to live on the streets is unacceptable.

To meet and support individuals in Southampton who are street homeless or are imminently at risk of street homelessness.

- To assist people sleeping rough to exit a street lifestyle by accessing appropriate services to meet their needs.
- To support individuals in the positive choices they make that prevent them from returning to the street.
- To reconnect people, where appropriate, to their local area so that they can access the most appropriate services to meet their needs.

### **The Volunteer Projects & What We Do!**

The Street Homeless Prevention Team Volunteer Projects support service users by providing them with the help, support and the opportunity, to regain their independence to achieve a more meaningful lifestyle.

There are two voluntary projects, these are the Task Force and the Befriending Service. They offer meaningful activities to homeless people or those who are recently settled in accommodation and are ready to make a positive lifestyle change. The service provides them with support and mentoring.

### **The Befriending Service**

The aim of the project is to compliment the work of The Street Homeless Prevention Team. It was set-up to form a network of volunteers who befriend and assist homeless people or those who have been homeless in the past. As a befriender the volunteers enjoy working on a 'one to one' basis by providing a social contact.

The time spent volunteering is flexible to the Befriender and service user involved. Each befriender is suitably matched depending on their mutual interests and spare time available.



### **Qualities & Skills required to be a 'Befriender' Volunteer**

- *Understanding & empathy*
- *Initiative, patience and tenacity*
- *Good listening and communication skills*
- *Enjoy working on a 'one to one basis'*  
**Have 'experience of life!**  
**Most importantly want to help others!**

As a befriender we would like, if possible, a minimum of four months, due to the personal nature of the project.

### **The Task Force**

This Service gives service users the opportunity to take part in community volunteering activities, as well as participating in the allotment or football sessions pre-volunteering activity. We welcome volunteers who have experience or a keen interest in any of these areas.

### **Qualities & Skills required to be a Task Force Volunteer**

- *Experience or interest in gardening, football, painting / decorating*
- *Enjoy working as part of a team*
- *Have enthusiasm & sense of humour*
- *Have had a history of homelessness in the past*

For the Task Force we ask for volunteers to complete at least one project i.e. a gardening project, which can last from an afternoon to three days or more depending on the project.

### **Task Force - The Allotment**

An allotment situated at Sandhurst Road provides an opportunity to work as part of a team or alone. It gives the volunteers great self-satisfaction and can be extremely rewarding giving them a focus and a challenge!

### **Task Force 'Painting / Decorating' and Gardening Community-based Projects**

A team of volunteers, some experienced and others who wish to learn, undertake small projects under supervision. A project can range for example from decorating a hallway to tidying / weeding a garden. These are community-based projects for those who, for various reasons, are unable to do it themselves; they may be physically disabled or elderly. Task Force volunteers complete at least one project i.e. a gardening project, which can last from an afternoon to three days or more depending on the project.

### **Pre-volunteering activity**

5 A Side Football sessions at St Mary's Sports Hall held fortnightly this project is targeted at recruiting predominately males, who enjoy sport and encourages them to socialise and participate in teamwork. It is a great motivator, a fun form of exercise and mentally / physically stimulating. It is also an opportunity to recruit potential Task Force volunteers. There is also the Homelessness Partnership 5 A Side Tournament held at Southampton Sports Centre involving many of the local homeless organisations from all over Hampshire.

