

# Volunteering Opportunities

## Summer & Autumn 2018



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](http://www.gva.org.uk)

### Featured Role

#### Sing for Fun

Sing for Fun is a group where people come together to enjoy songs and music, particularly young people and adults with additional needs. The group is looking for a lively person who could encourage members to get the most out of their sessions, either by listening to their favourite music, dancing, singing or socialising. There is also a general helper volunteer role available to help run the group sessions, which are held on Thursdays and Fridays and every second



In Volunteers' Week from 1-7 June, it's time to say a big thank you to all volunteers for the huge difference they make, locally and across the country! **THANK YOU VOLUNTEERS!**

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Facebook: /GosportVoluntaryAction Twitter: @GVATweets

# Supporting Families & Young People

*You can make a real difference to people in your community*

## 2nd Gosport (Rowner) Scout Group

### Beaver or Cub Scout Leader / Helper

The Rowner Scout group are looking for volunteers to help run groups of 12-16 young people. The rewarding role is to organise games and activities in accordance with programme set out by the Scout Association. Some additional activities may take place over a weekend. Full DBS check is required.

**Skills:** Aptitude to work with 6-8 year olds. Possibility to obtain an Open College Certificate (similar NVQ). Ideally able to drive.



## Country Trust—Hampshire

### Farm/Countryside Education Volunteers.

A great opportunity to spend the day on a farm with children learning about the countryside. This charity co-ordinates farm visits and educational projects for schools to visit farms and estates in Hampshire. Volunteers needed to support these visits, whether moving groups of children, helping with educational activities and on occasions leading a session.

**Skills:** Interest in countryside, ability to work with children, leadership, listening, communication.

**Time:** Tuesday, Wednesday and Thursday

## Gosport Discovery Centre

### Service Families Library Volunteer.

Volunteers work alongside library staff at libraries in Gosport, Bridgemary, Elson and Lee. Be part of hosting craft sessions, story time for children, coffee mornings for service wives, assisting tutors with course paperwork or signposting people to other library services. A varied list of roles!

**Skills:** Enjoy a wide variety of tasks and working with adults and children. Understand needs of service families.



## Girlguiding

### Female Role Model for 5-7 year olds.

Following the girlguiding framework, this group is looking for a female, aged 18+ to lead activities for the 5-7 year old Rainbows. Full training and support is given including first aid and safeguarding. Helpers also required.

**Skills:** Sense of fun and humour, good organisational skills, ability to lead games, building and making and going out in the local area.

**Time:** Various. Mon-Fri Afternoon/Evening.

## Other opportunities helping families and young people:

1st Lee-on-Solent Scout Gp - Club/Beaver Scout Leader/Helper Volunteer.

3rd Gosport Sea Scout Gp -General Ass to Beaver, Cub/Scout Leaders.

Barnardo's -Health Clinic Activity Volunteer/Healthy Families Volunteer.

Fareham & Gosport Young Carers -Young Carers Group Volunteer.

Hampshire Constabulary - Volunteer Police Cadet Leaders.

HCC Children's Services - Mentoring Volunteer for 14-17 year old

Home Start Fareham and Gosport - Home Start Visiting Volunteer.

Rowner Family Centre – General Support Volunteer (various roles).

Off the Record - Volunteer Support Worker.

Simon Says Child Bereavement Support - Gosport Support Gp Vol and Telephone Helpline Volunteer.



# Supporting Adults

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

## Dimensions UK Volunteer Buddy

Dimensions UK provides support to people with learning disabilities and autism. If you have couple of hours a week spare, you could share something you love with a member and become a volunteer buddy.

**Skills:** Experience with adults that have disabilities desirable, good listener, calm, friendly and chatty.

**Time:** 2-4 hours per week.

"I like being out and about, going for walks and drives. I also like music and football. I use a wheelchair and I have no verbal communication".  
Aaron, aged 42

## Portsmouth Abuse Rape Counselling Service - PARCS Helpline Volunteer

Volunteers provide vital information and emotional support for people 18+ who have experienced sexual violation. Full training given so volunteers can take phone calls from survivors of trauma. DBS required for this role.

**Skills:** Good interpersonal & communication skills, ability to empathise and help others.

**Time:** Monday 1-3pm, Weds/Fri 7-10pm.

## Further volunteering opportunities available supporting adults including:

MENCAP Society - Mencap Visiting Volunteer  
We Can Read - Reading Coach Volunteer  
Anxiety Alliance - Helpline Volunteer  
Barnardos - Community Befriender  
Chrysalis - Group Facilitator  
GADSAD - General Volunteer Helpers  
Hearing Link - Community Support Volunteers  
Help in Bereavement - Volunteer Visitor  
Home Library Service - Home Library Volunteers  
KROMA - Volunteer Peer Mentor  
Moving on Project - Occasional Support Volunteer  
Aurora New Dawn - Support & Advocacy Volunteer  
Solent Youth Action - Staunton Star Support Volunteer  
The Footprint Project - Mentors to support ex-offenders  
Samaritans of Portsmouth & SE Hampshire - Listening Volunteers  
Enable Ability - PALS Activities Volunteer and Volunteer Advocate  
Southern Domestic Abuse Service - Women's Refuge Volunteer

## Hants & IOW Community Rehabilitation Peer Mentor for Forces & Ex-Forces

Volunteer mentors offer practical support to help Ex-Forces personnel back into society. Role includes visits to job centre, registering with doctor/dentist and engaging in social activities.

**Skills:** Person with ex-forces experience, good listening and communication skills.

**Time:** Time-flexible opportunity.

## Marie Curie Helper Service Marie Curie Helper

Looking for friendly and reliable volunteers who can visit terminally ill people, their families and friends regularly. Activities can include accompanying to appointments, social groups and trips out and about according to a person's preference. Training/support given.

**Skills:** Able to offer compassion, empathy and listening ear.

**Time:** 3 hrs/week, flexible.



**As a volunteer for the Home Library Service you can enhance somebody's life; not only through the library materials you take for them, but also through your companionship and the contact you give them with the outside world.**



# Supporting Older People & Driving

*Gain a sense of purpose by helping others*

## **Gosport Live at Home Scheme Afternoon Tea Helper Volunteer**

Gosport Live at Home scheme is looking for volunteers to help at their weekly club. The aim is to chat with older people, providing social contact in an atmosphere of patience and understanding. Volunteers also help make sandwiches and general kitchen duties.

**Skills:** Good interpersonal and communication skills. Able to work as part of team. Someone who enjoys the company of older people

**Time:** Thursday Afternoon, 12-3.30pm

**Befriender volunteer and Cook/Food Preparation volunteer roles also available.**



## **Alzheimer's Society - Hampshire Memory Group Support Volunteer**

An enthusiastic volunteer is needed to help at the Gosport Memory Group, which offers engaging and stimulating activities for those living with dementia to encourage relaxation and socialising. Volunteers are encouraged to bring their own ideas for activities and support facilitator in all aspects of setting up meetings and creating an enjoyable experience for members.

**Skills:** Enthusiastic and proactive.

**Time:** Tuesday morning.

## **Gosport Befriending Service CHAT Group Volunteer—2 roles**

In the UK nearly half of all people aged 75 and over live alone and over 1 million older people say they always or often feel lonely. One of the ways you can help older, isolated Gosport residents is by becoming a CHAT group volunteer.

Once a month in their own home, a **Host Volunteer** holds an afternoon tea for 4 older guests. A **Support Volunteer** collects the 4 older guests from their homes using their own car, and drives them to the Volunteer Host's home, where they are provided with an afternoon of tea, talk and companionship, generally lasting about 2 hours. The Support Volunteer stays to help the Host and then drives the guests back to their houses. These rewarding roles contribute directly to making a difference to the lives of local older residents and you would be supporting a very worthwhile and local cause.

**Skills:** Be able to talk to an older person one-to-one, caring, patience and empathy.

**Time:** 4 hours/month

**Volunteer Befrienders are also needed for one-to-one visiting.**



### **Further opportunities helping older people:**

Alzheimer's Society—Dementia Friends Champion  
Brendoncare Club Hampshire - Weekly Club Helper Volunteer  
CHAT - Volunteer Meet & Greet at Coffee & Chat Sessions  
Contact the Elderly—Volunteer Hosts/volunteers  
Advocacy Service—Volunteer Advocate  
Gosport Young at Heart Unity Club—Volunteer Helpers Friday  
Older People's Area Link - OPAL Volunteers



**Web:** [www.gva.org.uk](http://www.gva.org.uk) **Tel:** 02392 588347 **Email:** [govolunteer@gva.org.uk](mailto:govolunteer@gva.org.uk)

# Office, IT & Fundraising

*Gain valuable new skills and maybe a qualification too!*

## **Gosport Heritage Open Days Administration Assistant**

An administrator is needed to provide support to the secretary and sub-groups. Support includes assistance with development, events and projects. The volunteer may also be asked to attend and relate report to monthly committee meeting.

**Skills:** Listening, communication and IT skills, including Word, Excel & Powerpoint. Knowledge of Publisher and website maintenance.

**Time:** Flexible throughout week.



## **Gosport Info (website) Research/Historian/Photographer**

Gosport Info ([www.gosport.info](http://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 range of tasks, including updating the website, collecting information and researching and answering 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.

## **KROMA Social Media Volunteer**

The main aim of Social Media Volunteer is to promote, develop and maintain KROMA's online presence in order to maximise impact and promote the organisation as widely as possible to the local and wider LGBT+ communities.

**Skills:** Awareness of issues for LGBT. Understanding marketing and communication media. Experience of Microsoft Office.

**Time:** At home in own time and attendance at monthly committee meeting on a Tuesday evening.

## **AbilityNet Hampshire IT Can Help Volunteer**

Volunteers visit people who are older or have a disability in their own homes and other locations, to assist with a wide range of computer issues and queries. DBS check required.

**Skills:** Good IT troubleshooting and interpersonal

**Time:** Flexible.



## **Other roles in office, IT and fundraising:**

Autism Hampshire - Fundraising Office Assistant  
Gosport Heritage Open Days - IT/Web Lead Volunteer  
KROMA - Newsletter Editor Volunteer  
KROMA - Website Editor Volunteer  
Fareham & Gosport Young Carers - Young Carers & Short Breaks Admin Support Volunteer  
Marvels & Meltdowns - Administrator Volunteer  
Gosport Fairtrade Action - Gosport Fairtrade Promoter Volunteers  
Square Pegs - Receptionist  
Open Sight - Transport Organiser

*"I'd never had a job before and needed to gain confidence and build up skills and experience. Volunteering gave me just that and so much more! I also made new friends, had great fun and really helped the local community. My improved CV and growing confidence helped me to find work and I am now employed full time at a solicitors firm."*

Laura

# Public Speaking & Groups

*Be part of something special!*

## **Simon Says Child Bereavement Support Presentation and Schools Volunteer**

Volunteers are needed to promote the work of this organisation by giving talks and presentations to groups, clubs or anyone dealing with bereaved children. Volunteers are also needed to attend schools and offer support to staff, pupils and to give presentations. Volunteers must be 18+ and a DBS check will be required for this role. Full training and support given.

**Skills:** Ability to give talks. Good interpersonal & communication skills. Good organisational skills.

**Time:** Time flexible, Weds am/pm.

## **Hampshire County Council Community Champion Volunteer**

### **Food & Composting**

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. This includes carrying out activities to show how to reduce food waste and use a compost bin. The role is aimed at changing public behaviour around food & garden waste, therefore, there will be interaction with people from all backgrounds. Tasks include giving talks to interested groups, attending events, and contributing to articles on website and in community newsletters and local press.

**Skills:** Good listening and communication skills. Good planning and organisational skills. Interest in cooking, experience in growing own food or home composting would be helpful.

**Time:** Min 30 hours per year

## **Children's Society**

### **Public Speaker Volunteer**

Do you enjoy giving talks and presentations? Can you inspire people to support our work? If you can talk with passion to audiences both large and small and would like to help the most vulnerable children in the local community, then this role with The Children's Society could be for you. Talks can last between 10 minutes and 1 hour. A wealth of resources available.

**Skills:** Comfortable giving talks to large groups, passionate about helping children, warm and personable character, organised.

**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....**

Blue Cross (inc Pet Bereavement Support) - Educational Speakers.

Action on Hearing Loss—Outreach Information Officer - Public Speaker for Groups.

Hampshire and Isle of Wight Air Ambulance - Speaker Volunteer.

# Health, Emergency & Sports Services

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

## Hampshire Search & Rescue Operational Searcher

Hampshire Search & Rescue are Looking for volunteers across Hampshire to help search for missing vulnerable people. If you are fit, enjoy the outdoors and would like to benefit the community this could be for you. Some clothing and equipment is provided, but volunteers are expected to bring a compass, walking boots and waterproofs. Training will be give for basic search techniques and procedures. For more experienced members there is also training available for Team Leader or Operational Searcher.

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

**Time:** Ad-hoc basis or in emergency situation.

## Age Concern - Hampshire Hospital to Home Patient Support

Age Concern would like people to devote some regular time supporting elderly patients from hospital to home. You will work in rehabilitation wards in Gosport War Memorial Hospital providing variety of support activities including arts & crafts, computer skills, breakfast club and more. You would be involved with these activities and make a difference to the well-being of patients on the ward. Full DBS check is required for this role.

**Skills:** Empathy, care & respect for elderly, excellent communication, intuitive and responsive.



## Southern Health NHS Foundation Trust Meet & Greet

SH are looking for people who would like to devote regular time supporting patients at Gosport War Memorial Hospital. You will work in outpatients reception welcoming patients and guiding them to appointments or relevant part of hospital.

**Skills:** Empathy. Patient & Understanding. Commitment & reliability. Confidentiality.

**Time:** Min 4 hours - maximum 16 hour per week, between 8.30-12.30 or 1-5pm.

## South Central Ambulance Service Community Responder Volunteer

SCAS are looking for a volunteer who can go to designated medical emergencies ahead of an ambulance. CFR's offer life-saving skills and vital interventions for patients suffering emergencies in the area they live and work.

**Skills:** Aged 18+ and physically fit. Sympathetic and caring approach to people. Enhanced DBS check by SCAS. Full driving licence.

**Time:** Shift Work.

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 hours a month and all training and support will be provided.

## Other opportunities for volunteering are:

Headway Portsmouth & SE Hampshire - Gosport Sessional Support Worker

Healthwatch Hampshire - Healthwatch Champion

Hampshire Search & Rescue - Support Member

Gosport Voluntary Action Surgery Signposter - Surgery Signposter Volunteer

Volunteering Matters (formerly CSV) - Uk Gap-Year Social Care Volunteers

Harbour Cancer Support Centre - Volunteers for Information Centre

Hampshire Rugby Football Union - Rugby Enthusiast Volunteer (various roles)



# Outdoor, Practical & Events

*Meet new people and become part of a team!*

## Light of the World Trust Dog Walkers and Helpers for the Disabled or Elderly

The trust are looking for volunteer dog walkers to help people who are elderly or have and disability who are having difficulty looking after their dogs. Tasks include dog walking, grooming, feeding and bathing. Volunteers need to be 18+ and able to provide a reference.

**Skills:** Someone who likes dogs and willing to walk them. Listening and communication skills.

**Time:** Flexible, to be arranged.



## Badger Pre-School Handy Person/Gardener Volunteer

The pre-school need a volunteer to help with the upkeep of their outside area. Wooden parts of the garden need attention so good wood-working skills would be beneficial. Other tasks both inside and out will be required.

**Skills:** Patient with children. Good DIY skills and able to do practical work.

**Time:** To be arranged, 'as and when' needed.

## Hampshire Conservation Volunteers Conservation Volunteers

Join the group and help out with various tasks in and around Hampshire. Some tasks have optional overnight accommodation, usually a village hall.

**Skills:** Willingness to do practical outdoor work, good listening and communication skills, able to work as part of a team.

**Time:** Between 10am-4pm on a Saturday or Sunday.

## The Conservation Volunteers Hampshire Pond Champion Volunteer

This is aimed at people wanting to find out more, promote, improve and conserve ponds for wildlife. Each volunteer is asked to do a basic survey of at least one pond near them.

**Skills:** Ability to carry out surveys about the environment. Interest in natural environment and preservation.

**Time:** Flexible, as much time you would like to commit.

## Marvels & Meltdowns Volunteer Event Co-Ordinator

Marvels and Meltdowns work with children who have autism spectrum conditions. 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. Knowledge of event planning. Listening and communication skills.

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



## Other opportunities in Outdoor, Events and Practical:

Hampshire & Isle of Wight Air Ambulance—Event Volunteers

Simon Says Child Bereavement Support—Fundraiser & Events Volunteer

Jacob's Well Care Centre (Furniture Project) - Driver's Mate Volunteer

Gosport Dis-play Club - Escort Volunteer (Driver's Assistant)

National Trust—National Trust Working Holiday Volunteer



# Retail, Heritage & Customer Service

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

## Mary Rose Trust

### Interpretation Volunteer

Working within the galleries, volunteers engage and support a diverse range of visitors, sharing facts about the ship and its collection and helping to bring the museum experience to life. There will also be the opportunity to support the Learning Centre Team and interact with school groups.

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

**Time:** At least 1 day/week

**Other roles include Museum Volunteer and Buggy Driver Volunteer**

## Maritime Archaeology Trust

### Maritime Bus Crew Volunteer

Join a team who operate the mobile exhibition vehicle delivering education and outreach programs across Hampshire & IOW. Their 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 and admin skills.

**Time:** Various shifts of 2.5 hours each.

## Retail Volunteers—Various Roles

There are many interesting roles available in charity stores and other organisations all over Gosport. As a volunteer in a shop tasks are many and varied including window dressing, serving customers, sorting donations, pricing, online research and administrative tasks. For more information please search our website [www.gva.org.uk](http://www.gva.org.uk) or contact us to discuss the current roles available.



*"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 Shop Volunteer

*"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:

National Museum of the Royal Navy

- Front of House Volunteer
- Learning Assistant

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.

## Open Sight

If you have human resources and/or finance skills, or any board member experience, the 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.

## Gosport Macular Support Group

Looking for both a Secretary and a Chair. The initial role of the Chair would be to establish an active committee made up of several people who between them can take on the responsibilities of the group.

## Citizens Advice Gosport

Citizens Advice Gosport are looking for a trustee with appropriate skills and experience to join their board now and take over from the current Chair, whose six years term of office expires towards the end of 2018.

## National Osteoporosis Society

New committee members are needed. Approx 12 meetings/sessions per year.

**Contact us to  
find out more!**