

## **FEBRUARY 2016**

Hi Everyone

Welcome to a bumper February Newsletter

If you like the look of a role contact them to discuss it further

If you want to discuss your volunteering options then contact us

IF YOU DON'T WANT THIS EMAIL JUST CONTACT US WITH YOUR NAME

[karen.watson@volunteeringmatters.org.uk](mailto:karen.watson@volunteeringmatters.org.uk)

## **ONE OFFS**

### **FIGHTING ALL CANCERS TOGETHER (FACT)**

Do you enjoy meeting new people? FACT are looking for volunteers to raise vital funds by helping pack shopping bags for Marks and Spencer customers. This event will be on Saturday 13<sup>th</sup> February at Marks and Spencer in the Metro Centre.

If you would like to get involved or would like more information please contact Emma on 0191 442 0833 or [emma.lester@fact-cancersupport.co.uk](mailto:emma.lester@fact-cancersupport.co.uk)

## **Marie Curie Tyne & Wear Helper Service**

Would you like to make a difference to a terminally ill person's life?

We are looking for Helper Volunteers to support terminally ill people in their homes. You could be a companion, befriender, listening ear, help them get to an appointment, offer respite to carers or engage in joint areas of interest.

All you need to commit to is up to 3 hours every week.

You will undergo training before you start as well as on-going support throughout your time volunteering.

### **Want to know more?**

Sign up for our information session below by calling 0800 304 7409

**Tuesday 5 April 2016 @10.00am  
At Marie Curie Hospice, Newcastle**

## **NEWCASTLE HEALTHWATCH**

### **Event Photographers**

We are looking for 2 photographers with their own digital camera to take indoor shots at our event on the 27<sup>th</sup> March 10am – 12 noon

You will need to be able to take images in low light, be good at capturing crowd/audience images as well as a flair for more creative shots that capture the engagement during the day

Shots of discussions, branding, all to be used for publicity – we will credit

**YOU MUST HAVE EXAMPLES OF PREVIOUS WORK TO SHOW US**

**Deborah Hall** [Deborah@healthwatchnewcastle.org.uk](mailto:Deborah@healthwatchnewcastle.org.uk) Direct 0191 338 5722

### **CRICKETFORCE 2016**

This is an annual event to prepare the cricket ground and pavilion for the year ahead. This historic ground was saved from closure after a public campaign and is now grateful to harness the energies of large numbers of volunteers to ensure it survives and thrives.

Over two days we do basic tasks like sweep and tidy the terraces; paint the fences; paint indoor woodwork such as stair railings; stain the historic wooden benches; even simple things like take old blue tack off walls.

Free lunch provided! There are lots of pictures of past Cricketforce activities on our website.

Company volunteers often choose to attend on the Friday (1 April) but you would be welcome to attend on Sunday (3 April) if preferred (or as well!).

Olwyn [admin@newcastlecc.org.uk](mailto:admin@newcastlecc.org.uk) 0191 281 0746

### **“BAG A BOOK”**

Do you have a book just sitting on a shelf that you don't want?

Volunteer Centre Newcastle is working with an international volunteer on a project encouraging people to read. In return for your free book the person will be given a small challenge - this could be "Call someone you haven't spoken to in a while" " Try a new food/piece of music" etc etc etc

The idea of the project is to reclaim the love of reading and sharing books through the community.

Help encourage others to read and share books

All books welcome in readable condition.

We want any type of book - cookery, children's. Craft; fiction; fact

You could suggest a challenge or write a message on a piece of paper within the book

Alexandra from OpportUNITY would like you to drop them at Broadacre House - you know how to find us [alexa.corbu@gmail.com](mailto:alexa.corbu@gmail.com)

### **THE ROLLING TONGUES**

What is it? A group of international volunteers based in Newcastle wanting to share the love of language

Why join us? To learn or improve a new language and make new friends

How? In a friendly atmosphere, coffee and chat!

The First meet up on Thursday 18th February 2016 from 7.30pm to 9.30 pm

at Men's Bar in NUSU - Kings Walk, Newcastle University (its open to all not just students)

after that it will be every Thursday, same time, same place.

Let Language just roll off our tongues

Any questions [daniela.giunta89@gmail.com](mailto:daniela.giunta89@gmail.com)

### **LGBT PRIVATE TENANTS VOICE**

Private Tenant Voice is a project organised by Newcastle Tenants and Residents Federation. We aim to support, work with and develop an effective voice for private sector tenants to improve housing conditions, raise awareness about tenants rights and support people who are experiencing problems with landlords. If you are an LGBT private tenant please can you complete the following survey that will help us identify crucial issues and plan ways forward. We are offering a £25 shopping voucher for those who want to give their contact details and entered into a draw. However you don't need to give your name and address to complete the survey.

<https://www.surveymonkey.co.uk/r/Y85356H>

### **CHILDREN FOUNDATION**

**Get Your Bags Packed Can you help us raise £10,000???**

In 2016 we are aiming to raise £10,000 through supermarket collections which would enable us to do one of the following:

- Purchase a V-Pod; 3-D pain distraction equipment used in hospital to distract children whilst having painful and uncomfortable procedures. This reduces the overall distress a child endures when in hospital.
- Hold two grant rounds of our Regional Small Grants where we give out pots of money to local community projects across the North East.
- Allow us to expand our Clown Dr's programme to other hospitals in the region.
- Enable our annual Stars Awards to run for another 10 years where we aim to celebrate children living with a disability and recognise those around them.

We are looking for volunteers to help pack bags in return for donations. If you would like to help us reach £10,000 and are free on one of the following dates then please get in touch.

**Saturday 5th March 11am-5pm - Marks & Spencer Washington**

**Saturday 9th April 11am-5pm - Asda Leamington**

**Saturday 14th May 11am-5pm - Asda Leamington**

To get involved please contact [tcf.volunteer@nuth.nhs.uk](mailto:tcf.volunteer@nuth.nhs.uk)

### **JOIN THE CANCER AWARENESS ROADSHOW TEAM!**

Interested in making a real difference in your local community? We are seeking Health Awareness volunteers to support our activity in the North East.

Since 2006 the Cancer Awareness Roadshow has been promoting cancer awareness and helping people to take positive action for their health.

As a Health Awareness Volunteer you will encourage members of the public to come onboard the Roadshow and help to inform the local community about how to reduce their risk of cancer and the importance of early diagnosis. By volunteering with us, you will help us widen our local reach by spreading these vitally important health messages. All volunteers will receive full cancer awareness training.

**To apply** simply email us at [healthawarenessvolunteering@cancer.org.uk](mailto:healthawarenessvolunteering@cancer.org.uk) for an application form and return it by 12th February.

**Queries?** Visit [cancerawarenessroadshow.org/](http://cancerawarenessroadshow.org/) or call 0203 469 6069

### **NORTHERN PRIDE**

Following the success of last year's Pride celebration, which welcomed an estimated 71,000 people from across the region, UK and overseas, Newcastle Pride is back and the event aims to be even bigger than before.

This year we'll be staging a mega three day celebration with more than eight satellite events running throughout the months of July and August – our biggest and most ambitious festival ever. We will also be welcoming a new team of volunteers and we want YOU to be part of it.

This year we are delighted to announce vacancies for volunteers and volunteer photographers. The volunteer role will include the following duties; Park Guide, Bucket Collector, Logistical Tasker, Parade Steward, Meet & Greeter, Stewards, Stalls Assistant.

Being a Newcastle Pride Volunteer is an excellent way to meet new friends, take advantage of being part of the biggest LGBT festival on your door step & gain experience in events as well as receive a complimentary limited edition T-Shirt, Lanyard, Whistle and Wristband.

To request a copy of our roles & responsibilities along with an application form please email - [volunteer@npride.org.uk](mailto:volunteer@npride.org.uk)

### **CANAL CAMPS**

Waterway Recovery Group has supported the restoration of derelict inland waterways by co-ordinating volunteers and providing expertise and equipment since its formation in 1970. Waterway Recovery Group organises weekend restoration

events and week long Canal Camps on the inland waterways throughout Great Britain.

Each Canal Camp usually runs for seven days, each volunteer is asked to contribute £63 for the week (or £9 per day) towards the cost of their accommodation and the three meals a day that are provided. Most accommodation, which is best described as basic, is in sports centres, schools or village halls. Canal Camps are running throughout the year.

Anyone is welcome to volunteer for a Canal Camp; the only restriction is that they must be over 18. No previous skills or experience are required.

WRG attracts a wide range of volunteers, from young volunteers taking part in the Duke of Edinburgh's Award Scheme; to waterway enthusiasts who wish to make a contribution to restoring and preserving the system; to teachers, doctors and office workers ... basically anyone who wants to have fun!

Waterway Recovery Group is almost an entirely voluntary organisation, but has built up an extensive base of professional skills. An information pack covering opportunities to join in the waterway restoration work all over the country, including the 2016 Canal Camps brochure, is available free of charge from Waterway Recovery Group, Island House, Moor Road, Chesham, HP5 1WA Tel: 01494 783 453 –E-mail: [enquiries@wrg.org.uk](mailto:enquiries@wrg.org.uk)

Alternatively you can refer to our website [www.wrg.org.uk](http://www.wrg.org.uk) for further information, and a look back at what WRG has already achieved.

### **WORKING IT OUT PROGRAMME**

Tomorrow's People Working It Out Programme, recruiting for Task Force 26. You will be a community Volunteer for 10 - weeks. Exploring roles in the community and carrying out team work tasks. Travel pass and daily expenses covered. Monday - Friday 10 - 1pm the programme is for young people aged 16 - 24 years old not in education or employment.

We will be running 4 programmes across 2016, TF26 starts January, TF27 April, TF28 July and TF29 October. We are always interested to hear from Young People or from locally charities/ community groups that might need our services. We are happy to help with Fundraising, Painting, Promoting, Stewarding, Gardening and Box Packing.

To find out more about us visit [www.tomorrows-people.org.uk](http://www.tomorrows-people.org.uk) call 01912616242 or add us on facebook Working It Out - Newcastle

## **ON GOING ADVOCACY CENTRE NORTH**

**An advocate speaks up for someone who feels their voice is not heard or listened to. Could you use your listening and speaking skills to be their advocate?**

### **Sau Ying**

Sau Ying is an 83 year old lady who has been living in this country for a lengthy period of time and has recently had a stroke. Sau Ying is currently housebound as she is waiting for an OT assessment around equipment for her bathroom and for her wheelchair to be repaired. Sau Ying's daughter is supportive but works full time and is finding the situation overwhelming. Sau Ying needs support to contact the OT to find out further information about the assessment. Sau Ying is also waiting for a repair to her wheelchair which would enable her to get out into the community again and visit with friends and needs a volunteer's support to hasten this process.

### **Martin**

Martin is 35. He has recently been diagnosed with Asperger's and as a result, Martin is having to understand and assimilate a lot of new information. He finds this difficult and overwhelming. In addition Martin has issues with Post Traumatic Stress Disorder and his benefits but struggles to find the services he needs to support him with this. Martin 'doesn't like to be a bother'. Martin needs a volunteer to help him to understand information presented to him and to find out about the additional support and services that might be available to him.

Contact Gem O'Connor [gem.o'connor@cvsnewcastle.org.uk](mailto:gem.o'connor@cvsnewcastle.org.uk)

## **TYNESIDE AND NORTHUMBERLAND MIND**

### **Do you want to help people get active?**

At Mind, we understand that getting motivated, starting something new or finding the right activity can be difficult with a mental health problem.

That's why 'Get Set to Go' is looking for people in Gateshead, Newcastle, North Tyneside and South Tyneside to become a trained 'Peer Navigator' volunteer, helping our Sports Coordinator to support local people joining the programme.

Participants are offered the chance to receive support from a dedicated Peer Navigator who helps to:

- Overcome hurdles to being more active
- Find out what they want achieve with their physical activity
- Identify the best route for achieving their goals

We use local knowledge from our team of volunteers who understand the unique challenges that people with mental health problems face when it comes to getting active. They're available to help people get started and provide support that helps participants stay on track.

### **Who is it for?**

- People over 18, with lived mental health experience, have an interest in sport and physical activity or just enjoy helping people can become a volunteer.
- If you're interested in applying please call the Sports Coordinator on **0191 477 4545**, or email: [andrew.cowan@tynesidemind.org.uk](mailto:andrew.cowan@tynesidemind.org.uk)

Or you can download the volunteer application pack from our website:  
[www.tynesidemind.org.uk/help-support/get-set-to-go-project.aspx](http://www.tynesidemind.org.uk/help-support/get-set-to-go-project.aspx)

## **AGE UK NEWCASTLE**

### **Sequence Dance Volunteer**

Do you love dancing and music? Would you like to volunteer at a weekly sequence dance session for older people in Newcastle?

Age UK Newcastle are looking for an enthusiastic volunteer for their Sequence Dance class which is held every Tuesday from 12.30pm -2.30pm at Blackfriars Centre, New Bridge Street, Newcastle. This is not a 'taught' class, but you would be responsible for playing the tracks from the CD's and announcing the dances. This is a friendly, well-established group of about 20 older people who enjoy their weekly get-together and are keen to find a new volunteer to keep their group going.

If you think you fit the bill, please contact Yvonne Shanley, Volunteering & Befriending Manager for further information on (0191) 235 9903 or email [yvonne.shanley@ageuknewcastle.org.uk](mailto:yvonne.shanley@ageuknewcastle.org.uk)

### **Callerton Court Lunch Group**

This small and established group meets at Callerton Court Day Centre, Marsden Lane in Westerhope every Tuesday. The group currently needs two new volunteers to join an existing third person to support its activities. Volunteers take on practical tasks such as supporting serving lunch, using creative skills to run activity sessions, and providing friendship and companionship for older people. This role requires a weekly time commitment between 11.00 – 2.30pm every Tuesday.

If this appeals to you then please contact Yvonne Shanley, Volunteering & Befriending Manager for further information on (0191) 235 9903 or email [yvonne.shanley@ageuknewcastle.org.uk](mailto:yvonne.shanley@ageuknewcastle.org.uk)

## **THE COALITION AGAINST CRIME**

### **Youth Mentors**

Can you spare one hour per week to support a young person at risk of offending or re offending?

The Coalition Against Crime requires volunteers for their award winning mentoring project

The induction will take place in April 2016

Interviews will be held in at Whickham Police station

(The Induction takes place on a Saturday 10am-2.30pm & On a Wednesday 6-9pm)

We are also seeking volunteers for an exciting new programme:

Provide Mentoring support to Young Offenders in a Young Offenders Secure Unit & during the transition in to resettlement

Full training and ongoing support are an essential part of the project and you will become part of a very committed team of volunteers

**Help young people steer away from crime!**

**You don't need any qualifications!**

**You don't need all the answers!**

**You just need to listen!**

**Could you support this young person?**

Jake is 13 and he regularly makes disruptions in classes which result in consistent detentions and being 'on report' at school. His older brother attends a boxing club but he's not allowed to join too as Mam doesn't want his behaviour to affect his brother potentially getting kicked out of the club, meaning he is stuck at home. His Mam has other children so can't give him the attention he wants. Mam struggles with his behaviour at home due to his ADHD so lets him play the PlayStation a lot to keep the peace. There are financial restrictions on the family which mean that opportunities outside of school and weekends are limited. His favourite food is pizza and he would like nothing more to compare pizza in Pizza Hut, Dominos and Pizza Express as he has never been to those restaurants and would really like to. Mam is expecting her fourth child so he knows it's highly likely that opportunities will be further limited once his sister is born. He likes structure and looks forward to things he has planned. Could you spare an hour or so a week to be that consistency Jake needs? Could you spare an hour or so a week to be that person to give him undivided attention and help him try new things to help him discover himself?

For information please contact us:

[stacey@thecoalition.org.uk](mailto:stacey@thecoalition.org.uk) Or call 0191 2218348 [www.thecoalition.org.uk](http://www.thecoalition.org.uk)

**SPORTED BUSINESS PLANNING LIGHT TOUCH VOLUNTEER**

**Looking for an exciting volunteering opportunity that utilises your business planning skills? Become a Sported volunteer!**

Want to use your professional skills and experience to help your community?

Sported is seeking professionals with expertise in business planning to support our growing membership of community sport and youth groups.

Through the power of sport our members are transforming the lives of the most disadvantaged young people in the UK.

Volunteer with Sported, meet the inspiration heroes of grassroots sport and leave a lasting legacy in your community!

Here are some of the ways you can help our members

- Reviewing an existing or draft business plan and providing feedback
- Answering query around a specific part of the business planning or business planning process.
- Supporting a Sported member to focus their aims or vision
- Guiding and supporting member through a specific part of the business plan or business planning process.
- Supporting the member to develop practical actions to achieve their plans

Do you have over 5 years' experience in business planning, enjoy problem solving, supporting and building rapport with a wide range of people?

Find out more at: <http://sported.org.uk/become-a-volunteer/>

### **VOLUNTEERS FOR OUR CARE HOMES PROJECT**

Do you have a few hours to spare a week to visit an older person in a care home in the West End of Newcastle and make a difference to their lives? Volunteers of our Care Homes Project work with older people living in care homes who feel lonely and isolated, either by sitting and chatting to them, or by taking them out.

As part of the project you will have the opportunity to meet people like Simon who is young at heart and who is looking for a friend he can talk to about his favourite subject – music and Bob Dylan!

We would love to hear from people who are understanding and non-judgemental, and who have big hearts to help us support older people with different vulnerabilities. If you feel you could give some time to be someone's friend, please contact West End Befrienders:

0191 272 4414

[info@westendbefrienders.org.uk](mailto:info@westendbefrienders.org.uk)

Training and Induction provided to all volunteers. DBS check required.

### **VOLUNTEERS NEEDED FOR WEST END BEFRIENDERS**

Do you have a few hours to spare a week to visit an older person in the West End of Newcastle and make a difference to their lives? Volunteers of our Befriending service work with older people in the West End of Newcastle who are socially isolated.

People like Margaret are lonely and are looking for someone they can talk to and to go out and have a cup of tea, or to have fish and chips with.

We would love to hear from people who are understanding and non-judgemental, and who have big hearts to help us support older people with different vulnerabilities. If you feel you could give some time to be someone's friend, please contact West End Befrienders:

0191 272 4414 [info@westendbefrienders.org.uk](mailto:info@westendbefrienders.org.uk)

### **CHANGING LIVES**

Changing Lives is a national charity which supports people affected by addictions, homelessness, crime, abuse and exploitation, poverty and social exclusion. We also offer specialist support services for women and families and provide employment opportunities for our clients.

We are looking for Sales Assistant Volunteers who will be accepting donations at our charity shop, sorting, pricing, sizing, ticketing and steaming stock, welcoming and serving customers, helping with display/window dressing, updating online networks or online sales development, using expertise to take charge of a particular area of sales and replenishing stock on the shop. The role is based at 237 Chillingham Road, Heaton, Newcastle.

We are also looking for a Volunteer Cook in Newcastle who will be devising nutritious menus, providing meals within budget, teaching clients to plan a meal, choose and buy fresh ingredients, preparing and cooking food, supervising clients

they may be cooking with, help serving the food to service users and ensuring the kitchen is kept tidy.

To find out more about these, or any other roles, please contact Sead on 0191 481 3695 ([sead.masic@changing-lives.org.uk](mailto:sead.masic@changing-lives.org.uk)), or visit our website: [www.changing-lives.org.uk/get-involved/current-volunteering-opportunities](http://www.changing-lives.org.uk/get-involved/current-volunteering-opportunities)

## **GROUNDWORK**

The Green Gym is designed to bring local people together to 'work out' in their local green spaces through taking part in horticultural and conservation activities. Training and support is offered to all volunteers so that they can develop their skills and confidence.

Green Gym sessions take place at various locations throughout Newcastle –  
Leazes Park, Newcastle – every Wednesday 10am – 12noon  
Iris Brickfield, Heaton – every Tuesday 10am – 12noon  
Shieldfield, Newcastle – every Wednesday 1.30pm – 3.30pm  
Waverdale, Walkergate – every Thursday 10am – 12noon

The benefits of participating in a Green Gym can have a number of positive effects on your physical and mental wellbeing.

- Improves cardiovascular fitness, reducing the risk of heart disease and stroke.
- Improves muscular strength, leading to improved balance.
- Is a good way to socialise and make new friends.
- Helps to relieve stress and anxiety by working outdoors in contact with nature.
- Has a range of activities that allows you to exercise at a level to suit your capabilities.
- Can help build your confidence through learning new skills.
- Participants claim a sense of satisfaction and often continue their work in the community by volunteering for local conservation groups.

To download registration pack visit -

<http://www.groundwork.org.uk/Sites/stan/pages/green-gym>

## **LIFELINE**

Outlook provides structured day services for people who are aged 18 plus living in Newcastle and have a history of drug use. The organisation provides activities, one-to-one support and a safe environment to help people reach their potential and go on to lead fulfilled drug free lives.

We are always looking to diversify the services we offer our members and to encourage their experiences and wellbeing

We are looking for a qualified experienced yoga instructor.

Must be over 18 and have your own insurance to teach or instruct

Beth Wakenshaw

07809105843 [beth.wakenshaw@lifeline.org.uk](mailto:beth.wakenshaw@lifeline.org.uk)

**NEWCASTLE SOCIETY FOR BLIND PEOPLE**

## **Home Visitor**

Newcastle Society for Blind People are a local charity working within Newcastle City. We work to support blind and visually impaired people to maintain their quality of life despite their sight loss.

Our home visiting service is popular with our service users. This service provides volunteers for people who are lonely and isolated, offering a friendly chat over a cuppa in their home. Our home visiting volunteers can also help with such things as, reading your mail or going on a trip or out for lunch or coffee.

These visits are a lifeline to some of our service users who rarely see anyone and miss having company. If you would like more information on this service then please call Julie McCormack on 0191 232 7292 or email: [julie@nsbp.co.uk](mailto:julie@nsbp.co.uk)

One of our service users said:

"My volunteer visitor is a young lady. We have learned a lot from each other and developed a great friendship. It has been lovely learning about her culture and interests as well as sharing mine. I have taught my volunteer how to knit and we spend a lot of our visits laughing."

## **Volunteer Receptionist**

Newcastle Society for Blind People were formed nearly 150 years ago but the ethos of our organisation remains much the same as it was when we were formed - to help visually impaired people to be and stay independent through information and learning activities, keeping in touch with people services, social groups and empowerment work.

We are looking for a volunteer receptionist to answer calls, book taxis, set up teas and coffees and general office duties. NSBP are looking for a Volunteer Receptionist to cover Thursdays 10-3pm. For more information please contact Julie McCormack, Volunteer Coordinator on 0191 232 7292 or [julie@nsbp.co.uk](mailto:julie@nsbp.co.uk)

## **Technical Support Volunteer**

Newcastle Society for Blind People are a local charity working within Newcastle City. We work to support blind and visually impaired people to maintain their quality of life despite their sight loss.

One of the areas that NSBP works within is accessible technology and enabling independence. NSBP deliver an iPad and tablet class that looks at supporting visually impaired people to use them.

NSBP require a volunteers to support this class as well as support our IT Support Assistant with small classes in accessible technology. It is not necessary to have a knowledge of accessible technology but it is necessary to have knowledge in how to work a computer, iPad or tablet. The tablet class is delivered on Wednesday afternoons.

If you are interested in this volunteer role please contact Julie McCormack, Volunteer Coordinator on 0191 232 7292 or [julie@nsbp.co.uk](mailto:julie@nsbp.co.uk)

### **VOLUNTEER SET DESIGNER. OPPORTUNITY WITH THE TWISTING DUCKS THEATRE COMPANY.**

We are looking for someone with experience of set design or someone with good art and design skills to support our theatre company to design and produce stage sets.

The Twisting Ducks provides opportunities for people with learning disabilities to take part in music, theatre, film and dance activities.

Hours: Flexible, weekdays.

Location: The Twisting Ducks Studio, Westgate College, Newcastle, NE49LU.

Working from home also an option

To apply, please email: [thetwistingducks@gmail.com](mailto:thetwistingducks@gmail.com) and request a volunteer application form. Alternatively, phone 07925167775

BEN - the automotive industry charity,

### **SUPPORT SERVICES VOLUNTEER – AKA PIT CREW**

Make a real difference to someone's life.

BEN - the automotive industry charity, supports people in the automotive industry and their dependents with a variety of challenges.

You will be part of a professional team, we offer training 2-3 times per year (in Ascot or Coventry) and reimburse travel expenses.

You will be asked to visit people in their homes to help them fill in forms, further assess a situation or help them access local support.

Make a lasting impact in someone's life.

#### **You will be;**

- Responding to initial requests from the Volunteer Coordinator to undertake specific tasks with clients
- Communication with Client Support Advisor on outcomes and success
- Ensuring professional boundaries, confidentiality policies, duty to disclose policies, safeguarding legislation and BEN's values are adhered to at all times

Volunteers to have **relevant** experience, knowledge, training, qualifications or skills in at least one of the following areas:

Information, Advice and Guidance Services

- Safeguarding
- Welfare Benefits and/or Statutory Rights
- Community Development/Social Care/Health Care

- Community Services for people with Mental Health Issues, Drug and/or Alcohol Misuse, Social/Housing/Education Poverty or Elderly People

Good communication skills both written and verbal, confident in using IT and technology essential.

Melanie Randal

Direct Line: 01344 298 117

Mobile: 07793 909025

Email: [Melanie.Randall@ben.org.uk](mailto:Melanie.Randall@ben.org.uk)

### **SHELTER - Triage Support Volunteer**

Providing help and guidance to clients face to face and on the telephone and supporting the operation of the Newcastle Shelter office in its day to day business

#### **Main Tasks can include**

- Meeting and greeting clients
- Initial assessments of Shelter clients
- Booking in clients for interviews with our advisers
- Giving out information and leaflets
- Signposting people to other services if we are unable to help
- Researching housing issues
- General basic admin, such as photocopying, scanning, creating client files and filing

#### **Skills and Abilities Required**

- Experience of working with the public
- Ability to organise your own work, manage your time and work on your own initiative
- Using computer programs such as Word and Excel to a good standard
- Effective communication skills and the ability to understand the needs of our customers
- Willingness to follow Shelter's policies, including volunteering, health and safety, equality and diversity and confidentiality
- Knowledge of second language

[shelternortheast@shelter.org.uk](mailto:shelternortheast@shelter.org.uk)

### **RSPB – SCHOOL LIASION**

The RSPB is a conservation charity. The volunteer role of Schools Outreach Session Leader involves the following main activities:

We need your help to deliver fun and interactive outreach sessions to primary schools. The sessions are designed to give teachers and their pupils all the support they need to explore the natural world around them.

We're looking for volunteers with a passion for enthusing children about the natural world. Following a period of shadowing the Schools Outreach Officer we'd ask you to

take the lead on delivering three different workshops with classes of children (age range between 5-11yrs).

Teachers would be present at all times.

We ask for you to commit to at least one day a fortnight.

Tasks will include:

- Leading on delivering our standardised learning activities to primary school children – each of the three workshops last 90 minutes and focuses predominantly on learning outdoors.
- Inspiring children about wildlife, facilitating their learning during activities.
- Assisting with equipment and resource maintenance as necessary
- Regularly checking and responding to emails as this will be our primary method of communicating with you and for sending school requests through to you
- Assisting with feedback and evaluation

Jill [newcastleschoolsoutreach@rspb.org.uk](mailto:newcastleschoolsoutreach@rspb.org.uk)

That's all folks