



**February’s Volunteer Bulletin 2020**

**Rummage Rescuers**

**Van Drivers**

Drivers are urgently required for pick-ups and deliveries. A clean driving licence is required and drivers must be over 25 for our insurance.

**Warehouse Volunteers**

Warehouse Volunteers are also required for sorting and moving donations out to the shops. No special skills are required just a willingness to work in a team.

• Punctual, dependable and reliable

• Happy to work as part of a team

• Confident in working with the public and committed to equality and diversity

• Committed to excellent, patient and thoughtful, customer care

• Vigilant, with attention to detail

• Enjoy helping people

Volunteers will be required to provide two character references and successfully complete occupational health checks prior to starting their role. An enhanced DBS check may be required at a later date.

**East Lancs Hospice**

**General Maintenance Volunteer**

What we would like you to do

1. To provide support to the Hospice maintenance team to make sure that all roles are carried out in accordance with the planned maintenance programme and in response to ad hoc requests for repairs

2. To report any faults you discover to Maintenance staff

3. To maintain accurate records of actions carried out when required

4. To sign in and check the volunteer’s notice board at the start of the shift

**General Maintenance** - you may be expected to support by:

Cleaning windows, cleaning air conditioning vents, cleaning strip light

Covers, Power washing of furniture and paths, cleaning of external lights, checking wood work for deterioration, checking and cleaning gutters and drains, Minor repairs to furniture and equipment, Cleaning of desk and free standing fans, Painting of walls and woodwork, Fire alarm system and extinguisher checks, Sweeping and weeding of paths, car park and entrances, Cleaning of shower heads, Checks of internal and external water outlets, Organising furniture and equipment for room bookings, Arranging seasonal decorations, Clearing snow and gritting Hospice grounds

**Community Services (Befriending) Volunteer**

Under the guidance of the Head of Hospice at Home and wider Hospice Community Team you will provide a support and befriending service to patients, their families and those that matter to them. Depending on the needs, interests and preferences of those using the service, and in order that quality of life and independence can be maintained, you will provide the service to people in their own homes and/or other community settings.

We are looking for individuals with a very wide range of interests, skills and abilities in order that we can better meet the needs of those using our services. This might for example include:

Experience of using any sort of arts and crafts with individuals and/or groups

Interest and ability in gardening and/or outdoor activity or walking

An interest in film, theatre, television, reading and news stories

An interest in world affairs, nature and the environment

An interest in pets and other animals

Able to engage in meaningful conversations on topics that matter to individuals

Able to read in an interesting way to others, sing and/or play music

Enjoyment of table games

Ability to support with light domestic/household duties and/or provide light refreshments

Good communication skills, sensitive to the needs of others, approachable and warm with the ability to build relationships

Problem solving ability

Able to really listen to people and comfortable with silence when others need quiet time

Visit patients in their own homes to provide companionship and social interaction.

To sit with patients to enable their carers to attend appointments or social events.

To accompany patients to appointments or social events including for example libraries, parks and museums

To help patients continue with their hobbies or pass-times.

To pursue creative activities with individuals in the home environment

To support individuals with household duties and meal preparation including light meals, snacks and drinks

To listen and support individuals as they explore their preferences and choices for future care

Engage with and work alongside individuals to motivate, enthuse, promote independence and empower.

To provide light assistance in maintaining gardens and paths where possible.

To accompany or undertake shopping trips with (or for) patients.

Help with care of pets e.g. feeding and walking.

Provide assistance with appearance including for example attending to hair, beards and painting nails.

<https://eastlancshospice.org.uk/community-services-befriending-volunteer>

**The Billy Project**

**Female Gym Volunteers.**

Female volunteers, who are interested in health and fitness, are needed to help at our ladies only gym. Volunteers will be mentoring, doing peer support and group work. Call Kerry on 07875585634 or email

kerrythebillyproject@gmail.com .

**Shelter**

**Volunteer Resettlement Mentor - Lancashire and Cumbria**

We are looking for volunteers to support the Peer Support Officer in designing and delivering workshops to prisoners, in a range of key subject areas that increase awareness, knowledge and confidence in employment, housing and money management.

Suggested involvement: 3 hours per week for a minimum of 6 months (flexible)

Location: Various locations across Lancashire, normally within 10 miles of your home address

Supervised by: Mentoring Volunteer Coordinator

We’d like you to meet a mentee on a weekly basis, supporting them to access housing, benefits, health and similar services. This involves listening to problems, making plans and providing encouragement & guidance to achieve their goals. You may also conduct shorter, back-to-back appointments with several mentees with one-off concerns. Meetings will take place in public and office based settings, usually lasting around one hour. We’ll need you to provide a report outlining what’s been achieved and future goals you’ve set.

This role is ideal for those interested in or studying law, social services, health, politics, society, housing, the prison or probation service, policing or working with vulnerable people.

Main tasks can include:

• Provide an advocacy service for service users

• Support service users in accessing a range of services including health services, positive activity and substance misuse services

• Support service users with basic functional skills such as budgeting and time management

• Liaise with other agencies i.e. Probation, Drug and Alcohol Services who the service user may be involved with to ensure consistency of approach

• After care for service users following support through our offender service

Skills and Experiences Required:

• Have experience or a passion for supporting vulnerable people and/or offenders

• Work safely within Shelter’s safeguarding framework, processes and policies

• Able to use Microsoft Office apps, the internet & emails and a mobile phone

• Have use of a car or an ability to effectively use public transport

• Manage your time, providing punctual and reliable appointments

• Stay on track during meetings, focusing on individuals needs and being a positive influence

• Understanding of the barriers and needs facing ex-offenders

• In certain sessions, have a good knowledge of housing and debt issues

• Work collaboratively with others, valuing & respecting their opinions & feelings, whilst working towards a constructive outcome

Next Steps:

Please complete an application for this role. After you have applied we will invite successful candidates to an interview to discuss the role further.

You will be involved in regulated activity for this role, and for this reason we require you to undertake an enhanced DBS check

Please note, you will be asked to declare any unspent convictions. Having a criminal record does not mean that you cannot volunteer with us. It may limit the different ways that you can get involved, but please contact us at involvement@shelter.org.uk , if you require more information.

**Volunteer Cook**

The role of a volunteer cook is to prepare and cook meals for the local residents of the community, community groups and the nursery which is a building within the centre itself. The nursery meals are set to a tight time schedule; these meals have two set times per day. The lunches are served from 12 noon.

You will be supported by a team of volunteers to ensure a safe and clean kitchen environment. The cooking of the food from a set menu will be required for the nursery.

You must have sound knowledge to be able to cater for children with allergies and of preparing healthy meals.

We also have a rolling menu that you can follow for the regular community groups and local residents that come into the centre, however if you would like to try out your culinary skills then you can make up your own menu if you wish to do so.

For further details or to apply, see <https://lancsvp.org.uk/opportunities/volunteer-cook/>

**Kitchen Assistant Volunteer**

The role of a Kitchen Assistant is to help with tasks around a busy kitchen, including cleaning, washing, and preparation for meals in the Community Café.

You will be supported by a team of volunteers and the Volunteer Cook to ensure a safe and clean kitchen environment. The meals are delivered at specific times, so teamwork, organisation and good communication is essential. Food Hygiene Level 1 qualification is essential and knowledge of allergies is desirable but this training can be provided.

For further details or to apply, see <https://lancsvp.org.uk/opportunities/kitchen-assistant/>

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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.**

**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, where people can come along and get some advice on volunteering.**

**This 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