

Other opportunities & activities available

There are other volunteering activities such as first aid courses, community projects, creative workshops and training opportunities available.

Expenses

Out of pocket travel expenses and reasonable activity expenses are reimbursed for volunteer assistants - receipts are requested.

Supervision & training

You will be interviewed and two personal references requested. A recent risk assessment from professional bodies will be requested for agency referrals.

There is always guidance and information available should you require it. Southampton Voluntary Services Policies also contain information and guidelines.

Interested?

For more information or an informal chat contact
Karen Ringwald Project Co-ordinator

telephone: 023 8021 6037 **mobile:** 07771538793

e-mail: k.ringwald@southamptonvs.org.uk

website: www.southamptonvs.org.uk

Opening hours 9.30 am - 4.00 pm Monday - Friday

SVS is the umbrella organisation for the local voluntary sector and provides an independent voice and support as well as managing projects. SVS receives funding and support from many organisations, public bodies and charitable trusts.

Parking SVS has five short stay parking spaces for deliveries only, situated at the rear of the building along with two disabled spaces. There is also three hour parking on St Mary's Street, all day parking in the East Street shopping centre car park and on-road meters around Hoglands Park opposite the Voluntary Action Centre.



Voluntary Action Centre Kingsland Square St Mary's St Southampton SO14 1NW

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Southampton Voluntary Services **get involved** project involves people in volunteering in the local community. Working towards reducing isolation, social exclusion, drug / alcohol and mental health issues. It aims to improve the aspirations and opportunities, health and wellbeing of vulnerable people.

People find themselves socially disadvantaged for many different reasons ranging from family breakdown, redundancy, leaving care, homelessness mental illness and/or drug and alcohol misuse issues to name a few. The effects are evident: low self-esteem, possible mental health problems, poor physical health and difficulty accessing services. Southampton Voluntary Services provides a pivotal role in supporting people to access appropriate services to meet their diverse and sometimes complex needs.

Here is some information if you are considering becoming a volunteer for Southampton Voluntary Services **get involved** project.

Aims & Objectives

- To meet and support individuals in the community in Southampton
- To assist people to access appropriate services to meet their needs
- To support individuals in making positive choices to move forward
- To encourage people to manage their own learning in order that they maximise their potential and develop their skills

What we do

The project provides support and gives people an opportunity, to regain their independence and promote self esteem. The **get involved** project offers meaningful activities to people who are ready to make a positive change.

Allotment project

An inner city allotment which provides an opportunity to work as part of a team. It gives the volunteers great self-satisfaction and can be extremely rewarding giving them a focus and a challenge. Within the team there are volunteers with experience and others who wish to learn and undertake small tasks under supervision. Volunteer Assistants help other volunteers on a one to one basis by providing social contact and support. Each volunteer is suitably matched depending on their mutual interests and spare time available.

Gardening has proven to be a great motivator, a fun form of exercise, mentally and physically stimulating. As a Volunteer Assistant we would like, if possible, a minimum commitment of four months volunteering, due to the personal nature of the project.

Benefits of being a volunteer

As a volunteer you can help others and yourself

Have fun, be part of a team, make new friends and get involved in other activities

Gain a sense of achievement and experience

And even a reference or qualification

Develop your interpersonal skills

Confidence, independence and self esteem

Or it could be a stepping stone in your career leading to future employment

Qualities & skills needed to be a get involved volunteer

Interest or experience in gardening

Enjoy working as part of a team

Give a commitment

Have enthusiasm and sense of humour

No qualifications required!

Qualities & skills required to be a Volunteer Assistant

Understanding, empathy, initiative, patience and tenacity

Good listening and communication skills

Enjoy working on a one to one basis or in a group setting

Have experience of life and most importantly want to help others!

We welcome volunteers who have experience or a keen interest

Volunteer Assistants will be subject to a Criminal Records Bureau Check
Past offences or having a criminal record will not necessarily prevent you from volunteering
please feel free to contact Karen for an informal chat

get involved
with local community volunteering
Southampton Voluntary Services

