

VOLUNTEER CENTRE NEWCASTLE VOLUNTEERING OPPORTUNITIES

Giving isn't just about money

Hi Everyone

welcome to the May 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

Thanks

- Volunteer Week invite – FREE cake and chat
- Saffron Research
- Tyneside Recovery Walk
- Newcastle Frontrunners
- WALK IT event
- Charity Bag Pack
- Advocacy Centre North
- British Heart Foundation
- National Trust
- Oasis Aquila
- RVS
- RSPCA Newcastle and Northumberland
- Schools For Governors
- Contact
- St Vincent De Paul
- Victoria Tunnel
- Chipchase Care Home
- The great north childrens' hospital "pop up hospital"
- Saras Hope Foundation
- Live Tales
- Children North East
- St Oswalds Hospice
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Commercial Union House is central and easy to find

If you want an appointment contact me



Special invite to celebrate your interest in volunteering

2nd June 11am – 2pm

Cake - cuppa – chatter

16 Charities looking to talk to you about volunteering

Drop in find out more about how you can get involved

Just come and say “Hi”

No appointment needed – you don’t have to be currently volunteering

Just lovely people and free cake

Hope to see you there!

2nd floor – Commercial Union House – just come up and into “Good Space” where good things happen!

Karen

Do you sometimes experience low mood?

Participants aged 18-60 needed for a study assessing physiological and psychological effects of saffron extract.

Participants must sometimes experience low mood (i.e. sometimes experiencing sadness, lack of enthusiasm, tension) but have not been medically diagnosed with depression or anxiety disorder. This study involves a training visit (approx. 1.5 hours) and 4 testing days (approx. 2.5 hours each). Visits take place on weekdays at the Brain, Performance and Nutrition Research Centre (Newcastle City Campus)

This study has received Ethical Approval from Northumbria University’s faculty of Health and Life Sciences Ethics Committee

To compensate for your time you will receive £235 upon completion

Further details at: <http://bpnrclab.link/saffron>

For more information, please contact Jo Forster (jo.forster@Northumbria.ac.uk) or call the research team on 01912437252

On the 15th June the Tyneside Recovery Walk will take place which is the longest recovery walk in the UK, approx. 14 miles. This year the walk will start in Newcastle for the first time ever and finish in Gateshead. The walk is an opportunity to celebrate recovery from addiction, connect communities and help break down any barriers and myths.

We really hope you can join and support us on the 8th UK Longest Recovery Walk.

Times and Route TBC

We are looking for Walk Leaders and Walk assistants to help with the 8th Longest Recovery Walk in the UK

Walk Leads

We are looking for Walk leads to help our during the Tyneside Recovery Walk, walk leaders will be:

- managing the walk (usually with other team leaders) - includes 'back marking' or 'middle marking' as well as leading at the front.

-Welcoming walkers to the walks, particularly new walkers

-Making sure paperwork like registration forms and registers are completed

-Making sure the walk is welcoming, friendly, enjoyable and safe

-Trouble-shooting and dealing with problems on walks, with the support of your scheme coordinators.

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Walk Assistants

We are also looking for Walking assistants to give a helping hand to walk leaders, and for walkers to have an extra person to talk to making sure that they get plenty of encouragement and good company. As a walk assistant, you'll be helping people in the Recovery Community to get active and healthy, meeting new people and to Celebrate recovery by helping us break down barriers.

First Aiders

If you are a qualified First Aider, we would love to have your support on the Tyneside Recovery Walk.

Vicky Allen

Victoria.allen@cgl.org.uk

07809105912

0191 2615610

Can you help Newcastle Frontrunners this year!

Following on from the success of the #LGBT5k of the last 6 years, we are expanding! We are now making the event even more accessible to all abilities and families.

Unlike other years, we will stage 3 races:

* A children's 2k

* A 3x1-mile relay

* And the main #LGBT5k of course

All taking place on Friday 20th of July 2018 on the Town Moor

Which means we need more volunteers than ever before!!!!

This is your opportunity to get involved and support this unique North East event

We require a number of people during the day on Friday 20th of July to help with the setup of the Running Festival and even more people to help on the evening of the event to ensure a smooth, FUN and FRIENDLY event.

And as a special thank you, we will be giving all volunteers a medal

We have a wide range of roles from marshalling to baggage tent volunteers and everything in between – no experience required

If you or your organisation can support this unique event please reach out to phil@newcastlefrontrunners.co.uk

We promise a warm, fun and friendly experience!

CROHN'S AND COLITIS UK

National charity invites the public to put their best foot forward and WALK IT to raise funds and vital awareness for Crohn's Disease and Ulcerative Colitis

This Summer 2018, national charity Crohn's & Colitis UK will host their annual WALK IT event, bringing together people from across the country who want a better life for the 300,000 people in the UK who have Inflammatory Bowel Disease.

Crohn's and Colitis UK is the national charity marching the battle against Crohn's Disease and Ulcerative Colitis. Their mission is to work with all those affected by these conditions to achieve a better quality of life, improve services, and ultimately find a cure.

The WALK IT events raise funds and vital awareness of Crohn's Disease and Ulcerative Colitis and will take place across eight locations in the UK:

* Newcastle, Leazes Park, NE2 4BJ, Saturday 30th June 2018

Every 5km and 10km route will take in iconic sights and landmarks, and will allow participants to meet new people with shared experiences.

WALK IT fundraisers make a huge difference and this year Crohn's & Colitis UK are challenging walkers to get sponsored and WALK IT – together with family or friends – to raise £100 or more. This could help pay for 2,000 people to get the information they need about Crohn's and Colitis.

Visit www.crohnsandcolitis.org.uk/get-involved to register today and be part of raising funds and vital awareness from Crohn's Disease and Ulcerative Colitis in your local area. Your fundraising will enable Crohns and Colitis to do vital new research, answer more calls from people needing help and provide patient packs to hospitals across the UK.

FRIENDS ACTION NORTH EAST

Friends Action North East is a project for adults with learning disabilities autism to help them learn the skills to make and keep friendships. Our one to one mentoring project and social groups and activities enhance wellbeing and reduce the impact of social isolation. Over the past few years we have had a shortfall in funding and need to raise £26,000 to keep our one to one mentoring and group projects going.

We have organised a bag pack at Morrison's in Cowgate Byker on the 10th June from 10:00-4:00 to help raise money so we can provide 1:1 volunteer support for our members and resources for all of our groups. However lots of our volunteers are students and go home for the summer months. We are looking for volunteers who can help us with this bag pack fundraising activity. If you could give up a few hours of your day for this activity we would really appreciate your help.

Our contact details:

Volunteer Coordinator: Lucie Henderson lucie@friendsaction.co.uk

Tel: 0191 231 4327 Email: info@friendsaction.co.uk C/O Ouseburn Farm, Ouseburn Road (off Lime Street), Newcastle, NE1 2P



ONGOING OPPORTUNITIES FOLLOW

ADVOCACY CENTRE NORTH

Advocacy Centre North (ACN) is part of Newcastle Council for Voluntary Service (NCVS) which is the main support and development organisation for the voluntary and community sector in Newcastle. ACN provides a free, independent, high quality and ethical advocacy service.

We are seeking a volunteer to help us with general admin tasks mainly scanning and data input initially but the role will develop over time depending on the volunteer. The volunteer must be willing to read, sign and adhere to the confidentiality policy and undertake any training that is required to carry out their role.

We will be asking a volunteer to:

1. Work as a team in an office environment
2. Input data accurately to the ACN database
3. Updating forms and replenishing stocks
3. Use the internet, email, photocopier and telephone
4. Have good knowledge of Microsoft Office, Outlook, Word and Excel
5. Be reliable, responsible and confidential

CONTACT karen.morley@cvsnewcastle.org.uk

BRITISH HEART FOUNDATION

With opportunities across the country, the perfect role is just waiting for you.

Here are just some of the volunteering roles available:

- Make our customers feel special as a Customer Service Assistant, Telephonist or Cash Desk Assistant
- Become a Department Specialist coordinating our books, vinyl, accessories or homeware displays
- Find hidden gems as a Stock Room Assistant or in our eBay warehouse
- Get out and about as a Volunteer Stock Collection Driver
- Work in the community as a Stock Generator
- Advise customers in our Furniture & Electrical stores
- Work your magic behind the scenes as a Administrator or Electrical Function Tester

Mark Howie Regional Support Manager 07823349975 howiem@bhf.org.uk

NATIONAL TRUST

Newcastle City Council is setting up a new, independent charity to care for Newcastle's parks and green spaces, and the National Trust is working with the Council to help get the new charity off to the best start possible

Do you see life through a lens? Are you passionate about finding the perfect image? We're looking for budding volunteer photographers or videographers to help capture and celebrate Newcastle's parks and green spaces.

What's involved?

With the support of a National Trust mentor, you'll work to a brief and deliver images in the format we use, and send them in to be archived for use

You'll get to know National Trust guidelines and fill in paperwork as needed

You are important in making sure things run as smoothly and safely as possible – this includes getting to know health and safety and evacuation procedures

There might be other activities you want to help out with

Whether you're a landscape photographer, people photographer, or amateur filmmaker, we want to hear from you! To apply, please send a short paragraph (200 words max) explaining why you want to get involved, together with a 3-4 examples of your work (photography or video) to anna.castiaux@nationaltrust.org.uk by 9:00am on Friday 1st June 2018. If the files you are sending come to more than 10MB, please send them individually or via WeTransfer.

OASIS AQUILA

We are looking for someone who speaks Polish to volunteer at Basis@336, our crisis drop in centre for anyone who is homeless or at risk of homelessness. We have a few Polish men accessing the service at the moment and they speak no English which makes it difficult for our staff to provide the support they need.

A Polish speaking volunteer would be incredibly useful in assisting staff to understand the needs of these Polish men so that communication is not a barrier.

Therefore the role would involve acting as an interpreter and the volunteer needs to be able to translate Polish into English

Abbie abbie.scott@oasisaquila.org

RVS

Speech After Stroke Club Community Transport Volunteer

Do you hold a licence to drive a minibus and want to make a difference to the lives of older people in your local area? Become a Community Transport Volunteer and help to keep people in touch with their communities in Newcastle Upon Tyne.

Community Transport Volunteers are needed to help people get out and about to stay engaged with their local communities. The Speech After Stroke Club is in need of a driver one day per week, to assist in the transport of its members to and from the club, as well as occasional trips out.

This is an ideal opportunity if you want to make new friends, to be part of a team, to develop your skills and experience and contribute to the work of the charity by enriching the lives of older people and helping them get the best from life.

You'll need to have a friendly personality, an understanding of the needs of older people with the ability to observe and identify areas of concern. You'll have good communication and listening skills with a non-judgemental attitude towards an individual's circumstances and a willingness to ensure confidentiality.

Training will be provided and you'll be reimbursed for out of pocket expenses.

RSPCA NEWCASTLE AND NORTHUMBRIA BRANCH

We are actually looking for volunteers in 2 areas.

Mainly the shops but also if there is any 'responsible' people who may be interested in helping out in the admin office. That would be to answer the telephone, some spread sheet work and just general duties in Byker

Also we are looking for till operators/shop floor people at the Byker shop and our Whitley bay shop. I know the Whitley bay really struggles on a Saturday so if there is any interest for that, which would be great. Roles across the shop and we can tailor to suit skills

Ebay volunteer – taking picture of stock and writing descriptions and updating to the eBay account

Debbie - rspcaoffice.newcastle@gmail.com

SCHOOLS FOR GOVENORS

“Ongoing Volunteering Opportunity: School governors can transform the lives of children and young people by improving education standards. Working as a team, governors support and challenge senior school leadership.

Governors are responsible for overseeing the management side of a school: strategy, policy, budgeting and staffing. They enable their school to run as effectively as possible, working alongside senior leaders and supporting teachers to provide excellent education to children.

At Governors for Schools we believe the key to improving school performance is effective governance. By finding, nurturing and supporting a committed network of governors we help to drive systematic change in how schools operate. Since 1999, we have been connecting schools across England with skilled and committed volunteers.

Get more information and register your interest by visiting our website: www.governorsforschools.org.uk

[Apply now](#) to receive school governor vacancies in your local area!

Should you have any questions please get in contact on info@governorsforschools.org.uk or on 020 7354 9805 - we would be happy to help!"

CONTACT

Pop-up Gym, Gateshead 1170662

Role Spec for Gym assistant

The role is to assist the gym manager/personal trainer with the running of the gym and helping clients with disabilities operate the gym equipment and do their exercises.

Out going personable individual who genuinely likes to help people and has an interest in exercise/rehabilitation and working with people who have physical disabilities.

Opening hours

Monday - Wednesday and Friday 11 -5pm

Saturday 12-4pm

Our preferred volunteering times would be 11-2 midweek for one, two or three days.

Training will be given.

If interested please contact Drew contact@popupgym.org.uk For more information about the gym check out our website www.popupgym.org.uk

We are also on Facebook

ST VINCENT DE PAULS

Gardening Volunteer – (just once a week to help with the maintaining of the community garden would be ideal for someone who knows gardening or has an interest in gardening as their ideas would be a great help we hope to grow vegetables and make it an area where our service users can sit and enjoy. This role would involve working on their own within the community garden.

- Painter & Decorator – we are looking for someone to help our caretakers with the painting and decorating around the building, we need to have someone who has knowledge of painting and decorating.
- Café Volunteers – Pay as you please café Monday's & Wednesday's 11-2 it will involve taking orders, serving, clearing and cleaning tables and dishwashing.
- Vinnie's Drop in Café Volunteers every Tuesday 11-2 this is a busy day so ideal for someone who likes to work in a busy environment, job roles can change each week so it can involve serving , taking orders, dishwashing, setting up and clearing away, making hot drinks chatting with the service users. Also this does involve walking up and down the stairs.

Also all our Community Charity shops are also looking for volunteers too

Emma Belle emmab@svp.org.uk

VICTORIA TUNNEL

Volunteers are needed to assist with Guided Tours

The Victoria Tunnel was built in the 1830s to carry coal under the streets of Newcastle to staiths on the quayside. In 1939 it was used as an air-raid shelter for Newcastle residents and is now open for guided tours.

The Ouseburn Trust operates a programme of guided tours open to the public on most days each week, The tours which take visitors on a 700 metres section of the Victoria Tunnel, need new volunteers to help with an increase in the number of visitors.

We are looking for people who will help us bring the history and heritage of the Victoria Tunnel alive and make a tour of it a wonderful fulfilling experience.

Volunteers will undergo a training programme, and given full support, by the existing current team of volunteer Guides. Volunteers are fully reimbursed for travel and any other incidental expenses.

It is envisaged that trainees will be comfortable addressing the public at a tour after undergoing our training programme.

Therefore the successful volunteers must have:

1. Passion about heritage and history of the North East
2. Experience of working with people

3. Excellent communication and organisational skills
4. The ability to attend an occasional evening tour (finishing at 8.30 pm) and occasionally at weekends
5. The enthusiasm and the ability to work as part of a team.

If you are interested in joining our team of guides please give me a call on 0191 2304210, or email clive.goodwin@ouseburntrust.org.uk

CARE HOME ACTIVITY SUPPORT

“We would love to see more volunteers into our unique residential home to help us provide more experiences for our residents.

We are a 51 bedded home for predominantly for people with a physical disability, our residents range from 30 to 80+. If you have a gift you are willing to share whether it is music, crafts, or just the ability to sit and have a conversation it would be great to hear from you.

We are also looking for anyone willing to help with our new Hen programme where we will be looking after a couple of our own hens.

Finally as I am sure you can appreciate our busiest time is meals times any one able to give a few hours to make this a more enjoyable experience.

To discuss further please contact Carol at Chipchase.

Contact details: c.harrison@percyhedley.org.uk or 01912381313

THE GREAT NORTH CHILDRENS' HOSPITAL “POP UP HOSPITAL”

The Great Exhibition of the North is a government-sponsored 80-day program of events taking place in Newcastle and Gateshead from June to September 2018. The event will center around three trails – innovation, arts and design. The Great North Children’s Hospital, RVI will play its part in this by showcasing medical innovation and in particular how this is used to care for children, young people and their families.

The role of the Great Exhibition of the North Volunteer will be to assist in the development and the daily running of a ‘Pop-Up Hospital’ exhibition, which will be open to the public 7 days a week. Applicants must be able to commit to at least 1 day a week, be friendly and approachable, with strong verbal communication skills and a ‘can do’ attitude.

This is an excellent opportunity to gain experience in event organising/project management, to liaise with the general public and to work along clinical staff from the Great North Children’s Hospital.

For more information or to apply, please visit: Newcastle Hospitals - Volunteering Opportunities

http://www.newcastle-hospitals.org.uk/jobs/volunteering_volunteering-opportunities.aspx

SARAS HOPE FOUNDATION

The ball this year will be held at the Marriott Gosforth Park on 27th October.

Volunteers for the ball would be involved in the following activities:-

Help set up on the day with the raffle prizes, setting up of the room, setting up the raffle area.

On the night – meet and greet the guests, help them find their tables

The raffle must be manned at all times – cash handling will be involved

Midnight Raffle – collecting envelopes – explaining what the midnight raffle is etc

Auction – Spotters will be needed to assist the host and help him spot where the bidders are.

Briefings will be given beforehand and after and Carol will be onsite at all times to help the volunteers.

Timings: 27th October

Morning: 10.00am - 3.30/ 4pm *Lunch will be provided*

Evening: – 6pm – 12am (if anyone needed to leave earlier to get metros etc this will be fine as long as notice is given) *Hot meal will be provided for the volunteers*

Any questions contact: carol@sarashopefoundation.co.uk

LIVE TALES:

Live Tales is Live Theatre's creative writing centre for children and young people. School and community groups will be able to visit the centre and take part in a range of exciting activities to develop imagination, creativity and literacy.

Live Tales activity will be supported by volunteers who will either be Writing Mentors or Illustrators, in our sessions at Newcastle (Thursday 9.30-12.30, 12.30-3.30 and Friday 9.30-12.30) or Sunderland (Tuesday and Wednesday 9.30-12.30).

Writing Mentors:

The key role of a Writing Mentor is to work one on one with children and young people to help them to write their stories, explore ideas, describe characters and to use their imagination. No previous experience is necessary and all training will be provided.

Key attributes that we need from our Writing Mentors include:

- * A willingness to listen and encourage the children to write creatively;
- * To be helpful, friendly and enthusiastic; and
- * To be punctual, reliable and able to work with others in a team environment.

Illustrators:

The key role of a volunteer illustrator is to respond creatively to the children and young people's ideas. The illustrator will be required to draw two pictures to compliment the class story. The drawings must be full colour and completed at a fast pace. The illustrations will be printed in a book which the group take back to school. This activity is a good way for artists and illustrators to build up their portfolio of work. Further training will be provided.

Key attributes that we need from our illustrators include:

- Excellent drawing skills and the ability to draw at pace within a set time frame;
- To have good listening and communication skills in order to respond creatively to the children's ideas and to elicit more information if necessary;
- To have good attention to detail;
- To be helpful, friendly and enthusiastic; and
- To be punctual, reliable and able to work with others in a team environment.

Izzie Hutchinson 01912292379 Christina Castling 0191 2693495 by email on livetales@live.org.uk

CHILDREN NORTH EAST

Volunteer Mentor for Children North East's CAN Project (Confident Adults Newcastle)

To mentor young adults between 18-25 years old

Mentors must be aged 18+

3 day accredited training course

Expenses paid

To apply- <https://data.children-ne.org.uk/application>

Contact details: Lucy.ward@children-ne.org.uk/ 0191 2733997

ST OSWALD'S 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 by becoming a:

* Main Reception Volunteer

* Housekeeper

* Hairdresser

* Kitchen Assistant

* Events 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.

Retail volunteering opportunity of the month: Van Driver Assistants

St Oswald's Retail Van Drivers really need some new mates! This role will see you out and about all day, travelling the region alongside their drivers to help collect, transport and deliver donations. It's a perfect opportunity for anyone over 18 looking for a physically-demanding challenge that really makes a difference. You'll get to enjoy a fun environment while seeing parts of the North East you might not have experienced before.

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

AMSTRONG ALLOTMENTS ASSOCIATION

Plant Sale Saturday 26 May 2018, from 10.30am

Come along and get the pick of the bunch at our annual plant sale.

- Prize winning dahlias and chrysanthemums
- Hanging baskets
- Freshly picked rhubarb
- Large selection of vegetable plants and seedlings including courgettes, tomatoes, beans and sweetcorn

Plus the allotment shop will be open from 10.30am-12.30pm

All money goes towards the Allotment Association

EVERYONE WELCOME We look forward to seeing you.

Entrance to allotments via Crompton Road, Heaton NE6

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

