

Fareham Volunteers

Help for people in Fareham to find out about local volunteering opportunities.

Volunteering helps support and improve the community of Fareham for all. It is also a great way for volunteers to use their skills or learn new ones. Voluntary groups, charities and some public services advertise their volunteering vacancies through **Fareham Volunteers**. This booklet will give you an idea of what is available in and around Fareham and help you to think about what you would like to do.

Getting Started



Take a look at the vacancies listed in this booklet. There's more to volunteering than you might think: caring, youth work, driving, admin, retail and more. You can ask us for more information about any vacancy, including how to apply.



If you need a bit more help, you can make an appointment to come in for a chat with us and get personal guidance about volunteering that might suit you.



Or you can search on-line. Take a look at our website **Volunteerwessex.org.uk** – you can apply there too.

Find us on Facebook/**Volunteering in Fareham**

Contact: **Fareham Volunteers**

Community First Fareham

163 West Street, Fareham

Tel: **01329 223 140**

Email: **enquiries@farehamvolunteers.org.uk**

We put Community First



Community First

Community First Fareham is your local charity that helps support voluntary groups as well as running services for the people of Fareham. Please help us to do what we do even better by joining us as a volunteer.

Volunteering Support helps people to find places to volunteer. Help us with admin/clerical support including data entry and telephone work.

Fareham Voluntary Car Scheme is a busy service helping older and disabled people to attend healthcare appointments.

Volunteer Car Owner-Drivers needed – drive when it suits you. Most journeys are weekdays and office hours. Mileage expenses are paid. Volunteer driving will not affect your car insurance.

Fareham Walking 4 Health & Gosport Walking 4 Health are accredited schemes with the national *Ramblers Walking For Health* scheme. Help us to develop new walks and encourage new walkers in Fareham and Gosport. Volunteer **Walk Leaders** like walking and enjoy meeting people. If you do too, then join us as a Walk Leader. Walks can be led weekly, monthly or less. Training and support provided.

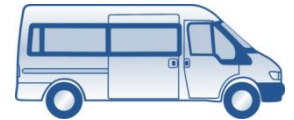
Surgery Signposters

Help local people to find sources of information and support in their communities. Volunteer Signposters are based in healthcare settings across the borough and help individuals to locate support groups and community-based services to help them to manage their health conditions, social needs and carer responsibilities. With initial training and on-going support you will work independently in surgeries on a rota. DBS disclosure required (there is no charge for this).

Fareham and Gosport **Dial-a-Ride (DAR) and Community Transport (CT)** section has vacancies for **Minibus Drivers** Training is given in MiDAS (minibus driving) plus on-going support and additional training as required. Must be over 25 and have clean driving license with category D1.

Volunteer Driving

Induction or training provided. Car drivers' expenses are covered at an agreed mileage rate



Mini bus driving

If you like driving and like people then Community Minibus Driving is for you. You could help isolated and lonely people in Fareham and Gosport to get out and about with others. Community minibus drivers help members of local groups to get out and about on one-off or regular trips. They also take groups of individuals out for weekly "Tea and Tiffin" visits to garden centres, pub lunches and other local places of interest. You will be trained in Hampshire County Council approved "Minibus Driver Awareness Scheme" (MiDAS) training plus other training as required e.g. First Response, Hampshire County Council "Trigger Tool":

On-going support provided and out of pocket expenses reimbursed.

Open Sight

Can you provide a much needed lift to a visually impaired person living in the borough of Fareham? Open Sight runs 4 afternoon clubs in the Fareham area.

Fareham: Last Wednesday of the month

Locks Heath: 1st Monday of the month

Porchester: 1st Thursday of the month

Stubbington: 3rd Thursday of the month

CONTACT THE ELDERLY Fareham & Gosport

Drivers pick up 1 or 2 elderly people from home one Sunday per month and take them to a host family for afternoon tea

VOLUNTARY CAR SCHEMES

Drivers take people, who are unable to use public transport, to medical appointments. Drive when it suits you. Expenses paid. Will not affect your insurance premium. Four schemes operate to cover all parts of Fareham: Portchester; Stubbington; Western Wards and Town Centre/Titchfield. Call us to get in touch with your nearest scheme.

Communicare, Locks Heath Drivers we need you!

Own car drivers for GP and Hospital appointments and mini bus drivers for our lunch clubs and shopping trips are always needed. Flexible working with friendly team.

Drives in Porchester Needed

Portchester Voluntary Care Group are looking for Volunteer Drivers living in the Portchester area (between Cams Hill and Mother Kellys) to use their own cars to help take people to medical appointments who would otherwise struggle to get about. Drivers can offer their time as little or as often as they like, to suit their own schedule and lifestyle. Mileage expenses are paid. Volunteers must be aged 18 or over and hold a full clean driving licence.

Care and support Vacancies

HAMPSHIRE CONSTABULARY

Community Speed watch is a project which empowers members of the community to assist in making our roads safer, by monitoring the speed of vehicles on targeted roads in Fareham and Gosport. Must be able to read number plates and record information on a clip board at the road side. Age 17 or over

Alzheimer's Society

Help and support for people with dementia, their carer's, family and friends by providing services, information and training.

Dementia Support Volunteers provide a key role in supporting Dementia Support Workers to provide an effective information and signposting service. The role includes telephone work and face to face meetings with clients. Good listening and communication skills needed plus basic computer literacy for record keeping.
Police check (DBS) required

FAREHAM HOME LIBRARY SERVICE

Home Library Volunteers select and deliver library materials to people in their own homes who are unable to visit the library. Deliveries are made monthly as agreed by customer and volunteer. Volunteers are asked to take on up to 5 customers. Must have an interest in books and the ability to communicate with people to share the enjoyment of reading.

HELP IN BEREAVEMENT

Help in Bereavement are looking for **volunteer visitors** who can visit bereaved people in the local area and have a good listening ear.

Training given. Training is run every year from September to November on Wednesdays at the Rowans Hospice Purbrook Heath Road. **NB** Applicants at other times of the year might have a long wait to access training.

FAREHAM GOOD NEIGHBOURS



Volunteer Visitors

Friendly, caring people are always welcome to join us as visitors to help break down social isolation for housebound people in Fareham. A lovely opportunity for people who like to listen and chat, or even help give someone the confidence to go out for a cuppa.

A couple of hours a fortnight is all we ask from you to make a huge difference to someone's quality of life. Volunteers can usually be placed with someone in their local area

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Care and support Vacancies

PARCS Volunteer Helpline Worker

Women and men (aged 18 years and above) are required to staff the helplines on a Monday 1 - 3pm, Wednesday and/or Friday evening 7pm to 10pm.

This involves answering calls from individuals who have experienced sexual violation at some time in their life and are seeking telephone counselling and/or support.

Training consists of 5 days and is mandatory for volunteers.

Please note that a DBS check is necessary for this role.

HARBOUR CANCER SUPPORT CENTRE

Fareham Shopping Centre Fareham Information Point Assistant

Come and join our dedicated team of volunteers, working in our Fareham Information Centre. Volunteers provide face to face contact with members of the public, offering support and information services as well as promoting fundraising events and opportunities for supporting this charity.

Full training and support will be given.

Footprints Project- Volunteer Mentor

We train volunteers as mentors to support our clients who are ex-offenders leaving custody and returning to your local area. You will offer confidence and support to anxious and vulnerable people who have suffered from abuse, poor health, addiction problems, have often been brought up in care homes, spent lengthy periods of time in prison, have low self-esteem and levels of confidence and need help to access their benefits, food, Sign posting to support groups to address their offending behaviour, health needs, addictions, etc as well as helping them to become involved in volunteering/training/work.

Support Adults with Learning Disabilities- Fareham Community Link

Are you friendly? Enjoy fun times? Are you enthusiastic about helping people with a learning disability to gain new skills? Our Community Link in central Fareham is looking for a team of volunteers who will combine their skills to support and encourage our service users alongside of our trained staff team.

Meet and Greet for Footcare at Age Concern – Locks Heath

We are looking for someone who enjoys a chat and is friendly and helpful to older people to meet and greet our clients who attend the clinic in our day centre. You will be working as part of a team.

The role also includes some basic admin duties – training provided.

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Care and support Vacancies

HEADWAY Southampton 1:1 Mentors

We are looking for caring, patient, enthusiastic volunteers with a kind nature who are keen to help people to get on with their lives and recover their independence after a brain injury. This role may be of particular interest to those involved in health and social care, nursing and medicine, and related disciplines.

Partnership for Active Leisure Scheme (PALS) Volunteer

PALS (Partnership for Active Leisure Scheme) is a project within the charity Enable Ability, we provide activities for young people with disabilities. Volunteers help our youngsters get the most out of the particular activity we are putting on, whilst maintaining a safe environment. Some of our activities include bowling, horse riding, archery, cinema, cooking and occasional trips out further afield.

Activities are generally located in the Portsmouth, Gosport or Fareham area and take place on Sundays, with the exception of Wheelchair Basketball which runs on Wednesday evenings, and Sports Club which runs on Friday evenings.

THE RAINBOW CENTRE Fareham

A registered charity working with both children and adults. Using a specialist-integrated programme of learning called Conductive Education we help to improve their mobility, independence and emotional wellbeing.

Volunteer Conductor's Assistant and Saturday Club Helpers assist the staff to deliver Conductive Education to children.

DBS check required for these roles.
Age 16+

PARKINSONS DISEASE SOCIETY FAREHAM & GOSPORT

Treasurer to provide accounting support to the branch and accurately record financial transactions.

Meetings are held at Crofton Community Centre Stubbington. This role can be partly done from home

CONTACT THE ELDERLY (Fareham & Gosport)

Volunteer hosts/hostesses 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.

Volunteer drivers deliver and collect the elderly guests.

Tea parties are usually on Sundays.

Youth and Children Work



Hampshire Youth Offending Team Volunteer

Hampshire Youth Offending provides support for both the victims of crime and for the young people who have offended. Our aim is to give victims of crime a voice, enable harm to be repaired and to prevent the young person from offending again.

We are keen to hear from people who are interested in supporting young people who have offended (some of whom can be challenging at times) and keen to make a difference in the local community.

N.B: We ask that volunteers are at least aged 18 or over. This role is subject to an informal interview and an enhanced DBS check. Training and on-going support is given.

HOME START

Our volunteers, who have parenting experience, visit families once a week to help with all sorts of problems, from the everyday to the overwhelming, such as: Loneliness, relationship difficulties, coping with twins/triplets etc, ill health, disability or special needs, lone parenting, bereavement, post-natal illness, behavioural issues.

Initial training is provided plus on-going support and supervision.

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Oasis Youth Centre - Titchfield

Oasis Youth Centre are looking for Volunteer Youth Worker volunteer to help. This is a great opportunity to gain youth work experience, working alongside professional Youth Workers to provide a safe, healthy and enjoyable environment for young people aged 10-18. Training opportunities with Y Services for Young People are available to long-term volunteers.

Youth and Children Work

HAMPSHIRE COUNTY COUNCIL Children's Services has 4 opportunities to gain valuable experience working with the Children's Services team. Join their Innovations Project in Fareham to support local families and young people as:

Family Support - work alongside parents and carer's to provide support using family support techniques, visiting families in their home to deliver agreed support to improve family relationships and prevent breakdown.

Mentor - form part of a package of interventions to help prevent young people entering care. Volunteers will be matched with young people to offer one to one support.

All these roles include full training, support and supervision and offer fantastic experience for people interested in youth work and social care. Building trust with clients takes time and requires commitment.

Could you help us to support parents of children and young people with special educational needs and disabilities?



We have a variety of volunteer roles to help us deliver impartial information, advice and support in Hampshire.

To find out more about volunteering with us or for an informal discussion call 01962 845870 or email: enquiries.support4SEND@hants.gov.uk

www.hants.gov.uk/support4SEND



Support4SEND

Independent Young Person Supporter (IYPS)

Could you help support a young person in a meeting with educational professionals? As an you will help them to put across their views, take notes at meetings to remind them of what was said and really help the young person to feel confident that they are getting appropriate support.

This is an interesting and rewarding role and you can choose to do as little or as much as you like.

Youth and Children Work



HARRISON PRIMARY SCHOOL

Reading Assistant

Harrison Primary School in Fareham is looking for volunteers who could help once a week (or more if possible) with hearing our wonderful children read. Having additional reading time with an adult really does have a positive impact on both confidence and reading progress. We are in particular need of volunteer reader help in year 2 (age 6-7) and year 3 (age 7-8).

N.B: Volunteers should be aged 18 or over and a Disclosure and Barring Service (DBS) check is required for this role

BARNARDO'S CHILDREN SERVICES - Healthy Families

Barnardo's works with the Health Visiting Team across the county to increase their community support groups and to develop new groups and activities.

Group support

The Healthy Families service is looking for enthusiastic and creative volunteers to support project staff and health visitors deliver services and activities to children, parents and carers.

Child Health Clinic volunteer

Help support health visitors and families during clinic sessions - for example, breastfeeding clinics, baby and child 'weigh and play' clinics, etc

Befriender

Community befriender volunteers support parents, carers and families in the community who may find it difficult to access health services, groups and activities in their local community. For example, you may go into an activity or group with them.

Community Support Worker – DREAMS COME TRUE

Want to make a difference local to children and young people with life limited or serious illnesses lives?

Our Community Fundraising Volunteers use their local knowledge and contacts to help raise vital funds for local children and young people with life limiting and serious conditions on the Dreams Come True waiting list. You will work closely with the community and volunteering co-ordinator at Dreams Come True.

Admin Support and Shop Assistant

Social Media Admin- Fareham and Gosport Diabetes Group

We need someone to manage our social media via Facebook and twitter. Someone who can create a platform that can be known by others and give us a real presence in the social media world. Can be done from home with flexible working hours.

British Heart Foundation Telephone/Admin Volunteer

Are you always on the phone? Are you calm, collected and chatty? We're always looking for friendly, confident and helpful people to join our team and become the voice of your local store. You will be the first point of contact for our customers helping them with any enquiries and arranging collections for donations and deliveries.

Come and be a part of your local team and learn customer service skills and gain experience. If you have good communication skills and able to follow administration processes accurately then come and be a part of our team and laugh and chat with other volunteers over a cup of tea and a biscuit.

British Heart Foundation Customer Service Volunteer

Are you a chatterbox? Can you talk about anything and everything? If this sounds like you we have a fantastic opportunity to let your chitchatting dreams run wild! In our store we are always looking for outgoing and enthusiastic volunteers to meet and greet our customers.

Come and be a part of your local team and learn about customer service skills and gain experience.

We'll provide you with all the support and help you need. Perfect for enhancing your CV and skills set we also offer our volunteers the choice to do free NVQ qualifications.

Gift Shop Assistant - Little Woodham (Gosport)

The role that we are looking for is for someone to meet and greet the visitors to the village and share knowledge with them. Ensure that the shop is opened on time and ready to receive the day visitors; making sure that the village shop looks presentable and runs smoothly throughout the day. This is all done alongside another volunteer. Full training provided.

Admin Support and Shop Assistant

Citizens Advice Fareham Receptionist

The receptionist is the first point of contact that clients have with the bureau. Receptionists are encouraged to attend daily briefing sessions to keep up to date with all aspects of the Bureau's operation. Hours are by arrangement, usually a minimum of one half day per week. The Bureau is open to members of the public from 10:00 am-4:00 pm Monday to Friday and reception cover is needed during these times. Expenses are paid monthly for travel and parking.

Citizen Advice Fareham Office Administrator (Fareham)

We have varied administration needs, and our administration volunteers who show a particular interest in different areas of our work can take on particular projects. These can include promotions and marketing administration - including designing posters and leaflets, assisting with financial record keeping & data entry, maintaining asset management records, or providing administration support for research & campaigns.

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Can I volunteer when I'm receiving state benefits?

People are allowed to volunteer while claiming state benefits, including means-tested benefits such as jobseeker's allowance (JSA), incapacity benefit, income support, and employment and support allowance (ESA). You can volunteer as many hours as you like while you're getting benefits as long as you keep to the rules for getting them. Ask your Work Coach what the rules are.

You must notify your job coach or benefits adviser if you intend to start volunteering

Benefits claimants are required to notify their Work Coach of their intention to start volunteering.

Volunteering and universal credit

You can still volunteer if you're on universal credit as long as you also undertake any activities, such as job searching, training or other requirements, identified by your Work Coach.

Does volunteering count as taking 'reasonable action' to find a job?

Yes, it can count towards up to 50% of the time you are expected to be looking for a job.

Can my Jobcentre Plus adviser require me to volunteer?

No. Volunteering is something that you choose to do because you want to freely give your time and energy to benefit others. No one can force you to volunteer.

Where can I get more information?

Ask your Work Coach for more information about Volunteering and Benefits or visit: www.gov.uk/volunteering/when-you-can-volunteer

**Fareham Volunteers is committed to promoting
Good Practise in volunteer management.
Ask us for more information.**

Fareham Volunteers is part of Community First

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