

**September 2015**

**Dear All**

**Good Luck to anyone running in The Great North Run and to the volunteers supporting the charities**

**Congratulations and admiration to everyone who has given, carried, sorted and collected for Calais**

**Broadacre House is a hive of people power to make a difference through volunteering for Calais**

**Thank you to the Broadacre House trustees for donating the space to make the storage possible and to those who have given in time and energy**

**Karen**

If you are no longer interested in volunteering then all you need to do is reply to this email with YOUR NAME and 'unsubscribe' in the subject title e.g.

**Michaela Jones unsubscribe.**

**2015 is the 10<sup>th</sup> Anniversary of Volunteer Centre Newcastle – we would like to hear from you if you have started volunteering as a result of contact with us**

Email: [info@volunteercentrenewcastle.org.uk](mailto:info@volunteercentrenewcastle.org.uk)

---

**One off**

**URGENT REQUEST**

**Guide dogs**

Would you like to make a really important contribution to our dog care and welfare team? We need volunteer drivers to support our Dog Car and Welfare Advisor in all areas of the mobility team to do runs with dogs and owners to the vet, some of them requiring longer trips to Glasgow. You will get full training and out of pocket expenses as well as the satisfaction that you are helping the dogs to get the attention they need quickly and in comfort. To find out more contact [newcastle@guidedogs.org.uk](mailto:newcastle@guidedogs.org.uk) or 01889838732

---

**Friends of Tyneside Samaritans**

You probably already know about the Samaritans. For some people being a listening volunteer, taking calls from people who want our help, is not possible because of lack of time or a feeling that this type of work is not what they want to do, but they still feel they would like to help on some way.

Friends of Tyneside Samaritans are looking for people with a variety of skills to help us raise much needed funds and promote the ethos of the Samaritans. This could be through co-ordinated activities such as street collections, supermarket bag packs, attending local events, or implementing your own ideas.

If you are interested in getting involved look at our website [www.samaritans.org/tyneside](http://www.samaritans.org/tyneside) and follow us on Twitter: @tynesidesams. You can email us directly at [friendstynesidesamaritans@gmail.com](mailto:friendstynesidesamaritans@gmail.com) or ring on 0191 281 3251.

We are holding two recruitment events on 29 September (7-9pm) or 3 October (11 - 1pm) at our branch at 15 Portland Terrace, Jesmond. Please, come along and get involved. It is challenging but very rewarding. Feel free to ring or email for information.

---

**On Going**

**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.

---

### **Women's Health Advice Centre (WHAC)**

Women's Health Advice Centre is looking to expand the services it provides for women, men and young people, aged 14+, throughout Northumberland, and is now recruiting volunteer counsellors to join the already established team.

Potential counsellors would, as a minimum, need to be in their first year of a Foundation Degree in Counselling, have their Certificate of Competency, or be already qualified.

Those with an interest in working with a wide variety of client issues e.g. domestic abuse, sexual violence, relationships etc, would be welcomed. WHAC offers accredited training with NCFE for successful applicants.

If you are interested in being a WHAC volunteer counsellor, please request an application pack by contacting the centre at 1 Council Road, Ashington, Northumberland NE63 8RZ. Telephone 01670 853977, or e-mail [admin@whac.uk.com](mailto:admin@whac.uk.com) by 25<sup>th</sup> September 2015.

---

## **HAND IN HAND**

Working with socially isolated elderly and those at risk of social isolation in Newcastle and North Tyneside through our Befriending Service, Lunch Club, Activities & Reminisce Clubs and Monthly Outings. Care and Compassion is at the heart of all we do. You can really make a difference to someone's life by volunteering with us.

We need the following:

**Befrienders (up to 2hrs a week)**

**Clubs Assistants (Tuesday's Heaton 1pm to 3.30pm & Wallsend 10.15am to 2.45pm)**

**Cooks (Tuesday Wallsend to go on a rota)**

**Outings Companions (flexible role to fit in with your availability, both drivers - with access to a car, and non drivers)**

If you are interested more information can be found on our website [www.handinhandproject.org.uk/volunteering](http://www.handinhandproject.org.uk/volunteering). If you would like a chat about any of the roles call Denise on 07890885748.

---

## **RNIB**

### **Help people with sensory loss get Online Today**

Volunteering is a great way to meet people, learn new skills and expand your horizons. At the Royal National Institute of Blind People (RNIB) we have new volunteering opportunities available as part of a new project.

Online Today is a new Big Lottery funded project led by RNIB, delivered in partnership, to help people with sensory loss across the UK get online.

Technology can make life easier if you have hearing or sight problems, but knowing where to start isn't always easy. Online Today will ensure people with sight loss have access to the same opportunities as everyone else. We want to help people gain basic skills to get online and feel confident using technology; from browsing websites and sending emails, to keeping in touch with family and friends.

We are looking for volunteers who have skills and experience in IT to join our Technology Support Squad to demonstrate the accessibility features of smartphones, tablets and e-Readers at events, group sessions and in people's homes to help them with basic online skills.

Help us get people with sensory loss Online Today. Find out more by visiting [nib.org.uk/volunteering](http://nib.org.uk/volunteering), or call 0303 123 9999 or email [technologysquad@nib.org.uk](mailto:technologysquad@nib.org.uk)

---

### **AKT Needs Carers**

Carers provide a stable home environment for young people whilst they work on finding employment, complete full time education and find affordable accommodation.

If you would be interested in providing a safe space for a young LGBT person to call home then contact our senior practitioners for more information

**Newcastle:** [dawn@akt.org.uk](mailto:dawn@akt.org.uk)

---

### **INSPIRE & INCLUDE**

Age UK Newcastle is proud to be working with Sport England on Inspire and Include, a project to deliver a certified qualification for volunteers to **engage and assist** older adults with disabilities to participate in a sport and physical activity across Newcastle upon Tyne. Training will be provided through our team of qualified instructors who will work with you to guide you through the qualification

The UK Sports Leaders qualification will be certificated and recognised by Ofqual. Designed in partnership with Age UK this qualification has been designed to ensure it is accessible to all ages.

At the same time Age UK Newcastle will be engaging with older adults with a wide range of impairments to participate in sport and activity, volunteers will work with tutors and coaches to **assist** in the delivery of sessions including associated administration.

If you are interested in joining us on this project as a volunteer or would like to participate in one of our many activities please contact our Activity Co-ordinator Linda Williams 0191 2359938 or email [linda.williams@ageuknewcastle.org.uk](mailto:linda.williams@ageuknewcastle.org.uk)

We look forward to hearing from you and hope that we can INSPIRE you to join us to help with the delivery of activities across Newcastle where we are committed to increasing the health and wellbeing of older adults across the city.

Volunteers 16 plus welcome

---

### **Sequence Dance Leader**

Do you love dancing? Would you like to lead a weekly sequence dance session for older people in Newcastle?

Age UK Newcastle are looking for an enthusiastic and experienced volunteer to lead 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 organising the programme, putting together a playlist of music, collecting the money 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 Linda Williams, Activity Coordinator for further information on (0191) 235 9938 or email [linda.williams@ageuknewcastle.org.uk](mailto:linda.williams@ageuknewcastle.org.uk).

## **Volunteers 18 plus welcome**

---

### **You Can Do It!!**

If you are aged **16 to 35** and have a **disability, mental health or long term health condition** and would like to find out more about volunteering or getting involved in the community, then Can Do is for you.

There are a lot of different ways to get involved and use your skills and talent to help others. You will work within a group to make a positive impact on the community in lots of different ways. You can fundraise, create artwork/sculptures to donate to places, care for the environment, create music and entertainment, helping others or campaign or teach people about things like using the internet, or equality and diversity. You can learn and develop new skills, build self-confidence and independence, meet new people and raise awareness on issues that are important to you.

You can also join the Can Do Steering Group, which is held in Newcastle centre on a Friday afternoon, every 2 weeks. The group come up with ideas on how to get involved in the community and also it's a good way to make some new friends. There are many opportunities to volunteer on a one off or short-term basis with an opportunity to work towards a City & Guilds certificate. We can work with different organisations/groups or individuals. Can Do is flexible to different abilities and if required, support staff are welcome.

To find out more, get in touch with Ann Henderson 07525800291 [ann.henderson@leonardcheshire.org](mailto:ann.henderson@leonardcheshire.org).

---

### **Marriage Care Tyneside**

Marriage Care helps couples and individuals to build and sustain strong, fulfilling healthy relationships, as well as providing counselling support in times of relationship difficulty. And we've been doing this for over 65 years.

Our vision is a society in which *all* adults can build and sustain strong, fulfilling, healthy relationships. We do what we can towards achieving this vision by offering relationship education resources, marriage preparation services and relationship counselling to all, regardless of ability to pay.

We have over 50 centres and more than 100 counselling locations across England and Wales and are currently seeking volunteers for our Tyneside centre. We need people with specific backgrounds and knowledge:

- qualified counsellors
- centre management
- publicity officer

In return for your time and commitment we offer you the chance to attend CPD events and supervision, to be part of a national charity and to support your local community. We will also pay your expenses. For more information visit [www.marriagecare.org.uk](http://www.marriagecare.org.uk) or contact Liz Walker on 0191 2320342

[marriagecare.tyneside@gmail.com](mailto:marriagecare.tyneside@gmail.com)

---

#### **OXFAM GOSFORTH**

Shop on Gosforth High Street calling out for volunteers

We have a range of ways you can get involved

Homeware volunteers, deputy manager role and accessory specialists shoes handbags jewellery etc . Also front of shop e.g till staff and shop floor staff

Excellent support and experience

Mick [oxfamshopf0219@oxfam.org.uk](mailto:oxfamshopf0219@oxfam.org.uk)

---

#### **Greater Walker Community Trust**

Have you got time to spare?

We are looking for people who are interested in working in a care environment with older people with diverse needs.

We offer a friendly workplace, the chance to gain qualifications, apprentice programmes, outreach work, free lunches and day trips.

If you are interested in joining our team please ring Kay on 0191 2657270

DBS checks compulsory

---

OpportUNITY

#### **ESOL Teacher**

OpportUNITY, a non-governmental organisation, based in the centre of Newcastle, which provides local and international opportunities for young people, is looking for a motivated and creative individual to join our team for a voluntary placement as ESOL (English for Speakers of Other Languages) teacher.

You will be responsible for:

- planning, preparing and delivering classes for the members of our international team – the classes should combine standard language lessons (with emphasis on formal English vocabulary and expressions, general business terms/expressions, grammar and formal writing) with conversation groups

Initially, we plan to organise the classes twice a week, approximately 1,5 h per day (anytime between 10 am – 4 pm when you are available – except Fridays).

Please, contact [volunteer@opportunityuk.org](mailto:volunteer@opportunityuk.org) if you are interested in gaining more experience as an English teacher, getting a reference for your CV and work in our international team!

Volunteers must be aged +18.

---

#### **SEARCH – Walk leaders**

To help with our existing Wednesday Walks – 1-2 hours walks plus social/café stop

at the end. This is a very friendly and welcoming group of over 50s walkers who do local walks around Newcastle and also take buses further afield, e.g. Tynemouth or Corbridge

Your role will mainly be to ensure the safety of other walkers and help to plan the walks with support from a worker. Training will be provided.

Ideally we need someone who can support the group weekly but we would be very happy to hear from those who could offer occasional support.

**Clare 0191 273 7443 [clare.levi@searchnewcastle.co.uk](mailto:clare.levi@searchnewcastle.co.uk)**

---

The Ark

We are looking for volunteers to join our fun and friendly team. If you are looking for experience in working with children, retail or hospitality we have some fantastic opportunities for you to build your skills and make new friends in the process!

Where possible the Ark supports local businesses/ charities and maintains an ethos of social and environmental responsibility. The Ark also supports vulnerable members of the community, by providing SNAP Play sessions (Special Needs Accessible Play) for families to enjoy and volunteering opportunities for adults with learning difficulties. The Ark is a different way of doing Church! It provides an environment for people who may not be linked to a congregation, to feel happy and comfortable in finding out more about Christianity.

Our volunteers play a strong role helping to run the Ark every day! With a range of different opportunities, such as messy play, story time, SNAP and serving/greeting customers.

If you can spare 2 hours or more and are interested in volunteering for us then we would love to hear from you! You can contact us on 0191 4131339 or email us at [Ark@crawcrook.org.uk](mailto:Ark@crawcrook.org.uk)

---

## **GUIDE DOGS**

Virtual Volunteer Roles

We have a range of roles available for you to do from home

### **Correspondence Secretary**

We are looking for someone with good written skills to co-ordinate the correspondence for our Newcastle Supporter Group. Good emails and letters help us secure collections, events and support so this role is key to maximizing the funds we raise and people and groups we engage with. The Guide Dogs Service receives no government funding so every connection you make can bring in the vital funds we need to enable more people with sight loss to be independent and live the life they want to. As well as appealing for help you will send out thank yous to people who have supported Guide Dogs in a timely manner and take minutes at group meetings which are usually bi monthly. Training, contacts and letter templates are provided

### **Engagement Co-ordinator**

Do you like meeting people, getting out into the community and networking? Can you express passion and commitment to a deserving cause and inspire this in other people? The role of Engagement Co-ordinator for our local supporter group needs to do all of these things and convince local community groups, schools and businesses to support Guide Dogs Name a puppy Scheme, fundraising, Guide Dog Week events

and current campaigns. You will be confident contacting and speaking to a range of people across your local community and have excellent communication and 'people' skills. The role will involve contacting potential supporters in a variety of ways, telling them about the work of Guide Dogs and explaining how they can support us. You may also visit companies and community groups to tell them about our work as well helping to staff stalls at events. There may also be the opportunity to manage and support a Name a Puppy scheme. By doing these things you will help Guide Dogs to gather support and enable more people with sight loss to live the life they want to on their own terms.

Full training in Name a Puppy, other fundraising initiatives and speaking on behalf of Guide dogs will be given

### **Collection/Event Host**

This role is for someone who can get the right people in the right place at the right time! We need someone to contact our database of supporters and invite them to help at collections or come to events. You then need to ensure they know where to turn up, on what date and at the right time and record this. It sounds simple but this role is key to making the most of our fundraising and engagement opportunities and ensuring that all of our supporters are as involved as possible. By helping us to rally our 'people power' you will be ensuring that Guide dogs raises the vital funds need to continue and expand our services; these services receive no government funding so every penny is vital if we want to enable more people with sight loss to live an independent life in which they can fulfil their hopes and aspirations

### **Meeting Co-ordinator**

This role is a very niche opportunity that involves specific tasks but it's key to enabling the group to get together and plan on a regular basis. It isn't only through doing this that members can make the most of local opportunities to enable people with sight loss to live life independently and on their own terms. Our local supporter group needs someone to schedule meetings, inform fellow volunteers of the times, dates and venues and draw up an agenda. You would also be responsible for writing and circulating full and accurate minutes to group members and the appropriate staff. You would need to liaise with the group co-ordinator, event host, engagement co-ordinator, correspondence secretary and treasurer. It would also be key that you keep an up to date list of group members and welcome new members to the group

### **Driver (sensory experience unit)**

Guide Dog's sensory experience is a unique and fun way for the public to experience the challenges of sight loss and we would love to use it more. However the towable unit it is housed in is stored in Central Scotland and we need a suitably skilled person to do the round trip to pick it up and return it before and after events. You would also need to assist setting up and packing away the unit. This role would suit someone who enjoys driving and likes to do things that are 'hands on'. By helping us to use this valuable resource more often you will be helping us to engage with the public, help them understand sight-loss and encouraging them to support Guide Dogs. Training in all aspects of driving and setting up the unit is given. This role can be combined with other driving activities for Guide Dogs

**Claire Devine 08453727423 [newcastle@guidedogs.org.uk](mailto:newcastle@guidedogs.org.uk)**

---