

# VOLUNTEER CENTRE NEWCASTLE

## VOLUNTEERING OPPORTUNITIES

In this edition there are volunteering opportunities with...

- CONTACT WHEELS AND WELLIES WALK
- MARIE CURIE
- PROSTATE CANCER
- THE GREAT EXHIBITION OF THE NORTH
- HEADS & TALES MENTAL HEALTH HERITAGE
- THE BRITISH HEART FOUNDATION
- LEAZES HOMES LIMITED
- ST OSWALD HOSPICE
- ALZHEIMER'S SOCIETY
- NEWCASTLE CARERS
- LEONARD CHESHIRE
- SMILE FOR LIFE
- SCOTSWOOD CENTRE
- CARE HOMES PROJECT

*If you no longer want to receive this email, please contact me to unsubscribe.*

*In the newsletter, there are two types of volunteering opportunities, one offs and ongoing, the one-offs appear first.*

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## CONTACT WHEELS AND WELLIES WALK

Be part of the Contact team and help us to reach families sooner. Contact has been supporting families with disabled children across the UK for over 35 years. Whatever the condition, whenever they need us, wherever they are, we are here for them. Contact is looking for volunteers to dedicate a few hours of their day on Sunday 25<sup>th</sup> February to ensure that our first Wheels and Wellies Walk is a great success!

Our first sponsored Wheels & Wellies Walk will take participants on a 1km or 3km wheelchair and pushchair accessible loop around Gateshead's Saltwell Park. Along the way there'll be puzzles and tasks for everyone taking part and the money they raise will help Contact to reach more families with the advice and support they need as soon as they need it.

We are looking for volunteers for the following roles:

**Route Marshals** guide and encourage the participants around the course warning them of any potential obstacles or hazards, as well as ensuring that other park users are aware of the walk taking place.

You will be standing at a designated spot and encouraging the walkers to continue in the right direction. Some of you may have stickers to hand out to everyone who has passed, or stamps for them to collect. You will receive full instructions regarding your role in plenty of time before the event, and there will also be a marshal briefing when you arrive.

Route marshals will be asked to arrive at 10:00, and will be finished by 13:00.

**Set Up Volunteers** will help to set up the registration area and put out the signage needed around the route before registration opens.

Set Up Volunteers will be asked to arrive at 08.30, and will be finished by 10:15.

**Promotion Volunteers:** if you aren't available on Sunday 25<sup>th</sup> February but would like to help us promote the Wheels and Wellies Walk in the run up to the event, we would love to hear from you. If you can spare some time to put posters up in your local community, share posts on social media and tell your friends and family about the walk, please get in touch.

**If you would be interested in volunteering on Sunday 25<sup>th</sup> February, please contact Katie Britton, Community Fundraising Development Manager on [Katie.britton@contact.org.uk](mailto:Katie.britton@contact.org.uk) or telephone 0207 608 8767**

Find your perfect role at Marie Curie

Marie Curie recruitment roadshows are a great way to find out what it's like to be part of our team. Come along for a chat, or just to see what we do. It's a friendly and informal atmosphere, and there are no obligations. Whatever you're interested in, we'll do our best to find the role that's right for you. Our Newcastle recruitment roadshow will take place on Thursday 22nd February.

Join us to:

- Find out about the different roles on offer and what might suit you.
- Chat with our staff and volunteers over a cuppa.
- Hear more about our application process.
- See the vital work Marie Curie does to support families in your community.

You can book your space online, at [www.mariecurie.org.uk/joinus](http://www.mariecurie.org.uk/joinus), or if you're in a rush, just drop in whenever it suits you.

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## PROSTATE CANCER

8th February 2018,

Drop-in Session 15:00 - 18:00

The Royal Station Hotel

Neville Street, Newcastle Upon Tyne, NE1 5DH

The North East Volunteer Hub invites you to find out about the work of this small band of enthusiasts. This is a turn up at any time programme of talks, videos, games and information stands, which demonstrate what we do to raise funds to support the work of this charity and increase awareness of this disease...that affects 1 in 8 men and impacts on their lives and those of family and friends.

Contact Jennifer Todd: [jennifer.todd@prostatecanceruk.org](mailto:jennifer.todd@prostatecanceruk.org)

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## THE GREAT EXHIBITION OF THE NORTH

The Great Exhibition of the North Team, as well as working on some spectacular exhibits which we know will be worth the wait we've also been developing a fantastic programme for our volunteers. Applications will open late in January 2018 and those who have registered on the mailing list will be the first to hear about volunteer roles and opportunities and when you can apply online.

The Great Exhibition of the North is set to be the largest event in England in 2018, telling the dynamic story of the North by celebrating the innovators, artists and designers who have shaped our present and are inspiring our futures. We are excited to have YOU as part of our passionate and enthusiastic team of 1,000 volunteers helping us to tell that story.

There will be a range of exciting and flexible volunteering opportunities for individuals and groups to get involved across all events of the Great Exhibition. As well as providing a warm welcome to an audience of 3 million coming to NewcastleGateshead during the 80 days, volunteers will be tasked

with helping visitors to experience the Exhibition, leading school groups and providing event support at pop up events.

Ahead of the Exhibition there will be access to a bespoke training opportunity providing tools and skills to fulfil volunteer roles. Volunteers must be 16+ and we'll be looking for you to attend up to 12 hours training between February to June and commit to 40 volunteer hours in role from 18<sup>th</sup> June to 9<sup>th</sup> September 2018. In addition to all the practical sessions as a volunteer you will also be invited to exclusive previews, social gatherings and celebration events!

To register your interest to be a volunteer please visit [www.getnorth2018.com/volunteers/](http://www.getnorth2018.com/volunteers/)

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## ONGOING OPPORTUNITIES FOLLOW

### CHILLI STUDIO – HEADS & TALES MENTAL HEALTH HERITAGE

We hope to create a new Archive on the heritage and lived experience of Mental Health in the North East. This archive will be based on contemporary perspectives on Mental Health heritage, elevating representation, voice and equality in archival material as well as creating new narratives and future archives by creative means.

As a volunteer taking part in the Heads & Tales Project, Chilli Studios will give you the opportunity to strengthen and gain skills in a variety of different area as well as knowing you have supported a worthwhile cause and inclusive Heritage Project in the North East. These volunteer roles are flexible and can be expanded to personal interests.

#### 1. Research Volunteer

As a Volunteer Researcher you will be supporting members/participants in accessing current archives and guide them through the research process in both Museum settings or online. Training will be available for this. You can also choose to carry out your own mini research project in one or more of the key themes and areas of the heritage project. Key themes includes:

- The Social & Political Context
- Language & media
- Treatments/Medication
- Mapping & location
- Recordings, creations & ephemeral (from those experiencing Mental Health issues).

#### 2. Digital Volunteer

As a Digital Volunteer you will be supporting the projects digital systems and the important role of supporting the creation and maintenance of the online Heritage Archive/Website platform. This role may involve:

- Support in scanning and digitalising of old Hospital records and objects

- Recording and creating new audio, video and media on current day stories perspectives
- Supporting creative sessions that include photography, animation and audio/radio recordings
- Saving material and supporting database systems
- Supporting the creation of programming interactive searches for the website
- Supporting promotion and marketing of the project

#### 3. Activities Volunteer

As an Activities Volunteer you will be helping in the project's activities and trips. This is a more person based role so experience in working with vulnerable adults is desired. All above aspects also will involve working with our members, volunteers and staff in skill sharing and support of the projects development.

Please contact us for further information or if you would like support with filling out the volunteer form. Call Jo on 0191 209 4058 or email [jo@chillistudios.co.uk](mailto:jo@chillistudios.co.uk)

The first stage is to fill out the online form on this webpage:  
<https://www.chillistudios.co.uk/heritage>

We will contact you after the form is complete to talk further about the volunteering opportunity and if you are successful to chat about the next steps.

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## THE BRITISH HEART FOUNDATION

**New Year New You turn your spare time into lifesaving research.**

The British Heart Foundation (BHF) is looking for volunteers in Newcastle to help accelerate the fight against heart disease by joining the Newcastle Fundraising group.

Did you know that BHF-funded research in Newcastle is changing lives every day, as a world-class centre for three main areas of research, congenital research, coronary heart disease and heart failure. The BHF currently funds over 6 million pounds of in research locally in Newcastle that spans the lifespan of the human heart from womb to old age.

The BHF is looking for volunteers to take heart and join the fight against heart disease by starting up new fundraising group in Newcastle and raising vital funds for heart research.

By volunteering for the BHF in a Fundraising Group, you become the face of the BHF in the local community and work as a team to organise fundraising events, support schools local businesses with their fundraising and much more. Being part of a group gives you the opportunity to bring your skills to a team environment to really make a difference.

If you are interested in joining the Newcastle Fundraising Group or volunteering in your community, please contact Hannah Saxon Groups and Volunteering Manager on 07714069135 or email [communityvolunteer@bhf.org.uk](mailto:communityvolunteer@bhf.org.uk). We will be bringing everyone together who is interested in volunteering in Newcastle on the 26<sup>th</sup> January at 2pm at the Centre for Life, if you would like to attend this meeting please contact Hannah.

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## LEAZES HOMES LIMITED

Leazes Homes is a charitable company limited by guarantee and is registered at Companies House and with the Charity Commission. We are a Registered Provider of Housing and a Homes and Communities Agency Investment Partner.

Leazes Homes is based in Newcastle upon Tyne and currently has around 750 units of accommodation with a number of units under development, many of which provide homes for people with care and support needs.

We currently have opportunities available for a Chair and two Trustees.

### **Chair role**

In October 2018 our current Chair's third term of office will come to an end and we need to recruit a new Chair who will also be a Trustee of the charity.

Our Board of eight Trustees is responsible for ensuring good governance, providing clear direction and maximising the impact we have in delivering our charitable objects. The Chair will play a pivotal role in ensuring that the Board operates effectively.

The successful candidate will be used to operating at a strategic level and have governance and leadership experience. We would particularly welcome applicants with experience of operating as a director and with a professional background in, finance, business management or business development.

### **Trustee Roles**

Following the introduction of The Regulation of Social Housing (Influence of Local Authorities) (England) Regulations 2017, we have two Trustee positions available.

We are looking for people who are passionate about social housing, have strategic vision, and independent judgement. The ideal candidates will have knowledge of one or more of the following areas: fundraising and applying for grants, charity law, residential property development or construction.

### **Further Information**

The positions are unremunerated (reasonable expenses paid) and there are six boards meetings per year.

If either of these challenges appeal to you and you share our enthusiasm and passion for providing housing for people in need, then we are keen to hear from you.

For more information please visit our website at <https://www.leazeshomes.org.uk> or contact Jon Mitford on 0191 278 8718.

To apply (or ask for further information) please send a CV and covering letter indicating which of the positions you are interested in by email to:

Jon Mitford

[jon.mitford@leazeshomes.org.uk](mailto:jon.mitford@leazeshomes.org.uk)

The deadline for applications for both the Chair and Trustee roles is 12 noon on the 12<sup>th</sup> March 2018.

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## ST OSWALD HOSPICE

New Year, New You? If your New Year's resolution is to make a difference in 2018, learn new skills, meet new people and support a local charity, then St Oswald's Hospice, based in Gosforth has some incredible opportunities on offer in 2018!

St Oswald's provides care to those with life limiting conditions and needs to raise £7.5 million each year to continue to provide the service it does. As such, volunteers make a huge contribution to the overall running of the Hospice and they couldn't do what they do without them. Join 'Team St Oswald's' in 2018 by becoming a:

- Events Volunteers & Ambassador
- Kitchen Assistant
- Hairdresser
- Outpatient Receptionist
- Housekeeper

For a list of all of their current onsite vacancies, task descriptions and shifts on offer, please email: [volunteer@stoswaldsuk.org](mailto:volunteer@stoswaldsuk.org), visit [www.stoswaldsuk.org](http://www.stoswaldsuk.org) or phone: 0191 246 9125.

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## ALZHEIMER'S SOCIETY

### **Making a difference in 2018!**

Come and volunteer with the Alzheimer's Society in 2018 and be part of making real changes for people living with dementia.

We are particularly looking for people interested in working one to one with a person who has dementia as a Side by Side or Befriending volunteer. We also need volunteers for our new Singing for the Brain group and existing Games for the Brain group in Newcastle. We also need people to help us promote what we do in their local area as a Community Link volunteer. In addition we want to talk to anyone interested in volunteering with our fundraising groups to raise the money we need for research and much needed services.

If you are interested in any of these roles check out our website for roles in Newcastle, South Tyneside, Sunderland and Gateshead at <https://alzheimersvolunteers.livevacancies.co.uk/#!/job/joblist/> click on the North & South of Tyne tab down the left hand side.

Alternatively you can email Fiona Swindell – [fiona.swindell@alzheimers.org.uk](mailto:fiona.swindell@alzheimers.org.uk) or call on 0191 2983989.

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## NEWCASTLE CARERS

Would you like to make a difference to someone's life? Are you friendly and good at listening? We would love to hear from you...

Newcastle Carers is a small charity based on Shields Road in Byker. We support carers - those who look after a family member or friend who is ill, disabled, has mental health problems or is misusing drugs or alcohol.

For example, they may be looking after a parent with dementia, a partner who has had a stroke or a child with a learning disability.

### Listening Link Volunteers

Listening Link is a volunteer telephone support service for carers. Each carer is matched with a volunteer who will call them regularly for a friendly chat.

Speaking to a volunteer offers carers a chance to share their worries or concerns, providing support and encouragement so that they feel less alone. We know that being a carer can feel very isolating. A friendly voice on the other end of the phone can make a huge difference.

In your volunteer role you would be asked to telephone the carer you have been matched with, from your own home, usually once a week.

Volunteers must be over 18. All volunteers are provided with out-of-pocket expenses, training and support. We work with people from diverse communities and welcome all enquiries.

If you are interested in volunteering with us please contact Alison Neill for more information: [alison@newcastlecarers.org.uk](mailto:alison@newcastlecarers.org.uk); 0191 275 5060.

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## LEONARD CHESHIRE

*Would you like to use your skills to help disabled people harness the power of technology?*

As part of our Wise Steps project, which helps people in Tyne and Wear to transform their lives, we provide specialist digital inclusion support. We need your help to support disabled people who have been through the Wise Steps project with various IT tasks including:

- Helping clients set up and get started on their IT equipment
- Building confidence in using computers
- Supporting clients with basic IT skills such as using the internet
- Troubleshooting IT issues
- Helping with adaptive software & hardware



Our IT Support volunteers will support people in person in various centres across the area, in the clients home, or on the phone/Skype, on an ad hoc basis depending on the needs of clients. You need to have general IT skills but you don't need to be an IT expert! Good communication, reliability and a friendly nature are the most important skills you should have along with an understanding, or willingness to learn about, the issues facing disabled people.

Mobile: 07921278901

Email: [shelley.talbot@leonardcheshire.org](mailto:shelley.talbot@leonardcheshire.org)

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## SMILE FOR LIFE

### Would you like to support and mentor Andrea and Chris to run a weekly community café?

Andrea and Chris love running their pop up community café each Friday. As young people with learning difficulties their experience at the café gives them skills, confidence and opportunities to get into paid work.

They need a volunteer mentor to support them – do you think this could be you for this highly rewarding role?

They need help and guidance set up the café, serve the customers, prepare the food and drink, take payment and give change, clear away and close down the café.

The café is at held at Church of the Holy Nativity, Chapel House and it is managed by Smile for Life Children's Charity.

A volunteer is needed on weekly basis from 9am-12.30pm to start from the beginning of March 2018.

You need your own transport (expenses paid) and willing to undertake a DBS check.

You need to be friendly, patient and flexible. You should be able to build excellent formative relationships with the young people and be able to supervise the running of the weekly café with minimum supervision.

For more information contact Lauren on 0191 284 4166 or [lauren@smileforlife.org.uk](mailto:lauren@smileforlife.org.uk).

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## SCOTSWOOD CENTRE

### Mini Bus Drivers

We will get their DBS done and pay for their MiDas training (booked for 23<sup>rd</sup> Jan: full day 8.30-4. Lunch provided).

We will provide all the training they need to feel confident in driving the mini bus with people in. Our bus is 3.5 tonne and holds 15 passengers.

All they need is a clean & full UK driving license. **Must BE OVER 25 AND UNDER 70**

Most of the runs are taking Scotswood Centre members to local activities such as a group of women to the Beacon Centre for the enterprise club or the elderly to an exercise class at the local church. Occasionally there will be opportunities for driving further afield. All of the trips would be led by a qualified volunteer or a member of staff so the drivers can focus purely on driving.

Kate O'Dell [kate@scotswoodcentre.org](mailto:kate@scotswoodcentre.org) [www.scotswoodcentre.org](http://www.scotswoodcentre.org) 0191 274 2429

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## 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 Steve who is young at heart and who is looking for a friend he can talk to about his favourite subject – music.

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.

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## THINGS TO DO, VISIT OR JUST ENJOY!

### NORTHERN PROUD VOICES

We are the North East's first and largest choir for Lesbian, Gay, Bisexual and Trans people (and allies). We sing all types of music under professional direction and we meet every Thursday evening from 7 - 9 pm in suite 4 at the Jurys Inn Hotel, Newcastle.

We are a non audition choir so it doesn't matter if you don't read music or have never sung in a choir before. NPV is not just about singing, we are a diverse, friendly, social space for LGBT people.

Please check out our website for more information:

<https://www.northernproudvoices.co.uk/faq>

or you can find our page on Facebook by searching for "Northern Proud Voices"

We are always looking to welcome new members and are particularly keen to increase our female membership. Do get in touch if you would like more information or if you have any questions by emailing

[northernproudvoices@hotmail.com](mailto:northernproudvoices@hotmail.com)

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### Newsletter sent by

**Karen Watson || Volunteer Centre Officer**

07419 988821

Commercial

Union House, 39

Pilgrim Street.

