

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 **farehamvounteers.org.uk** – you can register your interest there too.

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

Contact: **Fareham Volunteers
Community Action Fareham**

163 West Street, Fareham

Tel: **01329 223 140**

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

In Fareham. For Fareham





Community Action 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.

Trustees all charities need a board of capable people to ensure they are well governed. If you have committee experience or management skills, an understanding of the voluntary sector and are interested in finding out more about Community Action Fareham.

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.

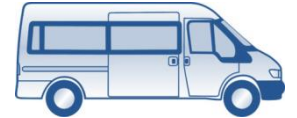
Fareham Walking 4 Health is an accredited member of the national scheme of volunteer-led healthy walks.

Volunteer **Walk Leaders** like walking and enjoy meeting people. If you do too, join us as a Walk Leader. Walks can be led weekly, monthly or less.

Our **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, have clean driving license with category D1.

Volunteer Driving

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



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.

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

Portchester: 1st Thursday of the month

Stubbington: 3rd Thursday of the month

FAREHAM COMMUNITY TRANSPORT

Assist your local community as a **Minibus Driver** in the Fareham borough area.

Minibus training (MiDAS) will be given plus on-going support and additional training as required.

COMMUNICARE, Locks Heath Drivers – we need you!

Own car drivers for GP and hospital appointments and minibus drivers for our lunch clubs and shopping trips are always needed. Flexible working with a friendly team

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.

FAREHAM STROKE CLUB

Join the driver rota for Friday afternoons. **Free MiDAS training** provided and a friendly welcome guaranteed from this successful local group.

ROWANS HOSPICE Purbrook

Could you use your car, (expenses paid) to make someone's week?

We need drivers to bring and collect terminally ill patients to our Day Care.

FAREHAM WEEKEND CLUB Older Persons Social Club

Car Drivers needed to take club members to meet at Fareham library on Saturday afternoons.



HIGHLANDS HUB

Highlands Rd, Fareham

Hub Volunteers

Get involved with your local community, make friends, gain work skills and help make the most of your community space. Help run the community café and 5 internet stations - share your IT skills to help others. Open Tue-Fri 9-4 and Sat 10am to 1pm

Training and support is available for anyone in a volunteer role.

SELF MANAGEMENT UK

Active Self-Managers, Hampshire

An opportunity for people actively managing a long-term health condition, to influence healthcare education/social care practice. You'll be an integral part of the 'patient centred learning' sessions with university students in the South

ROWANS HOSPICE

Purbrook

Drivers: We need car owner/drivers to bring and collect terminally ill patients to our Day Care. Drivers not only bring the patient to us, they bring friendship and kindness to our patients. Drivers find this equally rewarding and often build up strong bonds with our patients

Hospice Companions - Volunteers support patients with life-limiting illnesses in the patient's own home. There is no specific list of activities; they are likely to be one of the following: Practical support - e.g. gardening, dog walking, driving etc; Being a 'listening ear' or buddy to talk over a cup of tea, or to share an activity or interest. the volunteer can select which activity they are comfortable with.

HAMPSHIRE CONSTABULARY

Community Speedwatch 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

OPAL (Older Persons Area Link)

OPAL Visitor

Opal volunteers are trained to visit older people in their own homes to provide information about local groups, activities and services, with the aim of encouraging them to engage with their local community.

Hours flexible to suit.

Training and support given

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.

CONTACT THE ELDERLY

Hosts

Volunteer hosts invite small groups of older people to their homes for afternoon tea parties twice a year usually on a Sunday. Support is given by the local coordinator of this national charity.

CHRYSALIS

This charity provides support for people with gender identity issues through meeting centres, counselling, information and training.

A Deputy Group Facilitator assists with the smooth running of group meetings which are on the first and third Friday of each month from 6pm to 10pm. They should have empathy and be willing to gain an understanding of Transgender issues.

ALZHEIMER'S SOCIETY

Help and support for people with dementia, their carers, 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

COMMUNITY RESPONDERS

Responders are trained to assist the ambulance service by attending to people who are in a life threatening condition e.g. heart attack and stroke, providing care and support until the ambulance arrives. Volunteers must have a full driving licence and access to a vehicle to transport equipment.

CITIZENS ADVICE

Fareham

Receptionist: duties require dealing face to face with members of the public and working together with other colleagues to ensure clients are seen as promptly as possible and some telephoning to clients primarily to confirm appointments. Other duties include filing, shredding, dealing with incoming and outgoing post, ensuring that supplies of tea / coffee etc are well stocked.

SSAFA Armed Forces Charity

SSAFA has been providing lifelong support for our armed Forces and their families since 1885.

Volunteers provide practical and emotional support to veterans and their families living in their area, as well as practical support to serving members of the Forces. This could be anything from helping a family settle in to life on a new base to finding specialist equipment for a service child with additional needs.

ABBNEYFIELD SOCIETY

Locks Heath

Abbeyfield is a national charity that provides companionable accommodation for older people. Abbeyfield Locks Heath is inviting caring, sociable people to be **Volunteer Befrienders** to visit the residents to help prevent isolation and help bring the outside in. Hours to suit. Visitors could also help with **fundraising** events.

Care & Support Vacancies

HAWTHORNE COURT NURSING HOME Sarisbury Green

Activities Assistant

Support the Activities Co-ordinator to provide lifestyle enhancing activities for the elderly frail and dementia suffering residents. Activities include bingo and games, arts and crafts and music. Training given in dementia awareness

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.

SOUTHERN DOMESTIC ABUSE SERVICE

(SDAS) are looking for women **Refuge Support Volunteers** in Fareham & Gosport

They need women who are confident in many varied skills:

Cooking

Form filling

Giving clients a lift.

Playing with the children

Befriending clients

Office clerical help

Volunteers are interviewed, DBS and reference checked, complete induction and shadowing before volunteering independently. Support and training given.

Weekdays, office hours. ½ day per week.

VICTIM SUPPORT

Hampshire & Isle of Wight

Caring, mature and supportive **Volunteer Visitors** needed.

Contacting people who have been victims of crime.

Helping people to enable them to recover from the experience.

Training, support, expenses and further development opportunities offered.

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



THE FOOTPRINTS PROJECT

By helping and supporting ex-offenders, they are less likely to return to crime and with help are they able to change their patterns of behaviour.

Volunteer mentors are proactive and empathetic people who are trained by us to support our clients who are ex-offenders leaving custody and returning to their local area. Mentors meet mentees in prison prior to release and thereafter in public places in the community.

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

PORTSMOUTH AREA RAPE CRISIS

Telephone Helpline Volunteer

Women and men (aged 18 and above) are required to staff helplines open Wednesday and Friday evenings 7pm-10pm, taking calls from individuals who have experienced sexual violation at some time in their lives.

next Training / Selection Process takes place in April and May 2017

Saturday and Sunday 22nd and 23rd April

Saturday and Sunday 6th and 7th May

For those applicants successfully selected there will be a further training day on 21st May 2017

All 5 days must be attended and will be 10am to 5pm

On-going support given.

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.

HEADWAY Portsmouth

Volunteer Assistant

Headway Portsmouth & South East Hants runs practical workshops to help clients return to community living. Volunteers assist trained facilitators run the workshops. A volunteer is needed for the peer support and social inclusion group on a Friday morning at the BRWCA Centre in Bridgemary between 10:30am - 12:30am.

HAMPSHIRE SEARCH & RESCUE (HANTSAR)

Their highly-trained HANTSAR volunteers assist the police and other agencies to locate missing, vulnerable people in Hampshire and the Isle of Wight.

Operational Searcher

Could you help search for a missing vulnerable person? If you are reasonably fit (can walk 5 miles in 2 hours), enjoy being out of doors and would like to do something to benefit the community, then this could be the opportunity for you.

Support Member support HANTSAR by assisting with fundraising and attending or helping to organise events. We also welcome applications from those who may be able to support us in some other way, e.g. with vehicle maintenance, first aid training, public relations etc. If you have a particular skill that you think could benefit HANTSAR then this could also be the opportunity for you.



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FRIDAY NIGHT CLUB Wallington, Fareham

Friday Night Club is a voluntary group dedicated to creating leisure opportunities for people with a learning disability

Catering Group Mentor

A fantastic, rewarding opportunity for an experienced chef or cook to help inspire and support a group of people with learning disabilities to learn new skills and create and serve community meals. Please come and give it a try.

Marwell Activity Centre Assistant

Help at our Marwell Activity Centre sessions: Train to run the archery or learn to drive the all-terrain off-road Max-Cat vehicle. Not sure it's for you? Come along for a taster and see for yourself what fun we have.

KHULISA MILESTONES

Milestones is a mentoring project working with young offenders aged 18-25

Volunteer Mentors to support ex-offenders in Hampshire

Would you like to help a young person being released from prison? Khulisa Milestones Volunteer Mentors are trained to support young offenders for 6 months to resettle into the community after serving a sentence.

BRITISH RED CROSS

Fareham & Portchester

Medical Equipment Service Assistant

Weekday mornings in Fareham and Portchester to assist in providing wheelchair hire and short-term loans of equipment e.g. bath seats, walking frames etc. helping people to return to their own homes after illness or surgery

SERV WESSEX

A night time and weekend service that delivers urgent blood products, samples, documents and donated baby's milk between Hampshire, Dorset and Wiltshire hospitals or to county borders for transfer to other areas.

Help us to save lives by being one of our **Duty Controllers** manning the telephone line (from home) 7.00pm to 6.00am the next day and ensure urgent supplies of blood products.

Blood Runners transport urgent supplies of blood, plasma, platelets, samples, vaccines, factor VIII, donor breastmilk & any other urgently required medical items to hospitals - at night, weekends and bank holidays. You will need your own transport.

Training provided. Costs apply.

ENABLE ABILITY

Partnership for Active Leisure Scheme PALS

A project within the charity to provide activities for young people with disabilities.

Volunteers are asked to help our youngsters get the most out of the particular activity we are putting on.

Activities include: bowling, horse riding, archery, cinema, cooking and occasional trips out further afield.

You can do as much or as little as you like - just inform us at the beginning of every month which activities you would or would not be able to do.

Activities are generally located in the Portsmouth, Gosport or Fareham area, although occasionally there will be trips further afield.

Activities take place on Sundays, with the exception of Wheelchair Basketball which runs on Wednesday evenings, and Sports Club which runs on Friday evenings.

LOVE4LIFE

Fareham

Love4Life is a friendship and dating charity for people with learning disabilities.

Volunteers are asked to give:-

One to one Support

Volunteer chaperones support members on one to one dates - e.g. at a restaurant, sitting at a separate table, but being available to the member if any support is needed.

Groups: Volunteers attend to support staff members at monthly social events such as discos, bowling, karaoke and quiz nights. They help support the members to make friends with other members encouraging them to socialise with one another.

AGE CONCERN HAMPSHIRE

Lockswood Day Care Centre

Meet & Greet Volunteers

Help make clients for IT courses and footcare services feel welcome and comfortable. Volunteers are being sought in Locks Heath to greet clients at the door; book in for appointments, cash handling, maintain appointment list, check that all paperwork tallies at the end of the service. You'll need to enjoy a chat and be friendly and helpful to older people. Tues and Thurs weekly

PORTCHESTER STROKE CLUB

Helpers are needed for this long-standing and important support and social club for people who have experienced stroke and their carers.

As part of the club's succession planning they are looking for **volunteers who are willing to take a lead role in the running of the club in the future.**

If you have been touched by the effects of stroke and are keen to support others they would love to hear from you.

Club meets Wednesdays pm in Portchester.

AGE CONCERN HAMPSHIRE

Hospital to Home

Gosport War Memorial Hospital

Patient Support Volunteers devote some regular time to supporting elderly patients from hospital to home. Working on one of two rehabilitation wards within the hospital, you would be providing a variety of support activities to promote confidence, wellbeing and independence, so that patients are able to return home safely and comfortably. This is a worthwhile opportunity to gain experience of supporting the elderly, whilst enhancing and using existing skills. If you have the empathy, patience, dedication and commitment required, we would be pleased to hear from you. Full training and support will be provided

HOME START MEON VALLEY

We are always on the lookout for volunteers who could provide 2-3 hrs per week supporting families facing difficulties for a variety of reasons in the local community. We offer friendship, listening and practical support to parents with children under 5 years and operate within the Southern parishes of Winchester, Whiteley and Hedge End.

We are currently in the process of recruiting volunteers for our next volunteer preparation course which is due to run from 27th April 2017 for 8 weeks on a Thursday

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. Setting up/putting away furniture and equipment.

Assist with preparing and creating support materials/decoration

Assist the children with their toilet needs.

Be able to develop good working relationships with children, their families and carers, also members of staff, other professionals and other volunteers.

Work in a busy environment as part of a team with an active schedule.

Demonstrate good verbal, written and listening skills.

DBS check required for these roles.

Age 16+

FOREVER HOUNDS TRUST

The leading greyhound rescue charity in England and Wales. We are dedicated to the rescue, rehabilitation and rehoming of greyhounds and lurchers, and re-home around 500 of these special dogs every year.

Volunteer Home Visitors play an important role by ensuring that the people who offer homes for our dogs are suitable and that the welfare needs of the dog will be met and maintained.

Full initial and ongoing training plus personal safety/lone working.



ROYAL VICTORIA COUNTRY PARK

Netley

Walks & Tours Guide

Lead visitor tours around the chapel bringing displays and history to life
Give tours around the park and cemetery giving information about the local history
Work to timings and content as per agreed content and length of tour type
Be aware of the health and safety of everyone on the tour.

Take a record of how many people take part and hand out feedback cards.

Hours: As agreed Mon-Sun

CIRCLES SOUTH EAST

is an extremely successful community initiative working with groups of volunteers to support, monitor and maintain registered sex offenders in the community. Our aim is to reduce reoffending and therefore reduce the number of victims.

We are adapting our support package to specifically support individuals with **Autism and/or an Intellectual Disability**. **Volunteers** must combine an empathic approach with the ability to maintain firm boundaries and challenge inappropriate attitudes and behaviour.

Volunteers should be able to commit to support one individual for a couple of hours a week as part of a group for a two year period. Training and supervision are provided and expenses are paid.

Due to the nature of our work we are unable to accept volunteers under the age of 21. We provide full training and therefore other than a desire to work in this field and with this client group no skills or experience are required.



We believe in making a difference

Do you have a couple of hours each week to spare?

We are looking for volunteers to support local Older People and those with Learning Disabilities. Volunteers of all ages and backgrounds are needed. If you have some free time to benefit your community, you have something to offer.

Rewarding roles are available in local Residential/ Nursing Homes and Day Services, helping each person get the best out of their day. There will be opportunities for you to gain new skills and experience, or make new friends. Full training will be offered.

Gardening

Friendship

Activities



Hampshire
County Council

To find out more about volunteering contact:

Fareham Volunteers
Community Action Fareham
163 West St, Fareham PO16 0EF
enquiries@farehamvolunteers.org.uk
01329 223140

Opportunities in Fareham:

Fareham Community Link – Volunteers help the staff to support adults with learning disabilities to take part in activities to learn skills, try new experiences and meet others.

Hawthorne Court Nursing Home – help the Activities Coordinator to put on a range of stimulating activities to enhance the quality of life for the elderly residents in their care.

Focus on TRUSTEES

What is a Trustee? Being a trustee is a responsible position requiring an active role in the governance of an organisation. 'Governance' refers to the way in which an organisation is run. Trustees will take decisions about the future of the organisation, support the senior worker or Chief Executive, ensure everything is kept legal and of course, ensure the work of the charity continues and that its objectives are met. It is also important to stay up to date with regulations and charity law. Being a charity trustee before is helpful but responsible groups always provide support and training for new recruits. Experience of team working, planning and organising and all work skills such as HR, finance, law, marketing etc are valuable to voluntary groups of all sizes.

COMMUNITY ACTION FAREHAM

We work with community groups and charities in the Fareham borough, so that people feel included, and are active, healthier and happier.

If you think you could contribute to the Charity by becoming a **Trustee** and helping to improve the quality of life in Fareham using your vision, energy and skills to help grow community spirit, we would like to hear from you.

AFFECT

Action For Families Enduring Criminal Trauma

AFFECT supports families in Hampshire, IOW, West Sussex and Dorset who are facing possible long prison sentences of a close relative or friend sent to prison.

Trustees needed We are currently a dynamic team of 5 but to be robust to face the future, enhance our image and reach more friends and families of prisoners we need **two people** to join us. We meet every 6 weeks at the Tesco Community space in Quay Street and if people have to travel to us we pay expenses.

Our Trustees are expected to play an active role in networking, fundraising and tasks in a sub-committee when needed.

OPEN SIGHT

A county-wide charity dedicated to helping people with sight loss to enjoy social integration and gain independence

Based in Bishopstoke, they are seeking **Trustees with professional backgrounds** in Human Resources and also Finance. Trustee meetings are held late afternoon/ evening, approximately 6 times per year. Directors also support staff at Head Office. These are unpaid Director Trustee positions, with paid expenses (e.g. travel, childcare).

ABBEYFIELD (FAREHAM)

A not-for-profit, volunteer-led local organisation providing companionable housing for the elderly.

Trustees are sought with experience of trustee role or committee working, a willingness to support the ethos of Abbeyfield and work to maintain the Abbeyfield Standard

Additional skills or experience in the areas of property maintenance/building management or event planning would be helpful.

SCHOOL GOVERNOR VACANCIES

Wallisdean Junior School

Join the Board of Governors with this central Fareham junior school. Full training and mentoring given to lead towards a rewarding role that really makes a difference to the local community.

NO LIMITS

An information, advice, support and counselling service to 11 to 25

Breakout LGBT Trustees. We are currently looking for more trustees to join the board of our growing charity and help to take it to new heights. You would be joining a dynamic team of volunteers passionate about LGBT youth issues.

PORTSMOUTH SAMARITANS

Branch Treasurer: monitor the financial matters of the branch and report to the branch committee and Samaritans General Office about the financial health of the branch. Experience of financial administration, financial management and of managing a budget.

HARBOUR CANCER SUPPORT

A Charity Trustee is needed to help with the day-to-day organisation and running of the charity including attending regular trustee board meetings, and being involved with decision making which will affect the future of the charity.

SOLENT DIABETES ASSOCIATION

The SDA is currently seeking to appoint new **trustees** with skills including:

- Charity shop operational management
- Law
- Business clerical or administration

HAMPSHIRE

SCHOOL GOVERNOR SERVICE

School Governors

An ideal opportunity to develop your own skills and contribute to the community at the same time.

Community Governors are appointed by the governing body to represent community interests. They can be people who live or work in the community served by the school or anyone else who is committed to good governance and the success of the school.

FAREHAM AUTISTIC SPECTRUM SUPPORT (FASS)

A group for families in the Hampshire area who have a child or children on the autistic spectrum

A Treasurer Trustee is needed to keep our charity's accounts and work with the Chair to help find funding opportunities to provide activities for children and their families on the autistic spectrum. Commitment 2-4 hours a week plus friendly Trustee meetings held every six weeks. Knowledge of keeping accounts is essential but not payroll.

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

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 carers to provide support using family support techniques, visiting families in their home to deliver agreed support to improve family relationships and prevent breakdown.

Exclusion from School - Advice & Advocacy - provide advice and advocacy for children who are permanently excluded from school, meeting with families to advise them of their rights and provide information about the exclusion process.

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.

Missing Children Return Interviews - Arrange interviews with children and young people who return from being missing within 72 hours of their return.

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.

SIMON SAYS

The charity was launched in 2002 to support children and young people within Hampshire, who have a close relative or friend who has died or is dying.

Young People's Support Group

Volunteers are needed to attend a monthly support group for children and a support group for young people aged up to 18 years, spending time and supporting children and young people through the difficult time of bereavement.

Groups meet weekday evenings or weekends in Eastleigh, Portsmouth and Basingstoke

NO LIMITS

No Limits provides information, advice, support and counselling services to 11 to 25 year olds across Hampshire.

Breakout Fareham

Friendly volunteers with good communication skills needed to provide one to one support to young people aged 11 to 21 who identify as lesbian, gay, bisexual, transsexual, transgender or unsure of their sexuality.

Mondays 6.30pm-9pm

CHICKS (Country Holidays for Inner City Kids) provides free respite breaks for underprivileged children aged 8 - 15 from all parts of the UK , who would not otherwise have a holiday. Could you help us by giving 4 days (residential) of your time?

DUKE OF EDINBURGH

Fareham & Gosport

Leaders are responsible for a DofE group. You'll lead, guide, inspire and encourage young people, agree on their programme choices. You will also help them set their goals and regularly meet with the young person to check on their progress.

Y SERVICES FOR YOUNG PEOPLE

Youth Workers

Y Services for Young People provide youth work to meet a range of needs.

In Fareham we run youth clubs:

Xperience, Fareham 6-9pm

Tuesday: School years 7 & 8

Wednesday: School years 9&10

Friday: School years 11 to 13

Odyssey, Portchester 6-9pm

Monday & Friday

Genesis, Locks Heath 6-9pm

Thursday: school years 7-9

Detached Services Volunteers work with qualified Youth Workers across Fareham & Gosport to engage with young people on the street to provide information and help.

SHEDFIELD RIDING FOR THE DISABLED ASSOCIATION

Wickam Area

Pony Leader & Side Walker volunteers

Help disabled adults and children to experience therapy, achievement and enjoyment on ponies. Pony Leaders are responsible for ponies during a lesson. Side Walkers help riders by reassuring them and reinforcing training instructions. Also pony care



DAYBREAK

Family Group Conferences (FGCs)

Hampshire

A family group conference is a meeting of extended family and friends to make decisions and plans for resolving problems around a child, young person or vulnerable adult. Daybreak is the country's leading national voluntary organisation focused entirely on the delivery of FGCs.

Volunteer Advocates

empower children or vulnerable adults to enable them to fully participate in the Family Group Conference, using creative and innovative ways - that they feel comfortable with - to have their say.

HAMPSHIRE COUNTRY LEARNING

Countryside Education Volunteers

This charity co-ordinates farm visits and educational projects for schools at working farms and estates throughout Hampshire. They need volunteers to help support these visits whether moving groups of children, helping with educational activities or using their skills to lead an activity. A great opportunity to spend the day on a farm with children as they enjoy learning about the countryside. Visits take place on Tuesdays, Wednesdays and Thursdays during the day throughout the year.



OASIS YOUTH CENTRE

Titchfield

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 years.

Training opportunities are available to long-term volunteers.

Club meets Tuesdays 7 - 8.30pm (10-13) and Thursdays 7 - 9pm (13+).

Volunteers are needed from 6.30 - 9pm

BARNARDOS

For 150 years Barnardo's has worked to transform the lives of the most vulnerable children across the UK. In Hampshire they are seeking support for 2 projects.

Miss U service Volunteers complete all return interviews for children/ young people who have been reported missing.

With training and guidance, they also carry out an assessment of the young person's needs with the aim of preventing future missing episodes.

Trafficking Service Volunteers support young people under the age of 18 who have been trafficked into the UK from abroad who need help with keeping safe, dealing with relationships and issues affecting their lives. Young people can talk to volunteers and staff about staying safe, trafficking issues such as debt bondage, power and control, receive information to access services such as housing, benefits, education etc. and provide support and advocacy in accessing these services if required.

Full training and support given.

Home Start Meon Valley
Needs Volunteers

Home
START

Support and friendship
for families

If you have parenting experience, 2-3 hours a week to spare, and would like to help a local family, give us a call to find out more.

Full training is given and we have a new course starting soon.

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 or Fareham Volunteers 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.**



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