

VOLUNTEER CENTRE NEWCASTLE VOLUNTEERING OPPORTUNITIES

Giving isn't just about money

Hi Everyone

welcome to the March Edition

We welcome feedback and comments.

Style may have changed but not the process - if you are interested in a role contact the organisations directly.

All contact details are contained in the advert.

If you no longer wish to subscribe then email Karen your full Name
karen.watson@volunteeringmatters.org.uk

In this edition there are volunteering opportunities with...

- Diabetes uk
- TWAM Tyne & wear archives & museums
- The great exhibition of the north
- Cricketforce2108
- Cancer research uk
- Walk the walk – the moonwalk Edinburgh
- Active training and education
- RIVERSIDE COMMUNITY HEALTH PROJECT
- OPEN GATE
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- WAGGONWAY TEAROOM CATERING ASSISTANT
- SAMARITANS OF TYNESIDE
- THE FRIENDS OF JESMOND DENE

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

If you no longer want to subscribe, please contact me to unsubscribe.

DIABETES UK

4.5 million people in the UK are living with diabetes and 11.9 million are at risk of developing Type 2 diabetes. We need your help to raise awareness of identifying how at risk people are of Type 2 Diabetes and promote ways to significantly reduce this risk. Your work could:

- Make people aware of the increasing prevalence of Type 2 Diabetes and particularly the increasing numbers of people at a high risk of developing Type 2 Diabetes through carrying out our 'Know Your Risk' assessments.
- Help people find out how to lower their risk of developing type 2 Diabetes or for those already at a low risk give them advice on how to maintain this.
- Provide people with resources that inform them about Diabetes.
- Raise awareness of the difference between Type 1 and Type 2 Diabetes and how to spot the symptoms of both.
- Empower people living with Diabetes to access further education on their condition.

We have a fantastic volunteering team in Northern & Yorkshire here to support you:

Senior Volunteer Development Lead – Michelle Stebbings 01925 644 577

Volunteer Coordinator N& Y – Emma Parke 01925 644 571

Email: emma.parke@diabetes.org.uk

TWAM Tyne & Wear Archives & Museums volunteering

Take the challenge!

The Late Shows events steward

The Late Shows are back! Become one of the Late Shows volunteer team for Newcastle and Gatesheads' biggest night-time culture crawl.

SHIPLEY COMMUNITY GARDEN EASTER EGG CUP MAKING AND EGG HUNT

We are having a family opening event on Saturday 24th March 2018 where families will be able to make clay egg cups, bunting for the garden and take part in a chocolate Easter Egg hunt too

We need someone to help with this event to assist families in their creative activities, help to organise materials and keep the garden looking tidy. Help will also be needed in-between the morning and afternoon sessions to restock equipment and get the space ready for group 2.

Interested - you need to register here <http://twmuseums.volunteermakers.org> and then accept which challenge they would like. If there's any more information that anybody needs

Anita Moffitt anita.moffitt@twmuseums.org.uk

THE GREAT EXHIBITION OF THE NORTH

Get North Volunteer Applications are now open! 😊

Can you provide a warm welcome to an audience of 3 million visitors coming to NewcastleGateshead? Now is the time to officially become a Get North Volunteer by applying to be a Get North Pioneer (deadline 11 Feb 2018), a Get North Maker or a Get North Event Support.

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. 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 Get North Volunteers.

We're calling out to passionate and enthusiastic people to work with our core team to help us to deliver our ambitious plans, and to be a part of this extraordinary summer of events in NewcastleGateshead. Get North Volunteers will become advocates for the Exhibition, as well as bringing the Great Exhibition to life, helping celebrate the North and adding to its story along the way.

For further information on what each role entails visit: www.getnorth2018.com/volunteers

NEWCASTLE CRICKET CLUB – CRICKETFORCE2108

Friday 23rd, Saturday 24th and Sunday 25th March between 10am and 4pm.

Tasks will include; Painting, clearing the terraces of leaves, general tidying up of the ground, re-organising storage spaces and general cleaning up.

Refreshments will be available throughout the day and every volunteer will receive a drinks voucher for use in the club bar.

You can use my contact details; peterwoodley39@aol.com and 07751 705509.

CANCER RESEARCH UK

We are seeking committed volunteers to support our Cancer Awareness Roadshow team in the North East to help make a difference in local communities.

Why we need you:

As a Health Awareness Volunteer you will encourage visitors to come onboard the Roadshow and help to inform visitors from your local community about ways 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.

What will I be doing?

- Encouraging visitors to come onboard and helping to promote the presence of the Roadshow in the local area
- Communicating key health messages to the general public in a friendly, accessible and informative manner
- Using information we have provided to answer basic questions around prevention and early detection, always referring individuals to our nurses for more in-depth discussions
- Informing visitors about local health services when appropriate
- Handing out Cancer Research UK leaflets
- Providing extra support for the Roadshow at large events

Who are we looking for?

We're looking for someone with an **interest in raising the awareness of cancer** or more general health promotion, who can communicate clearly, using appropriate language to engage **different audiences** in your community. You should have the confidence to say 'I don't know' and point people to the nurses for appropriate information. You'll need to **work well in a team**, develop effective relationships and **have a desire to be involved in your local community**.

How much time do I need to commit?

The Roadshow is live for 3 days per week (usually Tue-Thu) between the beginning of April and early December, and is open from 10am to 4pm. However, days can vary and the units may occasionally attend weekend events. Ideally, we are looking for individuals who are able to commit to around 10 hrs per month.

Where will I be based?

The unit visits locations within a 35 mile radius of central Sunderland although it generally spends most of their time in 10 local authorities in the North East.

How do I apply?

Simply download and complete our Health Awareness Volunteer application form: [Health Awareness Volunteer – North East](#) and submit it to healthawarenessvolunteering@cancer.org.uk before 5th March 2018

For more information about this role, please contact healthawarenessvolunteering@cancer.org.uk or call 020 3469 8318.

WALK THE WALK – THE MOONWALK EDINBURGH

We are looking for dedicated, amazing volunteers to support us at The MoonWalk Edinburgh – 15,000 women and men walking either a full or half marathon in their fantastically decorated bras, raising money and awareness for breast cancer...quite a sight to behold!!

We have many opportunities for Volunteers to choose from, so we guarantee there is something for everyone.

Saturday Evening Crew: Join in the party atmosphere at MoonWalk City on Saturday 9th June where things are just getting started. Start times vary depending on your role, but no earlier than 5pm and finishing at midnight. Our 24 available roles include Baggage, Tattoos & Balloons and Water Crew.

Saturday Overnight Crew: The crucial part of the event where our Walkers are out on the streets and volunteers are involved at the centre of an exciting night.

Finish Line and Baggage roles start around 11pm on Saturday 9th June through to 6am. Route Marshals start between 7.30 - 11.30pm and finish within 8 hours or once the last Walker has passed.

Sunday Morning Crew: Support our Walkers towards the end of their journey... the most testing and inspirational part of their challenge! Starting at 6am on Sunday 10th June and finishing around 12pm, once the last Walker crosses the Finish Line.

Fran Egerton 01483 741430 fran@walkthewalk.org

Active Training and Education – Monitor Training Course

The young people who join ATE as volunteers are known as 'Monitors'; they work directly with small groups of children on our Superweek holidays. As a Monitor you will lead a group of about 8 children and live as a member of the group: eating at their table, sleeping in their dorm, playing all their games, and joining in with all their activities. For many children the relationship with their Monitor is the highlight of their holiday.

The training course runs from Saturday 31st March – Saturday 7th April, 2018. Applications close on the 23rd March and can be done online [here](#).

For more information please see our [website](#) or contact Elen on elen@ate.org.uk

ONGOING OPPORTUNITIES FOLLOW

RIVERSIDE COMMUNITY HEALTH PROJECT

We need new management committee members!

Riverside Community Health Project is managed by a committed volunteer Board of Trustees and we are looking for new people to join the committee. **In particular someone with a background in finance.** The commitment would be 6 Board and 6 finance sub group meetings per year.

We welcome interest from those who use our services as well as those who are interested in furthering our work; through contributing to the management and development of our Charity.

Trustees of the Charity and their role is to be part of a team to ensure that:

in their role- the organisation manages its finances in a responsible and efficient way

- they act in the interests of the organisation not themselves

please contact: email: anne@riversidechp.co.uk

Tel: 0191 2260754 ext 211

OPEN GATE (supporting women from custody to community)

We are looking for volunteers to work with us in a variety of different and exciting ways.

- To help us develop our social media presence. Ideally someone with computer skills and some marketing experience who is familiar with posting public posts on Facebook/Twitter and who can build and maintain a website.

- Fund raisers and awareness raisers. These are creative, outgoing people who can help us spread the word about the hardships and trauma many of the ladies we support experience in their lives before ending up in prison - Also helping us come up with new and fun ways to raise vital funds so we can continue our work.

- To help us deliver a range of activities and support for ladies on day release and for those who are beginning to rebuild their lives once their sentence has ended.

About Open Gate

We have been supporting women and young offenders for over 15 years. Open Gate helps women practically and emotionally in: Accessing and maintaining a home or tenancy Keeping appointments i.e. Probation, Drugs/alcohol services Accessing education and employment Finance, benefit and debt concerns Physical and mental health issues Building self-esteem and confidence Reducing social isolation

Volunteers should be...

Volunteers should be approachable, non judgemental and good listeners. They must be genuine, honest, realistic and reliable. Access to own transport is needed in this role. At present all volunteers are female because of the nature of the work.

Those interested can contact us on 0191 374 1500 or email us at alison.opengate@btconnect.com

SMILE FOR LIFE CAFÉ BEAM

Would you like to support and mentor Andy and Michelle working in a community cafe?

Andy and Michelle love working at Café Beam each week. 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 encouragement and guidance to set up the café, serve the customers, prepare the food and drink, take payment and clear away.

A volunteer is needed for one slot on weekly basis Monday to Friday either 9.15am – 12.30pm or 12.15pm-4.15pm. We are particularly looking for volunteers to start as soon as after Easter 2018.

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 work with minimum supervision. You should be willing to undertake a DBS check.

For more information contact Lauren on 0191 284 4166 or lauren@smileforlife.org.uk

NEPACS

Nepacs is a North East charity supporting families and children affected by imprisonment.

We need volunteers for our Newcastle court project and our Family and Parenting projects based throughout Northumbria.

Our court volunteers support the families on the day of sentencing, offering emotional support and vital information about what to do if their loved one is sent to prison.

Families of prisoners often say they feel isolated in their community and unable to cope. Volunteers aim to help individuals by offering a listening ear, a helping hand and friendly support to help family make the next steps.

Our Family and Parenting project works with people released from prison and their families on behalf of Northumbria Community Rehabilitation Companies across Northumbria.

Volunteers offer support, information and advice to ex prisoners about parenting, and making and maintaining contact with their children (where appropriate).

We also work with those who may have relationship issues with their partners or adult family members.

If you would like to join our team please contact the Volunteer Coordinator Emma Price on 0191 375 7278 or at eprice@nepacs.co.uk

JESMOND LIBRARY

Set within the heart of Jesmond and close to West Jesmond Metro Station, Jesmond Library is a thriving, lively, friendly and entirely volunteer ran community library.

We are currently offering a super opportunity to a volunteer who would like to add Website, Events & Bookings managerial experience to their CV.

The successful applicant should have good IT skills and preferably be familiar with Wordpress.

Tasks will include: managing events and room bookings; keeping website and on-line calendar updated; preparing bimonthly programme of events and checking and responding to emails.

All tasks can be done from home using desktop/laptop/tablet or phone.

If you want to help to keep this invaluable community service and hub of information open, please contact: events@jesmondlibrary.co.uk for an application form or more information'.

NEWCASTLE CITIZEN ADVICE BUREAU

Do you have good listening skills and a few hours a week to spare?

Would you be willing to be trained to answer the telephone to callers and listen sensitively whilst they explain their problem? Would you like to gain skills in identifying key information, assessing the options and taking action when appropriate?

If so, we are recruiting people to join Citizens Advice Newcastle Adviceline and train as telephone assessors. You will become part of an internationally recognised organisation and given all the support and encouragement you need. And, best of all, you'll be helping hundreds of callers get the help and support they need.

Use your digital skills to make a difference

Volunteering for our web chat and email advice service gives you the opportunity to make a real difference to people's lives and looks great on your CV

I also attach a role profile of what our web chat and email assessors do

We are also looking for volunteers who would like to be involved in producing a monthly newsletter/update of the work that we have achieved over the last month along with what's new in the service etc.

volunteering@newcastlecab.org.uk

ST OSWALD HOSPICE

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 this year by becoming a:

- Clinical admin volunteer
- Ward helper
- Housekeeper
- Events volunteer
- Collection line volunteer

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

St Oswald's Shop of the Month: New Central Sorting Centre (Benfield Business Park):

Our brand new Central Sorting Centre based in Benfield Business Park, Walkergate has recently opened and is in urgent need of new volunteers. The centre acts as the regional hub for all of St Oswald's donated stock and organises and distributes goods to all of St Oswald's 26 region-wide charity shops. Without sufficient volunteers to help support the centre, all of our charity shops could be negatively affected.

Could you be part of the team which helps support our entire retail sector? Could you work in this fun, friendly and fast paced environment learning new skills, gaining valuable experience and making new friends along the way? If this sounds like something of interest to you, please get in touch. We'd love to hear from you. To find out more about St Oswald's retail volunteering opportunities, please contact the retail helpdesk via retailhelpdesk@stoswaldsuk.org, call 0191 246 9071 or pop into any shop and speak to the manager. For specific shop contact details, please visit www.stoswaldsuk.org/shop.

CULTURAL EXCHANGE WEEKEND - HOST UK

Make the world a little friendlier! Spend a weekend with an adult international student in your home, learning about their culture, showing them your local area and inviting them to experience your own home life. The experience will be so insightful for them and rewarding for you.

Our volunteer hosts offer invitations as often as suits them and it requires no more than sharing their usual weekend activities, partaking in meals and engaging in conversation. It is not required that hosts should be tour guides but invariably they feel proud of their location and are keen to show the Best of Britain. Students are fascinated and delighted to learn more about the UK from those who reside here and hosts can discover the cultural traditions of places they may never get the chance to visit or may have a special interest in.

So, if you'd like to enjoy an unusual and rewarding activity, meet new people and travel the world from your sofa, get in touch with HOST UK For more information take a look at our website www.hostuk.org

And if you should like to log your interest please leave us a message on <http://visits.hostuk.org/Public/ApplyToBecomeAHost>

FAMILY LIVES

Parent-child home programme

Zayan is two years old, living with his parents in Newcastle's West End. He does not attend nursery and has had few play experiences at home. His parents do not know the positive impact they have on Zayan's learning and development if they join in with his play experiences. Could you help Zayan and his parents?

We are looking for volunteers who can visit a family in the home twice a week for 30 minutes, taking a new book or toy to the family, encouraging positive play experiences by sharing in the child's play and encouraging parental engagement. This is an evidenced based programme that has been proven to reduce the achievement gap between higher and lower income families and improves children's readiness for school. Due to the nature of the programme we are asking for volunteers who can commit for a minimum of 15 months.

Training dates: 17th, 19th, 25th, 26th April 2018. 10am-2pm (16 hours in total)

Training will cover: Parent-Child Home Programme, child development, safeguarding, recording observations, boundaries

For further information and to request an application form, please contact Laura at Laurak@familylives.org.uk or call her on 07739788115 www.familylives.org.uk www.parent-child.org

RAPE CRISIS TYNESIDE AND NORTHUMBERLAND

Helpline & Email Support Volunteer Recruitment

To volunteer in frontline services we need women who feel they are able to work in an emotionally challenging environment and who are prepared to commit to regular and long-term help. Women volunteer with us to delivery all of our services for women and girls with the exception of our Counselling Service. The route into all frontline volunteer roles is via experience in our Helpline and Email Supporter role.

We are currently recruiting for the Helpline and Email Supporter Volunteer role.

For more information click here for the [Helpline & Email Support Volunteer - Role Description](#)

Women interested in volunteering with us should read [Our Mission Statement](#) which includes our statement on feminism.

If you are successful in the application process you will be offered a place on our volunteer induction training. Please check the forthcoming training schedule so you understand the required commitment: [Volunteer Training Schedule 2018](#)

If you would like to apply for this volunteer opportunity please contact me (dbowman@rctn.org.uk) to arrange a meeting, it would be helpful if you can let me know a couple of dates/times when you would be free to meet with me. The meeting will take place in the centre of Newcastle and forms part of the application process.

ABBEYFIELD CARE HOMES

We are looking for a:

Volunteer Gardening Assistant

The Grove residential home, Gosforth, Newcastle upon Tyne

For approximately 3-4 hours per week

Do you love gardening, meeting new people and helping others?

Do you have some time to spare during the week?

Our gardener works very hard to keep the garden lovely for our elderly residents and he would welcome someone who would be able to offer a helping hand.

Our garden brings a lot of joy to our residents and it would be great if we had some extra help. Assisting in our garden would also help us provide a much-valued space for our residents which contribute to their quality of life and wellbeing.

Skills required:

- Good communication and interpersonal skills
- Some basic knowledge of gardening
- Ability to assist our Gardner with tasks such as clearing, weeding, planting etc

Volunteers for our Coffee Club

Friday mornings at Castle Farm residential home, Gosforth, Newcastle, 10.30am-12noon

Do you have time to spare on Friday mornings?

Do you like to meet new people?

Are you a self-starter able to lead a friendly chat or conversation with elderly people?

We are looking for warm, friendly and well organised people to run our coffee club on Friday mornings.

Skills required:

- Excellent communication and interpersonal skills
- Able to serve tea / coffee to residents
- Previous experience of hosting group discussions or group work sessions would be an advantage

Enhanced Volunteers DBS Check required

Abbeyfield reimburses reasonable out of pocket expenses for volunteering with us.

For further information, please contact Claire Murphy-Morgan, Volunteer Coordinator: 0191 285 7174 (Option 3) or c.murphy-morgan@abbeyfieldnewcastle.org.uk

WAGGONWAY TEAROOM CATERING ASSISTANT

The Stephenson Railway Museum is a much-loved destination for train lovers and those wanting a great day out with the family.

The Waggonway Tea Rooms is a new volunteer run establishment at Stephenson Railway Museum. The Tea Room will offer visitors a selection of drinks and snacks to buy and enhance their visit to the Museum.

- food and drink preparation, washing up and cleaning, serving customers, cash handling using the till, making tea's and coffees, assisting with food prep, clearing tables,

Interested - you need to register here <http://twmuseums.volunteermakers.org> and then accept which challenge they would like. If there's any more information that anybody needs

Anita Moffitt anita.moffitt@twmuseums.org.uk

CHILDREN NORTH EAST

Newcastle Youth Link is looking for volunteer mentors. Are you aged 18-25 years and looking for a new challenge or to gain some experience working with children and young people? Do you have 2-3 hours a week to spare?

Join us at Newcastle Youth Link. You will complete a 3 day training course that will give you a nationally recognised Level 2 qualification in Developing Mentoring Skills, be matched with a young person who needs some additional support and meet them once a week to work on their goals and be supported by a Youth Link Co-ordinator. All expenses will be paid. If you are interested please apply online at <https://data.children-ne.org.uk> You will be contacted to have an informal interview, usually at a coffee shop in central Newcastle.

If you would like to discuss further please call Ailsa Fenwick Newcastle Youth Link Co-ordinator on 0191 2733997

SAMARITANS OF TYNESIDE

Listening Volunteer

Samaritans of Tyneside run a 24/7 service and volunteers are asked to agree to cover a minimum of two day-time duties and on over-night duty per four weeks. Duties vary in length with day-time 3 or 4 hrs and over-night of 5hrs.

Our listening volunteers support vulnerable callers by phone, email, text, letter or face to face. With so much happening, we're constantly looking for new people to strengthen our team. Our confidential,

24-hour listening service responds to five million contacts a year. We also reach out to our local community by visiting schools, colleges, universities, prisons and workplaces

Following selection day new volunteers will receive comprehensive training over a ten-week period. The first module of this training covers the induction process followed by a wide-range of transferable skills

Judith Bedigan, Branch Administrator newcastle@samaritans.org

THE FRIENDS OF JESMOND DENE needs you!!

We are looking for new members to join our charity to ensure that Jesmond Dene remains the wonderful asset that it is for future generations.

We are particularly looking for volunteers to help the committee with:

- Book keeping / Treasurer
- Social media
- Website maintenance & development
- Marketing

If you are interested and would like to be part of our amazing charity, please contact the Secretary, Sue Stokel-Walker on 0191 2853447; 07542 386398 or email her at malvern1956@hotmail.co.uk

FREE Level 2 Retail Skills Diploma

1 day per week over 6 weeks

Albion Row NE6

If you are looking to work in the service industry; Retail, Hospitality, Food and Beverage, Call Centres or Leisure, or you have some work experience and you are looking to move back into the workplace in any area, this course will give you a broad range of knowledge, confidence and communication skills that will fully prepare you.

This is an interactive course, where we will share knowledge and have some fun along the way. Past students have given the following feedback about the course; 'really good fun', 'full of information', 'a real confidence builder', 'I knew more than I thought I did', 'I really enjoyed the activities and discussion', 'I didn't feel pressure in any way'.

Starting on Wednesday 21st February and then the following 5 Tuesdays. 9.30am – 2.30pm.

Course covers: Teamwork, Customer Service, complaint handling, Food Safety, Health and Safety, Promotional campaigns and Loyalty Schemes. There is no exam, but course work will make up your portfolio and you will receive a Level 2 Certificate if all sessions are attended and work completed.

For more information please call or email Jill Stevens;

jill.stevens@ucq.ac.uk

07983 643877

Newsletter sent by

Karen Watson || Volunteer Centre Officer

07419 988821

