

Volunteering Opportunities

Spring & Summer 2017



Make a difference in Gosport

Volunteering can make a real difference to your own life and the lives of those around you.

You may be looking to make new friends, develop valuable skills for your CV, boost your confidence or simply would like to help others in the community.

With over 160 local volunteering opportunities available, from mentoring a young person, driving a minibus or helping at a local sports club, there is something for everyone!

To find out more please visit our website:

www.gva.org.uk



How our service works

Go Volunteer is Gosport Voluntary Action's volunteering service. We can help you find a role that suits your skills, interests and time.

Our newsletter details some of the roles available and you can view all of our roles and register your interest on our brand new website www.gva.org.uk.

If you would like support in finding the right role, or would like to find out more please phone 02392588347 or email govolunteer@gva.org.uk and we can help you take the next step.

Be part of an exciting project!

Would you like to be part of a new local project designed to test out innovative ways of strengthening communities and improving the wellbeing of residents?

Solent Mind are recruiting a team of Volunteer Community Connectors, who will conduct interviews with local people to find out how connected they feel to the community and how they feel about the local area, life, health and wellbeing. Contact us to find out more!

Skills: Communication, listening, teamwork

Training: Provided

Time: 1 day/week for 5-6 weeks

Gosport Voluntary Action, Martin Snape House, 96 Pavilion Way, Gosport, PO12 1FG.

Tel: 02392 588347 **Email:** govolunteer@gva.org.uk **Web:** www.gva.org.uk

Facebook: [/GosportVoluntaryAction](https://www.facebook.com/GosportVoluntaryAction) **Twitter:** [@GVATweets](https://twitter.com/GVATweets)

Supporting Families & Young People

You can make a real difference to people in your community

Home-Start Gosport & Fareham Visiting Volunteer

Volunteers visit a family regularly for 2-3 hours once a week to offer emotional support, friendship and practical help.

Skills: Parenting experience

Training: Preparation course of 32 hours

Time: 2 - 3 hours per week, flexible



Barnardos Healthy Families Volunteer

This project will help families build healthy futures for their children aged 0-5 years. There are many different activities volunteers can get involved with, such as:

- Assist to run the 'Ready Steady Mums' or 'Knowing Us' support groups
- Promote the Five to Thrive approach to families
- Assist to run health roadshows and other relevant activities that promote healthy outcomes for children across Hampshire.

Skills: Listening, empathetic nature, patience and to be non-judgemental.

Training: Provided

Time: Flexible

Simon Says

Child Bereavement Volunteer

Volunteers are needed to support bereaved children, up to the age of 18, at their monthly support groups. Experience working with vulnerable groups would be ideal.

Skills: Team work, creativity, listening and communication, interpersonal skills, planning and organising

Training: 2 day training course

Children's Services Volunteer Mentor

With support from a Co-ordinator, Volunteers are matched with young people aged between 14 and 17, to offer one-to-one support. This is likely to include: face to face meetings, support to attend meetings, appointments and activities and telephone support.

Skills: Communication, ability to build and maintain a relationship, non-judgmental

Training: Full training provided

Time: 2-3 hours per week



Barnardos, Parenting Group Support Volunteer

Hampshire Specialist Parenting Support Service (HSPSS) support parents and carers who have a child with a diagnosis of A.D.H.D., autism, and challenging or anti-social behaviour. Volunteers are needed to support practitioners to prepare group resources, help with group work activities and provide emotional support to parents as required.

Skills: Listening, communication, non-judgemental approach, empathetic nature

Training: On-going training provided

Time: 3 hours a week

"The work we do can be challenging but is also very enjoyable, making a real difference to the lives of children and families."

Supporting Adults

One of the greatest gifts you can give, is your time!

Southern Domestic Abuse Service Women's Refuge Support Volunteer

Women who can support other women and children within the refuge setting are needed. Support may include cooking and healthy eating, form filling, playing with children and accompanying to appointments.

Skills: Ability to build rapport, effective communication skills, numeracy and literacy

Training: Provided, including induction and shadowing before volunteering independently

Time: Minimum half day per week

Hampshire and IOW Community Rehabilitation Company - Peer Mentor

People who have served in the forces are needed to be trained as Peer Mentors, to work with forces and ex-forces personnel who are on probation orders or being released from prison. The role would involve providing the individual with practical and personal support.

Skills: Listening, communication, mentoring and counselling

Time: Flexible



Hearing Link Community Support Volunteer

Do you have direct experience of hearing loss - either your own or that of a partner or close relative? Hearing Link are looking for Community Support volunteers to offer support to others with a similar condition via e-mail, text or letter.

Skills: Interpersonal, mentoring, counselling

Time: Flexible

Victim Support Volunteer

Volunteers provide a structured face-to-face support and telephone service to victims of crime in their homes or a safe meeting place.

Skills: Communication and administration

Training: 4 day course

Time: 2 - 4 hours per week, flexible

Headway Portsmouth & SE Hampshire Outreach Support Assistant

Headway help people with rehabilitation following a brain injury and deliver a variety of practical workshops, to help clients return to community living. Trained facilitators run these workshops, but further assistance from volunteers is needed to help the sessions run effectively.

Skills: Communication and be calm and patient

Training: On-going

Time: Friday 10am to 1pm

Aurora New Dawn Support and Advocacy Volunteer

Aurora New Dawn offers safety, support, advocacy and empowerment to survivors of domestic abuse and sexual violence. Volunteers provide information, emotional and practical support to survivors and provide support to agencies and look after referrals.

Skills: To be able to offer unconditional and empathic support, good communication skills, good office IT skills, to have non-judgemental attitude

Training: Provided

Time: On call shifts

Gosport & District Sports Association for the Disabled (GADSAD) General Volunteer Helper

General helpers are needed to help run GADSAD's fun and social club which meet every Friday evening. Tasks include helping set up games, running games and recording scores throughout the evening.

Skills: Ability to work as a team, interpersonal skills and a friendly nature

Time: 7pm to 9:30pm Friday

Many more opportunities available - please visit www.gva.org.uk

Supporting Older People

Gain a sense of purpose by helping others

Age Concern Food and Friendship Befriending Volunteer

Befriending Volunteers provide social contact to older people by way of a befriending visit alongside their Meals on Wheels delivery. The role is to socialise and provide tips on nutrition, meal planning and signpost people to any other relevant services.

Skills: Listening and communication

Training: Full training is available

Time: Visits between 11.30am and 4.00pm on a weekly, fortnightly or monthly basis

Gosport Young At Heart Unity Club

Volunteer Helper

Volunteer helpers are needed to support existing volunteers who run the club for people aged 50 and over.

Skills: Listening, communication, team work, interpersonal skills

Time: Friday 2 - 4pm



Gosport Live At Home Scheme

Afternoon Tea Helper Volunteer

The Scheme aims to provide a hot mid-day meal once a week to older people who would otherwise eat alone. Volunteer duties include chatting with older people with understanding and patience and general kitchen duties.

Skills: Interpersonal skills and someone who enjoys the company of older people

Training: Available

Time: Thursday afternoons

Brendoncare

General /Club Helper (two roles)

Club Helper Volunteers help to run Brendoncare Clubs for older people. The role includes escorting members from their transport into the club room, refreshment preparation, setting up and clearing away and ensuring members feel valued and cared for. Having conversations with members is a very important part of the role.

Skills: Able to get on well and chat with older people and to have empathy

Training: Provided

Time: 2-3 hours per week

Enable Ability

Volunteer Advocate

Volunteer Advocates support clients with disabilities. On behalf of the client, Advocates act independently of all other services to support the client to have their 'voice heard' and offer the vital support needed in a wide range of situations.

Skills: Ability to communicate well and listen to the needs of an individual, be organised and have some general life experience

Training: Provided

Time: Flexible

Contact The Elderly

Host/Hostess

Host volunteers invite small groups to their homes for an afternoon tea party twice per year. The hosts' house should have a downstairs toilet and suitable seating.

Skills: Interpersonal, practical, creative, planning and organising

Time: Sunday 3pm to 5:30pm twice per year

Gosport Voluntary Action Befriending Volunteer

Befriending Volunteers provide support and friendship for older people who want to continue living independently in their own homes. Befrienders are asked to make a regular weekly visit; go for a walk; help write a letter; share interests.

Skills: Communication and have a caring nature

Time: 1 hour per week, flexible

Admin, IT, Events & Campaigning

Gain valuable new skills and maybe a qualification too!

Gosport Heritage Open Days IT Web Lead Volunteer

A volunteer is needed with a good background in IT, who is able to update and develop the organisation's website (WordPress) and social media for GHODs events. Could potentially be done from the volunteer's home.

Skills: A good background in IT.

Time: 2 - 4 hours per week.

Abilitynet Hampshire Hampshire IT Can Help Volunteer

IT Support Volunteers visit clients in their own homes and at other locations, to provide free and impartial advice and assistance to resolve their computer related issues.

Skills: IT, listening and communication, and ability to work with older people experiencing IT problems.

Time: Time flexible, depending on need.

Barnardos Administration Volunteer

The Hampshire Healthy Families service are looking for an administrator to support them in various activities such as producing materials and resources, posters, leaflets, booking venues and courses, answering telephones and email queries, promoting the services and maintaining accurate records.

Skills: Communicate effectively with people from a wide variety of backgrounds, both verbally and in writing, able to use a computer regularly and build your skills in Microsoft Word, Excel and PowerPoint

Time: Flexible

Marvels and Meltdowns Volunteer Event Co-ordinator

The organisation support parents and carers with children affected by the Autistic Spectrum Condition and they are looking for an event co-ordinator who can use their own computer from home.

Skills: Numeracy and IT, interpersonal skills, event planning, empathetic to issues related to Autistic Spectrum Condition

Time: 4-6 hours per week

Save The Children Campaign Champion Volunteer

Save the Children are looking for a volunteer to help drive change for children in the UK, those living in conflict and the most disadvantaged. The volunteer will be involved in a wide range of exciting activities in the local community. From approaching our local MP, to working with local groups, arranging publicity stunts, to publicising them through the media.

Skills: Ability to work with a range of people, able to speak clearly and enthusiastically and organise events/activities on own or as part of a local group

Time: Flexible, can be done from home evenings and weekends



Square Pegs Charity Administration Volunteer

Square Pegs facilitates community inclusion, cohesion and integration through craft and well-being workshops and events. Volunteers are needed to help with a variety of admin tasks:

Answering the phone, dealing with enquires, monitoring website purchases, supporting workshops, cash handling and till operation.

Skills: Willing to learn and try new things, friendly and helpful.

Time: Flexible

Group Volunteering

Be part of something special!

Timebanking @ GVA, Member Volunteer

Timebanking @ GVA is a new project and part of Gosport Voluntary Action. Everyone is welcome! Would you like to share a skill with the Gosport community? Join the new Gosport Timebank and you can contribute to the development of a new network of people who donate their time and can then receive help if they need it themselves.

Skills: You can share any skill you have from shoe shining to craft skills to languages

Time: flexible

Come along to our FREE Timebanking Event!

Gosport Discovery Centre

Friday June 9th 10.30am - 2.30pm

Lots of exciting activities to take part in including glass painting, pop up Spanish, read and grow, learn to draw an apple, make a bookmark, tips on how to prepare to decorate your home, make 'bees on sticks' from willow, adult literature with We Can Read.

Please contact us if you would like more information, or just turn up on the day!



Loud & Proud, Group Member Volunteer

Loud and Proud are a group of 16-25 year olds who participate in a variety of voluntary and fundraising projects in the Gosport and Fareham community. They are looking for new group members to join them!

Whether you want to make new friends, boost your confidence, gain valuable skills for your CV or simply experience different types of voluntary work, there is a place for you at Loud and Proud. The group meet regularly in the Gosport area.

Time: Flexible opportunity to be agreed on application.



Hampshire Conservation Volunteers

Volunteers are needed to help out in any of the various tasks undertaken around Hampshire. In the spring and summer our tasks often involve the construction or maintenance of paths, boardwalks and fences, while autumn is traditionally the time for maintenance of ponds and water meadows. Some tasks have optional overnight accommodation, usually at a village hall.



Skills: Reasonable fitness, willing to do practical outdoor work, team work, listening and communication

Training: Provided

Time: Saturday and Sunday 10am to 4pm

Health & Emergency Services

Caring for others in the community is rewarding! Start today!

South Central Ambulance Service Community Responder Volunteer

Community First Responders use life-saving skills to provide early assistance by arriving at designated medical emergencies before an ambulance arrives.



Skills: Physically fit, sympathetic and caring approach to people, team work, listening and communication.

Training: Full training provided and the opportunity to become a qualified CFR

N.B: Community Responder volunteers must be aged 18+ and use their own cars.

Healthwatch Hampshire Healthwatch Champion

Volunteers are needed to give local people 'a voice' to influence and challenge health and social care services provided by hospitals, care homes, GP surgeries, home care services and many other health and social care services.

Skills: Negotiation and influencing, Listening and communication, Interpersonal skills

Time: Flexible and can be done from home

Age Concern Hampshire Hospital to Home Patient Support Volunteers

Volunteers spend regular time supporting elderly patients from hospital to home, by providing a variety of support activities to promote confidence, well-being and independence, so that patients are able to return home safely and comfortably.

Skills: Empathy, patience and understanding, good communication skills, care and respect for the elderly, flexibility

Training: Provided

Time: 5 to 10 hours per week

Alzheimer's Society - Hampshire, Isle of Wight and Channel Islands

Volunteers encourages others to make a positive difference to people living with dementia in their community.

Skills: Ability to plan, good organisational skills, listening and communication, enjoy talking to groups

Training: Provided

Time: Flexible

Barnardo's Health Clinic Activity Volunteer

Volunteers are needed to support health visitors and families during clinic sessions - for example, with breastfeeding clinics, baby and child 'weigh and play' clinics. Volunteers would help to create a welcoming, friendly and safe environment for families.

Skills: listening skills with an empathetic approach, be open and encouraging, to be non-judgmental and flexible in your approach

Training: Provided

Time: Flexible

Gosport Voluntary Action Surgery Signposter Volunteer

Volunteers are based in local GP surgeries and help people access community-based resources like social clubs, support groups, fitness advice and befriending.

Skills: Listening, communication, desire to help others

Training: Provided

Time: 2-3 hours per week

Outdoor, Sports & Driving

Meet new people and become part of a team!

The Conservation Volunteers Pond Champion

The role is aimed at those who are interested in ponds and who would like to promote, help improve and conserve them for wildlife and communities. Pond Champions can contribute just an hour, or make a regular commitment to surveying, practical conservation, training and events.

Skills: No experience is needed.

Training: Through courses and events.

Time: Very flexible

Energise Me Sports Maker Volunteers

Are you keen on sport? Energise Me aim to support the volunteering workforce amongst Charity Organisations, Uniformed Groups, Community Projects, Youth Clubs, Retirement Homes, FE and HE institutions, the list is endless. Volunteers are needed for a diverse range of roles in sport.

Skills: Interest in sport.

Training: Supported by helpful staff, online resources and on site inductions.

Time: Flexible

Badger Pre-school Handy-person/Gardener

Badger Pre-school, based in Gosport, are looking for someone to help with the upkeep of their outside area. Some of the wooden parts of the garden are beginning to rot so will need replacing.

Skills: DIY skills, good rapport with children, patience

Time: Flexible

Shore Leave Haslar Gardener

Gardeners are needed prepare the memorial garden at Haslar for use by service veterans and for events. Tasks are very flexible.

Skills: Team work, communication, practical skills

Time: Flexible

Driving Roles

Older and disabled people rely on the goodwill of volunteer drivers to reduce social isolation with transport to valued friendship groups and vital appointments.



- **Community Transport** - urgently needs minibus drivers in the Gosport area
- **Driving Force** - seeks volunteer drivers with own car on various days.
- **Contact the Elderly** - requires car drivers for one Sunday afternoon per month to transport a group of older people to hosted events. Local pick-ups with dates given in advance.
- **Gosport Live at Home Scheme** - seeks drivers to drive a mini bus on a fortnightly basis. Tuesdays between 10am-3.30pm and on Thursdays between 1.30pm-4.30pm.
- **Lee Voluntary Care Group** - requires experienced drivers with own cars to assist Lee based residents to health appointments.
- **Open Sight** - drivers sought to support visually impaired adults to attend local Social Club held monthly on the fourth Tuesday at Salvation Army Hall, Gosport.
- **Young at Heart Unity Club** - seeking volunteers with cars or to drive the club minibus, to assist older people to and from the club meetings - weekdays.
- **GADSAD** - urgently needs minibus drivers for away games, club events and Friday club night.

Please get in touch to find out more!

Customer Service & Fundraising

Give a helping hand today - you will be much appreciated!

Gosport Gallery Assistant Volunteers

Gallery Assistant volunteers provide visitor and retail services to the general public, welcome visitors and make sure the artworks and collections on display are kept safe and enjoyed by the public.

Skills: Administration, customer services, and retail

Training: Ongoing training provided

Time: Various shifts of 2.5 hours each

Mary Rose Trust Museum Shop Volunteer

Museum Shop Volunteers work alongside Mary Rose Staff in the museum shop and help with general shop duties including using the cash register, display and re-stocking of goods

Skills: Interpersonal skills and be able to work with the general public.

Time: 10am - 4pm min. of 1 day per week.

17th Century Village Shop Assistant Volunteer

Volunteers are needed to help sell tickets and souvenirs in the shop at the entrance to the village.

Skills: Interpersonal and numeracy

Training: Provided

Time: Open on specific dates

Charity Shop Workers - Various Roles

Whether your skills are in customer service, cash handling or sorting and pricing stock, charity shops need your help as a volunteer. Many chains are active throughout Gosport and Lee-on-Solent. In particular, we have received appeals for extra help recently from: Barnardos, British Heart Foundation, Scope Gosport, Revitalise, Solent Diabetes Association - and Hampshire area.

Fundraising

With Summer upon us and the economic climate proving challenging for charities and voluntary groups, there has never been a better time to get out there and help with fundraising efforts or local events. You could get involved for the following charities:

- **Guide Dogs for the Blind Association** - Fundraiser and Collection Box Co-ordinator.
- **Harbour Cancer Support Centre** - Fundraise to help support those living with cancer
- **Oxfam GB** - Respond to a disaster appeal.
- **Square Pegs Charity** - Identify new funding
- **Marvels & Meltdowns** - Use initiative to raise funds
- **Confidential Help & Advice Team (CHAT)** - Help to raise funds for this new group.
- **Home-Start Gosport & Fareham** - Fundraising to support parents through difficult times.
- **Smile Support & Care** - Help raise the profile of the charity.
- **Rowner Community Events** - Organise fundraising and events in the area.

New opportunities to fundraise occur all the time. Whatever your cause, you can help.



Take the next step!

You can out 160+ volunteer roles and register your interest on our website www.gva.org.uk. If you would like support in finding the right role, or would like to find out more please phone Go Volunteer on 02392 588347 or email govolunteer@gva.org.uk and we can help you take the next step.

Trustees

Contribute your unique skills and learn from others too!

Why do people become trustees?

Being a trustee can be rewarding and enjoyable. It is a great way to be involved in a community or cause which matters to you. Trustees come from all walks of life and being a trustee can help you meet new people, change your community for the better, use your skills or learn new skills.

What do trustees do?

As a minimum, trustees have a seat on the board of a charity and vote on strategic matters. However, trustees may also take on a range of other roles, for example Treasurer, Secretary, Chair, Vice Chair or Membership Secretary.

What skills do trustees need?

Trustees should have different skills, backgrounds and experience that together give a rounded board. Some individual trustees will have specific professional or business skills. Others will bring 'soft' skills such as facilitating, team work, problem-solving, or even building the social side of being on a board. Different experiences and perspectives are important - a board that also reflects the people and communities they service, will help improve effectiveness.

What is the time commitment?

The time commitment will vary from one organisation to another and understanding the likely commitment will probably be part of the discussion you have when exploring a possible trusteeship.

Gosport Voluntary Action

Gosport Voluntary Action are looking for someone with business experience who may be able to support with the creation of a trading arm. Public sector experience and knowledge of the changes in Health and Social Care would also be an asset.

Rowner Community Events

Committee members are needed to help organise family community events, fundraise for the group, raise awareness of the activities and encourage engagement of the local community.

AFFECT (Action For Families Enduring Criminal Trauma)

Seeking a trustee with admin and secretarial skills, who can use their own initiative and use their own computer.

Home-start Gosport & Fareham

Looking for a trustee with HR, marketing, fundraising and project management, plus enthusiasm and the ability to commit to at least a couple of hours a month.

Relate Portsmouth & District

A trustee is needed with general business experience, third sector experience, social services, counselling experience and life experience, all are welcome.

Open Sight

If you have human resources and/or finance skills, or any board member experience, Open Sight trustee position would be a great opportunity.

"I'm a member of a small Trustee Board who review and oversee the way that Age Concern Gosport develops and also how this important service can be sustained for the future. Being a trustee is varied and interesting and I'm given the opportunity to use my skills and experience, while also learning from others. The experience is very rewarding - the more effective the board of trustees, the greater difference you and the organisation can make!"

Angela Gill, Chair of Trustees, Age Concern Gosport

