

Volunteering Opportunities

Autumn & Winter 2017



At the Heart of
Our Community



GO VOLUNTEER

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 170 local volunteering opportunities available, from mentoring a young person, driving a minibus or helping to run local events - there is something for everyone!

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 the time you would like to give.

If you are reading this electronically, you can click on any of the volunteer roles and be taken to full details on our website, where you can register your interest.

If you would like support in finding the right role, or would like to find out more, please contact us and we can help you take the next step.

Visit our website to find out more
www.gva.org.uk

Featured Roles

Volunteer Buddy

Dimensions UK provides support for people with learning disabilities and autism. Volunteer buddies spend time with a person who has the same interests, accompanying them out and about experiencing things they enjoy. If you are a good listener, calm, friendly and can spare 2 hours a week, this rewarding role could be for you.



Chair of Loud & Proud Steering Committee

The award winning young people's volunteering group, Loud and Proud are looking for a Chair for their steering committee. The Chair has a strategic role to play in representing the vision and purpose of Loud and Proud, within the Project's and GVA's constitution and policies. If you have excellent interpersonal skills, impartiality, tact and diplomacy please get in touch with us to discuss this challenging and exciting role.

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Facebook: /GosportVoluntaryAction Twitter: @GVATweets

Supporting Families & Young People

You can make a real difference to people in your community

Barnados 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 support groups or health clinics
- Promote the Five to Thrive approach to families in the local area
- 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.



Children's Services Volunteer Mentor

With support from a Co-ordinator, Volunteers are matched with young people aged between 14 to 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

Time: 2-3 hours per week



Rowner Family Centre Various Roles

Different volunteer opportunities ranging from nursery support, story telling, parent support and kitchen or office support. Volunteers make a valuable contribution to delivering a great service for clients.

Skills: Communication, good administration and organisational skills.

Time: Flexible—Mon-Fri am/pm

Fareham & Gosport Young Carers Group Volunteers

This group offers support to young carers aged 5-18 years. Volunteers are needed at age-related groups and regular social activities.

Skills: Enthusiastic, communication skills, and ability to understand the issues of young carers.

Time: Tues & Thurs - afternoon/evening. Also occasional help with outings/excursions in evenings and at weekends.

Other opportunities helping families and young people:

Scout Groups—Helper Volunteer/Club Scout Leader

CHICKS—Respite Break Volunteer

EBP South Ltd - Business Ambassador

Gosport Discovery Centre—Children's Activities Support

Hants Constabulary—Volunteer Police Cadet Leaders

Hants County Learning—Farm/Countryside Volunteers

Hants County Council—Portage Volunteers (Gosport Area)

Home-Start Gosport & Fareham—Visiting Volunteer

Over the Wall—Camp Volunteer

Simon Says Child Bereavement Support—

Support Group Volunteer and Telephone Helpline Volunteer

Off the Record—Volunteer Support Worker

Solent Youth Action—Staunton Star Support Worker

“Over the last year I have found it very rewarding to see the family’s situation improve. It’s been a privilege to support the family. I felt I was able to make a difference.”

Supporting Adults

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

Samaritans

Listening Volunteers

Listening to someone who could be depressed, worried, frightened or suicidal is perhaps the most valuable thing we can do for a fellow human being. Full training provided for this very worthwhile role.

Skills: Good interpersonal and communication skills. Ability to empathise.



“Getting books is like having a mini ‘Birthday present’. Before my care system was sorted it was reassuring to have nice people calling. Sometimes they are the only people I talk to in the week.”

Fun Group CIC

Singer/Dancer Volunteer

This is a great opportunity for a lively person who wants to be involved in the community and help people with learning or physical disabilities. The role is to encourage members of the groups to enjoy the activity either by listening to their favourite music, dancing or socialising.

Skills: Patience, understanding and empathy

Time: Thursday afternoon/eve, Friday afternoon

Footprints Project

Mentors to support ex-offenders.

Trained Volunteers to support people returning to their local area from care homes or periods in prison helping them become involved in volunteering/training/work.

Skills: Interpersonal & planning skills.

Time: Meetings in prison, day of release and public places i.e. cafes.

Home Library Service - Volunteers

Fareham library has a team who borrow and deliver books to residents who cannot access their site due to frailty and mobility issues.

Skills: Interest in books. Some manual handling, delivering books to people's homes.

Time: Various Mon-Sat am/pm

Many more volunteering opportunities available supporting adults:

Anxiety Alliance—Helpline Volunteer

Chrysalis—Group Volunteer

Aurora New Dawn—Support and Advocacy Volunteer

Enable Ability—PALS Activities Volunteer & Volunteer Advocate

GADSAD - General Volunteer Helpers

Gosport Discovery Centre—Service Families Library Volunteer

Hants & IOW Community Rehabilitation —Peer Mentor

Hearing Link - Community Support Volunteers

Help in Bereavement (Hants) - Volunteer Visitor

MENCAP Society—Visiting Volunteer

Marie Curie—Helper Volunteer

Moving on Project—Occasional Support Worker

We Can Read—Reading Coach Volunteer

Portsmouth Abuse & Rape Counselling Service - Helpline Volunteer

Royal British Legion—Caseworker Volunteer

Victim Support Hants & IOW—Volunteer

Southern Domestic Abuse Service—Women's Refuge Support Worker



Supporting Older People & Driving

Gain a sense of purpose by helping others

OPAL (Older Person's Area Link)

OPAL Volunteers

Volunteers visit socially isolated older people, giving them information on local groups, activities and services. In some cases the volunteers accompany the older person to groups for the first couple of times. This has proved a successful way of giving further support.

Skills: Interpersonal and communication skills. Empathy and understanding.

Time: Flexible

Gosport Live At Home Scheme

The Scheme aims to provide a hot mid-day meal once a week to older people who would otherwise eat alone. Various roles including:-

- Afternoon Tea Helper Volunteer
- Befriender
- Cooks, Food Preparation and Service providers.

Skills: Interpersonal skills, team player and someone who enjoys the company of older people.

Time: Various/flexible

For many, old age is a lonely time and loved ones may live some distance away. By giving just a small amount of your time, you can help enrich the lives of local older people. You may have a few spare hours or you may wish to gain valuable experience by volunteering in a care environment. Whatever your reasons please get in touch with us today to find out more.

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. There are various driving roles including driving a minibus for a regular group, or volunteers using their own car, to transport people to appointments. Expenses paid and support provided. Contact us to find out more and you could make a real difference to the lives of others.



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. Chatting to members is a very important part of the role.

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

Time: 2-3 hours per week



Further opportunities helping older people:

Alzheimer's Society—Dementia Friends Champion

Gosport Voluntary Action—Advocacy Volunteer

Contact the Elderly—Volunteer Hosts/Hostesses

Gosport Befriending Service—Befriending Volunteer

Volunteering Matters CSV Hants—UK Gap Year Social Care Volunteers (aged 18-35)

Confidential Help & Advice Team (C.H.A.T) - Meet & Greet Volunteer

**Visit www.gva.org.uk
to find out more!**

Office, IT & Fundraising

Gain valuable new skills and maybe a qualification too!

Autism Hampshire Fundraising Office Assistant

Helping in a busy office environment with tasks such as mailshots, data input, designing posters and thanking donors. A varied and endless list!

Skills: Good verbal and written skills. Knowledge of MS Office.

Time: Flexible.

Solent Mind Community Connector Volunteer

Community connectors help obtain feedback on what people would like in their community or on areas that could be improved. This project is looking for people from all walks of life.

Skills: Community minded. A positive interest and involvement in the community.

Time: Flexible across weekdays.

Gosport Info (website) Research/Historian/Photographer

Gosport Info (www.gosport.info) is a local information website providing history and useful links to many businesses/organisations in the Gosport area. Volunteers are needed to undertake a various range of tasks, including updating the website, collecting information, researching replies to e-mail enquiries.

Skills: Enthusiasm for the local area. Computer skills not necessary as training can be provided.

Time: Very flexible, can work from home, library, office or other convenient location.

Fareham & Gosport Young Carers Short Breaks Admin Support Volunteer

Volunteer to help in office with range of office tasks including data entry, newsletters, postings and phone calls. Help make a difference to young carers aged 5-18

Skills: Good interpersonal & communication skills. Office IT skills.

Time: Flexible Mon-Fri am/pm

AbilityNet Hampshire IT Can Help Volunteers

IT Volunteers visit people who have a disability in their own homes & other locations assisting with computer issues.

Skills: Good IT troubleshooting and interpersonal skills.

Time: Flexible.



Other roles in office, IT and fundraising:

- Harbour Cancer Support Centre—General Volunteer
- Marvels & Meltdowns—Volunteer Fundraiser
- Oxfam GB—Emergency Fundraising Co-ordinator
- Rose Road Association—Fundraiser Volunteer
- Smile Support & Care—Community Fundraiser
- Wessex Cancer Trust—Collection Can Co-ordinator
- Hants & IOW Air Ambulance—Collection Box Coordinator
- Confidential Help & Advice Team—Fundraising Volunteer
- Guide Dogs for the Blind-
 - Collection Box Co-ordinator
 - Fundraising Volunteer

- Gosport Heritage Open Days-
 - Admin Assistant
 - IT/Web Group Lead Volunteer
 - Marketing Leader
- Square Pegs Charity-
 - General Volunteer
 - Receptionist Volunteer
 - Volunteer Bookkeeper
 - Admin Worker
 - Fundraiser
- Home-Start Gosport & Fareham-
 - Fundraising Bid Writer
 - Fundraising Leader Volunteer

Public Speaking & Groups

Be part of something special!

Blue Cross - Pet Bereavement Educational Speaker

Blue Cross are looking for volunteers who would like to help support the next generation to become responsible pet owners, by giving educational talks to children and young people.

Skills: Knowledge of looking after animals, experience working with children, teaching, planning, organising, approachable & enthusiastic

Time: Min 4 talks per term

Hampshire County Council Community Champion Volunteer

Volunteers are needed to help Hampshire residents waste less and save money by reducing the amount of food they throw away and encouraging them to home compost. Tasks include giving talks to interested groups, attending events, and contributing to articles.

Skills: Listening, communicating, planning and organising. Training provided.

Time: Min 30 hours per year

Children's Society Speaker Volunteer

Children's Society are in need of Speaker Volunteers to increase awareness of their vital work in the local area. The volunteer would help to inspire people to support the charity and strengthen ties with the local community, through churches, schools and businesses.

Skills: Passionate about the charity, public speaking skills and warm and personable.

Time: Talks between 10 minutes and 1 hour

Timebanking @ GVA Member Volunteer

Join the new Gosport Timebank and contribute to the development of a new network of people who donate their time and can then receive help if they need it themselves. Anyone 18+ can join! Ability, lack of finance or limited mobility are not barriers to participating in the Timebank. Please contact us to find out more!

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

Time: flexible



Loud & Proud Group Member Volunteer

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

Skills: Full training provided

Time: Flexible opportunity

Other public speaking roles available....

Action on Hearing Loss—Public Speaker Volunteer

Hants & IOW Air Ambulance—Public Speaker Volunteer

Simon Says Child Bereavement—Presentation Volunteer



Health, Emergency & Sports Services

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

Gosport Voluntary Action Surgery Signposters Volunteers

Volunteers are based in local surgeries to help people access community based resources such as social clubs and support groups. The aim is to help people feel more knowledgeable and confident in managing their health conditions.

Skills: Good listener. Able to relate to a wide variety of people. Organised.

Time: Various



Hampshire Search & Rescue Operational Searcher

Volunteers needed to help search and rescue teams at short notice looking for missing and vulnerable people. If you are fit, enjoy walking and the outdoors this could be for you.

Skills: Ability to assist search and rescue teams. Able to deal with observing distressing and difficult situations.

Time: Short notice emergencies.

Headway Gosport Sessional Support Worker

This group helps people with rehabilitation following brain injuries. Volunteers support practical workshops that help people return to community living.

Skills: Calm, patient approach and excellent communication skills. Aged 18 or over.

Time: Friday —10-1pm.

South Central Ambulance Service Community Responder Volunteer

Community Responder volunteers attend designated medical emergencies in their own community before the ambulance arrives. They use life-saving skills to provide early intervention.

Skills: Physically fit and can work as part of a team. Sympathetic and caring approach.

Time: Working in shifts, to be arranged.

I am a valuable member of the team and make a life-saving contribution to patients in my community who dial 999. I'm just one of the over 1,300 Community and Co-Responders who support SCAS. If you are physically fit, have access to a vehicle and want to make a life-saving difference to your community, why not think about becoming one too? You'll need to be able to give a minimum commitment of 20 on call hours a month and all training and support will be provided.

Other opportunities for volunteering are:

- Age Concern Hampshire—Hospital to Home Patient Volunteers
- Alzheimer's Society—Dementia Support Worker Volunteer
- Hampshire Search & Rescue—Support Member
- Harbour Cancer Support Centre—Information Centre Volunteer
- Healthwatch Hampshire—Healthwatch Champion
- NHS Blood and Transplant (NHSBT) - Blood Donor Volunteers
- Strobe Association—Communication Support Worker
- Hampshire Rugby Football Union—Rugby Enthusiast Volunteer
- Southern Health NHS Foundation Trust—Meet & Greet
- Goshawks Gymnastics Club—Sports Coach, Helper and Supervisor (3 roles)



Outdoor, Practical & Events

Meet new people and become part of a team!

Hampshire Conservation Volunteers Conservation Volunteers

Looking for new people to help with various tasks in and around Hampshire which are valuable to wildlife and the public.

Skills: Willingness to undertake practical/outdoor work. Work as part of a team.

Time: Sat/Sun 10am-4pm. Anytime you can spare during these hours.



National Trust Working Holiday Volunteer

The National Trust run 400 working holidays every year throughout the UK, as part of a team of volunteers. Carry out surveys, dry stone walling and many other activities.

Skills: Team-spirited, enjoy being outdoors in beautiful locations, enthusiastic and sociable.

Time: Various.

Gosport Dis-play Club Escort Volunteer (Drivers' Assistant)

Volunteers assist drivers transporting disabled members to twice monthly meetings. Volunteers can join the club if interested and enjoy a meal.

Skills: Able to interact with disabled people. Good level of physical fitness.

Time: 1st & 3rd Weds of each month

Jacob's Well Care Centre Driver's Mate Volunteer

This project provides low cost furniture and electrical items to people on low income. Volunteers help with loading and delivery of items to clients.

Skills: Good level of physical fitness, map-reading skills and interpersonal skills.

Time: TBA in application.

Marvels & Meltdowns Volunteer Event Co-Ordinator

A volunteer Event Co-ordinator is needed, with good coordinating skills to work in the office, at home and on own initiative.

Skills: Good IT skills and ability to use home computer and work on own initiative.

Time: Flexible, Min 4-6 hours per week.



Other opportunities for volunteering:

Gosport Heritage Open Days—Volunteer Co-ordinator

Hampshire & IOW Air Ambulance—Event Volunteers

Simon Says—Fundraiser and Events Volunteer

Light of the World Trust—Dog Walkers for the Disabled or Elderly

Shore Leave Haslar—Garden Volunteer / Lead Volunteer for Veterans

Square Pegs Charity—Cleaner Volunteer

The Conservation Volunteers (Hampshire) - Pond Champion Volunteer

Handyperson/Gardener—Badger Preschool

**Contact us
today to find
out more!**

Retail, Heritage & Customer Service

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

Mary Rose Trust

Museum Shop / Museum Volunteer

In the shop volunteers can help with general duties, including using the cash register, organising displays or re-stocking goods.

In the museum volunteers can help with the day to day running and also get involved with the educational trust, teaching children in the museum.

Skills: Good interpersonal skills and ability to work and interact with general public.

Time: Various

Maritime Archaeology Trust

Maritime Bus Crew Volunteer

Join a team who operate the mobile exhibition vehicle delivering education and outreach programs across Hampshire & IOW. The aim is to make exploring maritime heritage accessible for everyone. This role is based in the Southampton office.

Skills: Interested in archaeology and/or history. Good interpersonal and communication skills.

Time: Flexible

Gosport Gallery

Gallery Assistant Volunteers

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. The role combines administration, customer services, retail and security aspects.

Skills: Responsible, outgoing and ability to work independently, customer service, retail and administration skills.

Time: Various shifts of 2.5 hours each.

Charity Shop Workers—Various Roles

There are many interesting roles available in charity stores all over Gosport. As a volunteer in a charity shop tasks are many and varied including window dressing, serving customers, sorting donations, pricing, online research and administrative tasks. In particular, we have received appeals for extra help recently from: Barnardos, British Heart Foundation, Scope Gosport, Revitalise, Oxfam and Solent Diabetes Association.



"I like getting a big bag of books to sort, spotting something that could be collectable - then going online and working out what it could be worth."
John Rastall, Oxfam

"Volunteering has increased my self esteem - I'm more confident talking to people. I feel I have freedom in the shop to really contribute."

Tamika Aboah, Oxfam Shop Volunteer



Other opportunities in these areas:

Royal Navy Submarine Museum

- Visitor Experience Volunteer

English Heritage

- Portchester Castle Explainer Volunteer
- Portchester Castle Visitor Volunteer

Gosport Heritage Open Days

- Heritage Guides / Helper Volunteers
- 17th Century Village
- Shop Assistant Volunteer



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 or Chair.

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.

"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



Gosport Voluntary Action

A trustee with business experience is needed 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 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.

Trinity Gateway Community Services

Looking for a Trustee who could provide support and advice to the other directors/Trustees as part of a team, especially from a business perspective.

Contact us to find out more!