



**May’s Volunteer Bulletin**

**Keep Britain Tidy**

**Litter Pickers**

The #Litter Heroes Ambassador programme is supported by players of the People’s Postcode Lottery and aims to support community cohesion, improve public spaces and help benefit mental and physical wellbeing.

The #Litter Heroes Ambassador programme is for people from all walks of life who want to get their communities involved in litter picking and improving public spaces for all. You need to be at least 18 years old, good at motivating others and willing to get out doors and lead by example

Applications are now open until Monday 6th May 2019

For more information email:

LHAmbassador@keepbritaintidy.org

**The Children’s Air Ambulance**

The Children’s Air Ambulance launched in 2012 and since then we have completed over 200 life changing missions. Our new helicopters are based in the Sheffield-Doncaster airport and Oxford- London airport but are flying nationally so we need your help to join our mission raising awareness and increasing income for the charity. We have a number of volunteering opportunities you could get involved in:

**Community Volunteer:**

As a Community Volunteer you could help us raise income through many fundraising activities including bucket collections, coordinating collection tins, organising fundraising events, your imagination is the only limit!

**Speaker Volunteer:**

We are raising awareness of the Children’s Air Ambulance across the UK as we are a national charity and we need volunteers who are confident in public speaking to talk to groups across the country about the fantastic work that we do.

**Event Support Volunteer:**

If you would like to volunteer but can’t commit to regular volunteering then being an Event Support volunteer might be the role for you. We have an exciting plan of events for 2019 including marathons, race days, charity golf days and many more. You would be able to sign up to support at as many or as little times as you like when it is convenient for you.

To find out more about any of these opportunities please email: Volunteering@theairambulanceservice.org.uk

**The Billy Project**

**Building Confidence in Women**

If you are interested in Health and Fitness and can spare a few hours each week we have an assortment of roles available in an all women gym environment. The hours will be during the hours of 11-3pm Monday, Tuesdays and/or Wednesdays. Roles available include:

Befriending, Admin, Helping around the gym, Deliver group sessions, Promote our services, Attract new members and a potential to become qualified.

For more details contact Kerry - kerrythebillyproject@gmail.com

**Clothes Aid**

**Warehouse Volunteer**

The Volunteers will be working in a warehouse environment, checking through the charity bags to remove the bric a brac, books and linen.

No special skills are required just the ability to work as part of a team.

**Victim Support**

Becoming a volunteer means contributing some of your time to help Lancashire Victim Services in supporting victims and witnesses of crime across Lancashire.

You can offer your support several hours a week or just help out occasionally. You can volunteer during the day, in the evenings or at weekends. The amount of time you would like to offer can be discussed when you contact us, we are grateful for any contribution.

**Supporting victims of crime**

The main part of our service is to support victims and witnesses of crime, to provide emotional support, information and practical help. All of our volunteers receive excellent training to prepare them for the role and ensure they can provide the best support possible.

**Supporting witnesses**

Witness service volunteers provide support and information to witnesses, their friends and families throughout the entire court process.

**Office support**

From administration to training or translating, there are various opportunities to provide office based support. Please contact us to talk about current opportunities.

The recruitment process starts with a telephone interview when they can answer any questions you may have. They will then go on to a face to face interview, reference check and DBS check if appropriate to the role, complete e-learning modules and a 4 day core learning training course. This will ensure you have the skills needed for your role. The process can take a few months and so we ask you to commit to one year of volunteering. The extensive training will give you transferable skills that can assist you to get employment in the future.

Email: elisabeth.arnott@victimsupport.org.uk

**Personal Support Unit**

**Court Volunteer**

Minimum of 2 days per month.

The Personal Support Unit (PSU) provides emotional and practical support to people facing family and civil court alone. The type of cases we deal with include contact with children, eviction, non-molestation orders, divorce and money claims.

Volunteers do not offer legal advice but help by:-

listening to clients' issues and providing information and support, discussing issues without going to court, organising their paperwork, helping them fill out forms, produce witness statements and general court paperwork, explaining how the court works, helping clients plan what to say in court, accompanying clients into court hearings in Preston, signposting to other agencies.

Volunteers do not need to have any legal knowledge or background. Skill and qualities needed for the role are excellent communication skills, empathy and listening skills, ability to problem solve, high standard of written and spoken English, patience, initiative, a common sense approach and ability to work with people from all backgrounds at what can be a stressful time.

Volunteers must be aged 21 and above and be able to commit to at least 2 days per month.

Every day is different at PSU. We work with a range of people, often vulnerable, at what is often a stressful and bewildering time. Our work helps to guide people through the complex court process dealing with issues such as contact with children, protection through non-molestation orders, saving people's homes from eviction, and claiming back money which is owed to them.

We are a small friendly team and the work can be challenging yet extremely rewarding.

**Travel Assist Service Ltd**

**Volunteer Drivers** are needed to help deliver our Door to Door service for vulnerable people.

Travel Assist's main social objectives to make transport accessible to the people who experience difficulties accessing main stream transport.

Travel Assist provides transport services in the following areas:

Door to Door service for vulnerable people

Patient Transport on behalf of Northwest Ambulance Service Trust in Lancashire and South Lakes.

Urban Registered Bus Routes, Rural Registered Bus Routes.

Accessible Minibuses that can be booked by community based groups for their transport needs - EG days out, trips to the theatre and meetings.

For people who live independently Travel Assist created an Out and About Club which runs trips which individuals can book themselves onto.

By becoming a volunteer with Travel Assist you can be assured that your time will be valued, and all your efforts will make a real difference to the lives of vulnerable people within our community. Generous out of pocket expenses are paid. Those volunteers looking for a useful addition to their CV, Travel Assist offers a real working environment that will provide a meaningful work experience.

The main skill required is a desire to be part of a team that is committed improve public transport for the local community.

Contact James Coulthard at Travel Assist Service Ltd travelassist@btconnect.com

**Festival of Making - Place Ambassadors**

<https://lancsvp.org.uk/opportunities/festival-of-making-place-ambassadors/>

This year’s National Festival of Making will take place on Saturday 15th – Sunday 16th June 2019 and we are seeking volunteers to become Place Ambassadors to help make this national event a success.

Place Ambassadors help look after the thousands of visitors that attend the festival by being the first point of contact, offering directions, event information and tourist advice. All helping to make the weekend a success.

Nationally the festival weekend is about celebrating all things made, but locally it is about celebrating all that is good about Blackburn, Darwen and Lancashire. This event gives us all the opportunity to show off our part of the North West.

For more information and to get involved please visit <https://lancsvp.org.uk/opportunities/festival-of-making-place-ambassadors/>

**Rummage Rescuers**

**Social Media Volunteers**

We are in need of a volunteer who has a good working knowledge of computers, the internet and social media.

**Charity Shop Assistance**

Retail assistants volunteering on the shop floor are urgently needed, they will be serving members of the public, cash handling and using a till.

**Victim Support**

Have you got what it takes to help ensure victims and witnesses are given the support they need and the respect they deserve?

Many people face the effects of crime alone and confused. Your support helps individuals and their families to feel stronger, understood and able to move forward with their lives.

**Service Delivery Volunteer – Lancashire Victim Services**

What will I be doing?

 Contacting people who have been victims of crime, over the phone initially, at the victim’s home or another mutually agreed location after full training.

 Clearly explaining the role of Victim Support and empowering victims to overcome the emotional, psychological and practical effects of crime.

 Communicating in a way that is appropriate to the person being supported.

 Helping people explore how their experience of crime has affected their lives and identifying ways to enable them to recover from the experience.

 Working with people to identify their individual needs and helping them to choose options they feel are right for them.

 Identifying situations where we cannot directly meet the needs of the victim and working with the client and the manager to make appropriate referrals.

 Liaising with staff to arrange practical help for victims, such as small security items

 Promoting the rights of people you support and respecting diversity.

 Giving information about other agencies and their procedures.

 Giving information and help with applications for criminal injuries compensation.

 Attending training, support sessions and volunteer meetings.

 Keeping your manager informed of actions and progress on each case.

What skills do I need?

 A caring, mature and supportive empathy towards others.

 A non-judgmental, impartial and confidential approach to supporting others.

 A commitment to ensuring victims all have equal access to our services.

 Respect for the diversity of our colleagues and clients.

 Willing to work within our values, procedures and policies.

 Good listening skills and good verbal communication skills.

 IT skills suitable for data inputting, accessing our webpages, internet and emails.

 Friendly, reliable, approachable and a confident team player.

How much time am I expected to give?

 We encourage volunteers working with victims to be available for at least four hours a week for ideally a minimum of one year. Working times can be more flexible once full training at the office has been completed which will normally take between 4-6 months dependent on your time commitment.

What does the training involve?

 All volunteers will have be required to take part in relevant modules of the core Victim Support training so that they have a strong understanding of the work and values of the organisation they promote. This is a four day face-to-face course that is mandatory.

 All volunteers will receive the Victim Support data protection, Equality, Diversity and Inclusion training. This is through an e-learning package.

What are the benefits?

 Full induction, one-to-one support for the role, and opportunities for excellent training and to develop new skills.

 All volunteers have free access to the Employee Access Programme which provides free, confidential assistance with any work, personal or family issue.

 Rewarding sense of having made a positive difference to people’s lives.

 Learn about the work of criminal justice agencies.

 All volunteers have free access to a wide range of e-learning opportunities.

 Progress by specialising in supporting victims of specific crimes (such as domestic abuse, Sexual abuse, crimes against children or hate crime).

 Payment of agreed expenses.

What opportunities do I get?

 Join a team of like-minded people.

 Contribute to our valuable work.

 Ability to engage with the Victim Support Volunteer Panel.

 Opportunities to join in project teams and influence development throughout the organisation.

**Domestic Abuse Volunteer**

**What will I be doing?**

 Contacting and providing on-going support to people who have been, or are victims of domestic abuse, either over the phone, at the victim’s home or another mutually agreed location.

 Clearly explaining the role of Victim Support and empowering victims to overcome the emotional, psychological and practical effects of crime.

 Communicating in a way that is appropriate to the person being supported.

 Helping people explore how their experience of domestic abuse has affected their lives and identifying ways to enable them to recover from the experience.

 Applying stages of change theory and motivational interviewing techniques to help clients understand their situation, what they want and how they wish to move forward

 Using the risk indicator checklist to review clients’ risk of serious crime (full training and guidance will be given) and take action when information gathered indicates an increase in risk.

 Working with clients to produce a risk-led safety plan.

 Working with clients to help them support any children who may be affected, including how they might discuss safety planning with their children.

 Working with people to identify their individual needs and helping them to choose options they feel are right for them.

 Identifying situations where we cannot directly meet the needs of the victim and working with the client and the manager to make appropriate referrals.

 Promoting the rights of people you support and respecting diversity.

 Giving information about other agencies and their procedures.

 Working alongside your manager in supporting clients to advocate for their rights and needs with other agencies.

 Attending training, support sessions and volunteer meetings.

 Keeping your manager updated about support progression and risk level, including the prompt and secure transfer of completed risk assessments and case recording.

What skills do I need?

 Ability to explore your own values and beliefs relating to victims of domestic abuse, your motivation for doing this work and the qualities you bring to the role.

 Strong emotional support skills and ability to listen empathetically.

 A non-judgemental, impartial and confidential approach to supporting others; able to work effectively within the boundaries of the role.

 Ability to reflect on any difficulties this work may bring up for you personally and the impact of listening to clients’ stories, including exploring difficult and uncomfortable topics.

 Ability to carry out effective and timely communication about casework with your manager, including case recording and the transfer of case records.

 A commitment to ensuring victims have equal access to our services, and respect for the diversity of Victim Support’s staff, volunteers and clients.

 Willing to work within all Victim Support’s values, procedures and policies.

 Ability to identify and respond appropriately to factors which would initiate a response in line with Child or Adult Safeguarding policy.

 Basic IT skills and willingness to access Victim Support web pages, internet and emails.

 Reliable, open-minded, approachable and able to work as part of a team.

How much time am I expected to give?

 We encourage volunteers working with domestic abuse victims to be available for at least four hours a week whenever possible for ideally a minimum of one year. Working times can be flexible after initial training as appointments with clients can be made during the day, in the evening (up to 7.30pm) or at weekends.

 The role will involve travelling to a local office for regular one-to-ones with your manager and to visit clients. You may be asked to travel to support neighbouring teams’ domestic abuse work. Whilst every effort will be made to minimise travel, you will likely need to use public transport or, ideally, your own vehicle, especially in places where public transport services are limited. Allreasonable out of pocket expenses will be reimbursed, including travel expenses, in line with Victim Support’s Expense Policy.

What does the training involve?

 All volunteers will have be required to take part in relevant modules of the core Victim Support training so that they have a strong understanding of the work and values of the organisation they promote. This is a four day face-to-face course that is mandatory.

 All volunteers will be required to attend the Domestic Abuse training. This is a four day face-to-face course that is mandatory.

 All volunteers will receive the Victim Support data protection, Equality, Diversity and Inclusion training. This is through an e-learning package.

 Commitment to attending group meetings, one-to-one support sessions, refresher training and development sessions.

What are the benefits?

 Full induction, one-to-one support for the role, and opportunities for excellent training and to develop new skills.

 All volunteers have free access to the Employee Access Programme which provides free, confidential assistance with any work, personal or family issue.

 Rewarding sense of having made a positive difference to people’s lives.

 Learn about the work of criminal justice agencies.

 All volunteers have free access to a wide range of e-learning opportunities.

 Payment of agreed expenses.

What opportunities do I get?

 Join a team of like-minded people.

 Contribute to our valuable work.

 Ability to engage with the Victim Support Volunteer Panel.

 Opportunities to join in project teams and influence development throughout the organisation.

**British Red Cross**

**Mobility Aids Volunteering – Preston**

Our mobility aids teams help hire out wheelchairs and other mobility equipment to people who may have an illness or have suffered an accident, and we are looking to recruit more volunteers in Preston to help run the centre, as well as promote the service to potential beneficiaries.

Typical tasks include

Taking calls and enquiries from people wanting to borrow a wheelchair

Giving information about other Red Cross services, where appropriate

Updating service user records and other administrative tasks using computer based systems

Demonstrating how to use and look after our wheelchairs

Receiving and recording donations

What we are looking for

Someone who:

Is willing to uphold the Fundamental Principles of the International Red Cross and Red Crescent Movement and adhere to the Society's Equal Opportunities Policy

Is willing to act in accordance with our values and behaviours framework

Is willing to uphold people's dignity at all times

Is willing to attend induction and appropriate training

Is willing to use our IT systems and has basic IT skills

Enjoys meeting people and helping them to remain independent

Has good communication skills.

Has been familiarised with any equipment required to carry out the role

**Community Volunteer Gardeners**

<https://lancsvp.org.uk/opportunities/community-volunteer-gardeners/>

Volunteer Gardeners can be a vital ‘helping hand’ for many people who are struggling to maintain their garden for a variety of reasons, sometimes health-related. Volunteer support may be short-term (e.g. if someone is recovering from an illness or operation) or an on-going need. Our volunteers make a real difference to someone’s life – even if just a smile and a chat.

The time commitment of our Volunteer Gardeners is flexible, depending on what suits our volunteers and the people we help and the weather.

Volunteers are reimbursed for out-of-pocket expenses.

We are aiming to have a number of Volunteer Gardeners spread throughout Blackburn with Darwen.

This role requires an enhanced DBS check (Disclosure and Barring Service – formerly criminal records bureau check) and 2 satisfactory character references.

For more information and to get involved see <https://lancsvp.org.uk/opportunities/community-volunteer-gardeners/>

**Barnardos**

**Mentor / Independent Visitor**

As a volunteer you will be matched to a child or young person and you will spend time with them on a one-to-one basis engaging in positive activities of the young person's choice. This could be anything from a walk in the park or a hot chocolate and a chat, to going swimming or trampolining. Through these 1:1 sessions you will build a relationship with the young person that can then provide them with a positive role model and source of support and guidance, whilst also giving them the opportunity to spend time out of the home environment, engaging in positive (and fun) activities.

Due to the age of the young people accessing this service, the majority of the work will be undertaken outside of school hours.

The IV service is a statutory service for young people who are "Looked After". In your role as an IV you will be expected to build a long lasting relationship with the young person through your regular 1:1 activities whilst also helping to build confidence, self-esteem and social skills.

The Mentoring service works on a similar idea but focuses on a 9-12 month timescale in which regular activities focus on helping the young person to build on their confidence, self-esteem, emotional wellbeing and social skills to allow them to progress to independence

To really make a difference you will need to:

- Be reliable and able to commit to roughly 2 hours per week on a long-term basis.

- Have a calm, patient and non-judgemental approach

- Have good communication and listening skills

- Be open to learning about the experience of being a child in care

- Have a willingness to work within Barnardo's policies and procedures.

Volunteering with Barnardo's will mean you are making a difference to disadvantaged children and young people in your local area. You could also benefit from using your existing skills, learning new ones, and being with other people. If you're looking for work or a change of career, you will gain valuable experience for your CV.

**Blackburn Food Bank**

There are a variety of volunteer roles on offer and Blackburn Food Bank will welcome anyone interested in volunteering to visit them on any Monday, Wednesday or Friday between 11am and 2pm.

They will be shown around and introduced to the different roles which need volunteers.

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**Strengthening Communities – Volunteering in Lancashire**

A helping hand to improving Health and Wellbeing and a Passport to Employment

Too many things happening in your life which stop you from getting a job?

We can support you to get the right sort of experience and improve your confidence. So next time you go for a job, you stand a real chance.

We’ll help you to get training, get work experience through volunteering and to feel better about yourself.

To be eligible for support you must:

• Be legally able to reside and work in the UK.

• Are resident in Lancashire

Need a hand? Then call us on 01254 583957 or email yasmin.patel@communitycvs.org.uk

**Advisors are available to discuss volunteering opportunities at the Boulevard Centre 45 Railway Road, Blackburn. BB1 1EZ, please call 01254 583957 for an appointment.**

**Darwen Drop-in - We are pleased to announce that we are offering potential volunteers and those wishing to gain valuable IT skills to come, join us & get involved.**

**We'll be holding a weekly drop-in at Darwen Valley Community Centre between 10am & 4pm every Friday and Tuesday at the Town Hall from 9am to 12 noon, where people can come along and get some advice on volunteering. Friday’s drop-in is part of our BBO ReachIT digital inclusion project & Strengthening Communities - Volunteering in Lancashire.**

For more details of these opportunities contact:

Community CVS

The Boulevard Centre

45 Railway Road

Blackburn

BB1 1EZ

Tel 01254 583957

office@communitycvs.org.uk