

## **October Newsletter**

Hi Folks

Autumn is here and so is the start of some vital roles.

If you are interested in any of the roles then contact the organisation using the contact details in the advert

If you are struggling to find a role then email or ring us for a chat

07419988821 [vcnewcastle@yahoo.co.uk](mailto:vcnewcastle@yahoo.co.uk)

**If you no longer want to receive this email then email your name and the subject line UNSUBSCRIBE**

And we will remove you

Thanks

Karen

---

### **Toma Fund Christmas Bag Packers**

Toma Fund - North East Children s Cancer Charity need willing hands for an hour or two to help raise funds to make a difference to the life of a family with a child suffering or recovering from cancer

Bag packs allow us to raise vital times and its an extra Christmas gifts

Saturday 5th December 2015 – Morrisons Cowgate – 11.00 am to 6.00 pm

Saturday 12th December 2015 – Marks and Spencers Metro Centre – 10.00 am to 4.00 pm

Wednesday 23rd December 2015 – Morrisons Killingworth – 11.00 am to 4.00 pm

Thursday 24th December 2015 – Marks and Spencers Metro Centre – 9.00 am to 12.00 noon.

---

### **Marie Curie**

#### **Role Play Actors – 8<sup>th</sup> and 9<sup>th</sup> December Broadacre House**

We are looking for Volunteer Actors to help the Volunteering team at Marie Curie provide a training workshop for new and existing volunteer managers.

The half day workshop will help our employees develop their skills and become successful volunteer managers. Marie Curie has over 10,000 volunteers and most of them are managed by staff whose primary role is something other than volunteer management, so we need to ensure they are trained to do this too.

Role play is a great way to learn, but this can be daunting for many people, so we would like volunteer actors to act out various challenging situations and tricky conversations.

You will be given all the scenarios and support

YOU MUST BE OVER 18

[volunteering@mariecurie.org.uk](mailto:volunteering@mariecurie.org.uk) or on **0845 305 2191**

---

### **RNLI NEWCASTLE FLAG DAY**

The Royal National Lifeboat Institution (RNLI) is a registered charity that saves lives at sea. It provides a 24 hour on-call service which covers Search and Rescue requirements out to 100 miles from the coast of the United Kingdom and the Republic of Ireland. It also provides a seasonal beach lifeguard service on over 200 beaches around the UK. Six Flood Rescue teams are also on standby, able to deploy within six hours of a request for assistance.

In 2014 RNLI lifeboats rescued one person every hour of the year and RNLI lifeguards assisted over 19,000 people during the year.

The RNLI is separate from the Coastguard and independent of Government, relying on voluntary donations and legacies for its income. It costs nearly £5 EVERY SECOND to provide this service (£150 million each year).

The annual RNLI charity street collection in Newcastle is taking place on Saturday 19 December 2015 between 0900 and 1600 hours and we are looking for volunteers who would like to donate a couple of hours of their time for this very worthy cause.

For further information or to offer assistance, please contact David Hastings on 0191 385 7291; email [david@1066.com](mailto:david@1066.com); Facebook 1066dotcom;

---

### **MORUNNERS – VOLS WITH TACH OR NOT**

<https://www.mo-running.com/blog/become-a-morunning-volunteer>

If you are not running but still would like to be part of the MoRunning experience we are looking for volunteers across all locations so please get in touch and let us know which location you could help out at and we can give you more details about the day. In brief you would be marshalling on the course or helping around the event hub and as long as you can give loads of support, smiles, high fives, and make all MoRunners feel awesome you will be ideal! The timings are typically from 730am/8am until around 12pm. It's a great buzz, a load of fun and as you know for a great cause.

All volunteers are given the chance to get a free entry to a future MoRun, drinks and snacks on the day and some goodies from the event.

Location for Newcastle is Exhibition Park and the event times for volunteers would be from 12pm until around 4pm.

Sunday the 8th November

Contact email if interested is [info@thefixevents.com](mailto:info@thefixevents.com)

---

### **Charity Gift Wrap Service**

**Saturday 19 December - Brunswick Methodist Church (City centre)**

**The Ghanaian Childrens' Trust will be providing a gift wrapping service from 11am - 4pm, at the Brunswick Methodist Church in Newcastle city centre.**

This is a great way for busy Christmas shoppers to have sit down while someone else wraps their gifts with care. There will be no charge but donations welcome.

**We need your help!!** In order for the charity to make this a success we are looking for donations of Christmas paper, bows, ribbon, labels and sticky tape. If you have any to spare, we would be thankful for anything we receive.

If you would also like to volunteer some time, even an hour or so to help that would also be greatly appreciated.

***If you think you can help please contact Colette Anson on 07745253396 or [colette\\_anson@hotmail.co.uk](mailto:colette_anson@hotmail.co.uk), for more information and collection points.***

**Ghanaian Children's Trust, Charity No: 1106764 – supporting orphans and destitute children in Ghana**

[www.ghanaianchildrenstrust.co.uk](http://www.ghanaianchildrenstrust.co.uk)

---

### **CLIC Sargent**

CLIC Sargent are the UK's leading children's and young people's cancer charity. We are looking for volunteer collectors for the panto at the Custom's House in South Shields. At a minimum we want to cover the week leading up to and week after Christmas, especially Christmas Eve and New Year's Eve and the final day of the performances – 9 January. There are up to 3 shows a day and at a minimum we want to cover the matinee. There are no shows on Christmas Day, Boxing Day and New Year's Day. Collectors need to be over 18 or have adult supervision.

For more information or to volunteer please contact Dee Tyler on 07767 621705 / [dee.tyler@clicsargent.org.uk](mailto:dee.tyler@clicsargent.org.uk) .

Reasonable out of pocket travel expenses will be paid.

---

### **Christmas Host – Give the Gift of Christmas**

Give the gift of Christmas! Hundreds of adult international students studying in the UK will be facing a lonely Christmas on a deserted University of campus. You can invite one or two students into your home for four days of Christmas, learn about their culture, show them your local area and traditions, and invite them to experience your own home life.

Volunteer hosts invite students to visit for a few days at Christmas so the student can experience 'real' Britain, away from university and heavy tourism, and so the host can meet new people and learn about diverse cultures from around the world.

Choose how many people you invite (individuals, pairs or families) and if you would like to meet someone from a specific country. Students and hosts will be matched on interests and availability by a Regional Organiser (RO) who will also help you sign up.

There are no specific expectations from a host visit, other than the student should be made to feel part of your family for the short time. Hosts can show their local area, visit friends, attend local events, or just spend time chatting. This is not a tourism opportunity for the student and hosts are not expected to act as 'tour-guides'.

So, if you'd like to enjoy an unusual and rewarding activity, meet new people and travel the world on your sofa, get in touch with HOST.

Hosting is also available during weekends throughout the year.

Kimberely [dce@hostuk.org](mailto:dce@hostuk.org)

---

## **ONGOING**

**Volunteers needed for Barnardo's Circles and Circles2 projects**

Are you thinking about volunteering? Looking for something challenging and rewarding? Are you emotionally mature, non-judgemental and prepared to commit a couple of hours each week to help protect children?

If the answer to the above questions is **yes**, then our projects could be just right for you. As a Circles or Circles 2 volunteer, you would be given full training and professional support throughout your time with us.

We recruit volunteers over the age of 18 from all parts of the community who live in the North East and who are interested in contributing to this challenging and rewarding work. We would particularly welcome male volunteers and older people as they are currently under represented.

**Circles 2 - Making a difference in the lives of women and children who have experienced violence or abuse:**

Circles 2 is a volunteer led project which supports women and children in the community (Tyne & Wear & Northumberland) where there have been issues of domestic violence or sexual abuse, and also concerns about the safety of their children. The Circle of 4-6 volunteers offers emotional and practical support for a few hours each week over the course of a year.

**Circles North East - Supporting convicted child sex offenders in the community who are committed to leading offence-free lives**

The 4-6 volunteers in a Circle support the “core member” to lead an offence free and productive life, and help manage any further risk of sexual harm. The Circle meets for two hours each week over the course of 12-18 months. This well established approach supports the work of the statutory agencies in protecting the public, especially children, and in reducing re-offending.

Jill Marriott [jill.marriott@barnardos.org.uk](mailto:jill.marriott@barnardos.org.uk) 0191 2120237 07919 301033

---

**PRIDE AND JOY – MANAGEMENT COMMITTEE MEMBERS**

PRIDE AND JOY is a community singing group for lesbian, gay, bisexual and transgender people based in Newcastle.

We enjoy singing all kinds of music including jazz, folk and songs from musicals. We strongly believe in the link between music, and in particular group singing, and wellbeing and the importance of the social aspect of singing and performing.

We are looking to establish a Management Committee to help oversee the work of the choir, from supporting us in our financial management and wider administration, the promotion of the choir and events linked to it across communities including our digital and social media presence, through to the future development and direction of the choir, its funding and strategic direction.

The Management Committee will include choir members with a range of experiences and skills, but we are looking to strengthen these skills through the appointment of a number of individuals with key skills and experience in the following:

- fundraising through a range of bodies, including grant bidding experience and working with potential donor bodies, groups or individuals - skills in digital and social media as a promotional platform, including website development and editing skills - financial administration, including banking matters - events planning, management and administration - charity administration and

governance The commitment would be in the region of 4-5 hours per month including meetings with members of the Management Committee, and there is no requirement to be able to sing, but we would expect individuals to support the values of the choir. The roles are voluntary and therefore unpaid, although reasonable travel and associated expenses would be covered. If you have the necessary skills and experience please contact: [pandjnewcastle@gmail.com](mailto:pandjnewcastle@gmail.com) for an initial conversation.

- <http://www.prideandjoynewcastle.com/about.html>

---

## **VOLUNTEERING MATTERS**

### **'Gap year' volunteering opportunities in the UK. Free accommodation and subsistence provided**

Are you looking for a fun and challenging way to spend a gap year in the UK and equip you with skills and experience for your CV? Volunteering Matters offers a wide variety of full-time volunteering opportunities across the UK for 18-35 year olds. Free accommodation and subsistence is provided which includes food and day to day expenses along with relevant training and support. You could be helping people with disabilities to live independently, assisting in a special needs school, supporting homeless people or mentoring young people.

No specific qualifications or previous experience is required, just a willingness to commit for a period of between 6-12 months and an ability to be placed anywhere in the UK.

For more information and to apply visit [www.volunteeringmatters.org.uk/gapyear](http://www.volunteeringmatters.org.uk/gapyear) or call 0800 374 991

---

## **AGE UK NEWCASTLE**

A Team leader and Volunteers Wanted to help out at Anfield Court Lunch Group held in Kenton every Wednesday 11- 2pm, duties would include serving lunches, logging food temperatures, helping with the clearing up and calling the bingo.

Volunteers wanted for Callerton Court Lunch Group held in Westerhope every Tuesday 11-2pm, duties would include collecting lunch money, serving lunches, and helping with the clearing up.

Passenger Assistants required to help on our transport full days or half days, duties would include helping passengers from their front door onto the transport, this can range from an arm link to a wheelchair transfer. Full Moving and Positioning Training would be given.

**Joanne Porter** T: 0191 235 9910 M: 07580 010 085

**E: [joanne.porter@ageuknewcastle.org.uk](mailto:joanne.porter@ageuknewcastle.org.uk)**

**W: [www.ageuk.org.uk/newcastle](http://www.ageuk.org.uk/newcastle)**

Volunteer with us and be there for someone living with a terminal illness.

We're looking for Helper volunteers aged 18 or over who can give 3 hours each week to chat to people over a cup of tea, help them get to an appointment, run an errand or just be there as a friendly ear.

By becoming a Marie Curie Helper volunteer, you would be offering valuable emotional and practical support to help people affected by a terminal illness get the most from the time they have left.

We'll give you extensive training before you start and you'll receive ongoing support throughout your time volunteering.

Have a chat with us first to find out if this role is for you.

Feel free to come along to our information session being held Thursday 22<sup>nd</sup> October 2015 @ 14:00hrs at the Newcastle Hospice

Phone: 0845 073 8590\* (Monday to Friday 9am to 5pm)

Email: [tyneandwearhelper@mariecurie.org.uk](mailto:tyneandwearhelper@mariecurie.org.uk)

You can also apply online for this role at [mariecurie.org.uk/volunteering](http://mariecurie.org.uk/volunteering)

\*Call charges apply. Please check with your provider for details.

---

### **Volunteers Supporting Families project recruiting volunteers now!**

The South Tyneside Volunteers Supporting Families (VSF) project recruits, screens, trains and places volunteers with families whose children are subject to a safeguarding plan or who have additional needs. The project enables volunteers to gain a unique experience of supporting vulnerable families who are in the social care arena or who have additional or complex needs. Volunteers can learn valuable new skills, make friends and make a difference to their community.

Volunteering Matters is currently looking for inspiring volunteers who understand the difficulties faced by families with additional or complex needs, who are good listeners and are keen to offer emotional and practical support to families in South Tyneside. Volunteers will need to be able to commit to at least one home visit a week for a minimum of six months. It is a demanding role but Volunteering Matters will provide training and support every step of the way.

If you would like to find out more information go to:

[www.volunteeringmatters.org.uk/volunteers-supporting-families](http://www.volunteeringmatters.org.uk/volunteers-supporting-families) ; contact Alison Stepney or Tracey Hadaway on 0191 424 4740 / 0191 424 4741; or email [STyneVSF@volunteeringmatters.org.uk](mailto:STyneVSF@volunteeringmatters.org.uk)

---

### **Under the Bridge**

Under the Bridge Furniture Workshop runs 2 second hand furniture charity shops and a workshop, for learning opportunities, which teaches vulnerable adults to restore and fix wooden furniture.

This is a chance to be part of a team which makes a real difference to the lives of homeless people and people who have come through social housing.

Both shops, one on Heaton Park Road and one on Heaton Terrace, need to be cleaned once a week.

At Heaton park road: Hoover, dust and polish stock and surfaces, clean kitchen, toilet, clean windows, sweep and litter pick outside the shops. Empty bins.

At Heaton Terrace: sweep and mop shop floor, dust and polish stock and surfaces, clean toilets, clean kitchen, sweep and mop kitchen floor. Empty bins. Part of the role is also to befriend the service users (formerly homeless) who are a part of the team. Sit and have a cup of tea with them, chit chat and be a part of their lives.

Jessica Penrose, 0191 2284928 [jessica.penrose@tynegroup.org.uk](mailto:jessica.penrose@tynegroup.org.uk)

---

### **Age UK North Tyneside and VODA**

Two Opportunities are currently available with Age UK North Tyneside and VODA are seeking suitable individuals who are keen to pursue voluntary experience with older people through Age UK.

#### **1. Hospital Volunteer:**

The home from hospital service aims to support individuals admitted to North Tyneside General hospital in their transition from Hospital back into their local community. The Volunteer role will vary based on individual need in terms of support offered, but the overall tasks will be to promote the wellbeing of the older person and help to rebuild self confidence and social networks.

#### **2. Volunteer Befriender:**

To befriend an older person living in North Tyneside and work with that individual to provide social contact and reduce social isolation. This role will vary based on individual need but may include supporting an individual to access community based activities and enjoy each other's company.

**Email:** [josie.robinson@voda.org.uk](mailto:josie.robinson@voda.org.uk)

**Telephone:** 0191 643 2626

---

### **Kidscape's ZAP Programme**

**Volunteers required for the UK's longest established anti-bullying charity.**

If you are aged between 18 and 25 and are interested in supporting severely bullied children and young people aged 9 – 16 years, then Kidscape's ZAP Programme may be what you are looking for.

The ZAP Programme consists of a one-day workshop at a venue in Newcastle city centre – usually on a Thursday or Friday, every two weeks.

The Programme aims to support the children to develop skills that will either prevent further bullying or enable them to cope with the bullies.

Skills such as assertiveness, communication, problem solving, coping strategies and fogging will be part of the Programme.

As a volunteer you will receive training and support from the ZAP Programme Regional Coordinator.

You do not need any experience of working with young people.

References and an Enhanced DBS will be necessary prior to your involvement with the programme.

For more information and an application form please contact:  
Danny Gilchrist - 07495257802  
Email: [danny@kidscape.org.uk](mailto:danny@kidscape.org.uk)  
Web Address: [www.kidscape.org.uk](http://www.kidscape.org.uk)

---

### **Newcastle West End Food Bank**

#### **Driver**

The Food Bank operates 4 days per week Monday – Thursday, 10:00 – 4:00  
The work involves collecting and delivering food parcels from the Food Bank Warehouse to the Distribution Centres in a timely manner using the Food Bank vehicle (Vauxhall Vivaro van). The driver will be responsible for loading and unloading the vehicle with support from others in the team.

We are looking for one or more drivers to help us continue to provide our support to people in need.

Contact Matthew King on 07580 751365 for further details.

---

### **Newcastle Society for Blind People**

#### **Home Visitor**

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 who is still in school. 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 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 would like the office covered Tuesday-Thursday 10am-3pm. For more information please contact Julie McCormack, Volunteer Coordinator on 0191 232 7292 or [julie@nsbp.co.uk](mailto:julie@nsbp.co.uk)

---

### **Great North Run Volunteer Supporter**

Newcastle Society for Blind People are looking for a volunteer who has some time and interest to help us look after our Great North Run runners for 2016. Ideally experience in booking places for runners and organising fundraisers.

NSBP recognises that our runners give a lot of time and effort to run in support of us. We would like to ensure they are well looked after and shown our appreciation. The role will involve organising NSBP places, finding runners and looking after them throughout the year to help fundraise. As well as organising a small event after the run to say thank you.

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

---

### **Volunteers for Care Homes Project Needed**

Could you spare some time to visit an older person in a care home in the West End of Newcastle? We are looking for volunteers to go into care homes to sit and chat with residents, to read to them and help them engage in activities. Would you like to be a volunteer befriender for our Care Homes Project and make a difference to someone's life?

Please contact West End Befrienders on 0191 272 4414 or [info@westendbefrienders.org.uk](mailto:info@westendbefrienders.org.uk) for more information.

---

### **Brighten Someone's Day**

Could you brighten an older person's day with some chat and encouragement? West End Befrienders are looking for outgoing people to chat to older people, in their own homes or within Care Homes, to make them feel wanted, appreciated and keep them in touch with their communities. If you can, you will gain a new friend and the warm feeling of having brightened someone's day!

Please contact West End Befrienders on 0191 272 4414 or [info@westendbefrienders.org.uk](mailto:info@westendbefrienders.org.uk) for more information.

---

### **British Science Association**

The British Science Association believes that science should be a part of – rather than set apart from – society and culture, and is owned by the wider community. Our programmes encourage people of all ages and backgrounds to engage with science, become ambassadors for science, and ultimately to be empowered to challenge and influence British science - whether they work in science or not.

So join our Newcastle team as a committee member and help to plan and prepare meetings and events – or be more direct and support the events. Or better do both!

Sabah Adams [regions@britishscienceassociation.org](mailto:regions@britishscienceassociation.org)

W:[www.britishscienceassociation.org](http://www.britishscienceassociation.org)<<http://www.britishscienceassociation.org/>

---

### **Oasis Aquila Housing**

*Oasis Aquila Housing is a Christian response to homelessness and disadvantage providing housing, support and other specialised services to support individuals from a place of emergency to independence. The support provided aims to develop life skills that will enable the young people to live successful independent lives.*

#### **M.A.S.H. Team Volunteer**

One of our projects is a Domestic Abuse project (partnering with Tyneside Women's Health) which is part of a Multi-Agency Safeguarding Hub and provides targeted support to low to medium risk victims of domestic and sexual abuse. M.A.S.H. Team Volunteers will support the project staff, being matched one-to-one with service users to support and encourage them in a non-judgemental and empathetic manner.

#### **Volunteer Youth Coach**

Oasis Aquila Housing works with homeless young people who are often a long way from the job market. The Talent Match Project has been set up to help support young people aged 18-24 to overcome their individual barriers to employment. A Volunteer Youth Coach will be matched to a young person to provide mentoring support to help them towards employment and encouraging them whilst they are in work. Volunteer Youth Coaches will work closely with staff Youth Coaches to provide support around employability issues, helping the young person to create clear goals and supporting them to achieve their goals.

#### **Employment Support Volunteer**

Oasis Aquila Housing works with homeless young people who are often a long way from the job market. The Employability Project has been set up to help support our service users to overcome their individual barriers to employment.

An Employment Support Volunteer will provide support and guidance to Oasis Aquila Housing's service users on employability and job search issues, including the following areas: CV writing, online job searches, assistance with application forms, interview skills (including mock interviews), and encouraging service users, recognising and celebrating progress. The role may also include helping our service users to work out what type of employment they have an aptitude for, what training and experience they need and where to get it.

#### **Basis@336 Volunteer**

Basis@336 is Oasis Aquila Housing's resource centre for anyone in need of housing support, located on the Gateshead High Street. Clients can drop in to the centre to access an array of services including accommodation advice, referrals to other projects, emergency food, internet access and shower and laundry facilities.

Volunteers engage in a variety of tasks to help maintain the project and ensure that service users are welcomed and well supported.

## **Volunteer Befriender**

Volunteering helps improve the quality of life of Oasis Aquila Housing service users who may often feel isolated and lonely. A Volunteer Befriender is supported and encouraged to provide ongoing practical support and companionship to our service users. This may mean visiting them in 24-hour supported accommodation, in their own homes, or agreeing to meet at suitable other places. Within our residential projects, Volunteer Befrienders run activities to engage our service users positively e.g. arts and crafts, cooking/baking, family learning, beauty therapy. Within our drop-in centre, Volunteer Befrienders provide practical support to our service users e.g. help with laundry, making refreshments, filling in forms, etc. Comprehensive training and induction is provided for volunteers, followed by regular supervisions and staff support.

Oasis ask that you follow these instructions

**To get the application form, go to [www.myvolunteerpage.com](http://www.myvolunteerpage.com). In the 'search' box, search for Oasis Aquila Housing. You should then be able to create a new user by clicking the 'Sign up! Button in the top right hand corner. It will then take you to the application form which we're able to pick up once you've filled it in**

---