

VOLUNTEER CENTRE NEWCASTLE VOLUNTEERING OPPORTUNITIES

Giving isn't just about money

Hi Everyone

welcome to the August 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.o
rg.uk

Thanks

Commercial Union House is central and easy to find

If you want an appointment contact me



ONE OFF'S

2019 WMHD calendar

I'm requesting images of your Art work for next year's World Mental Health Day 2019 calendar. As usual there is no theme, we just want you all to make your mark, it can be of anything you like & in any medium, Ink, oil, acrylic, watercolour, clay, paper, creative writing, photography, get the idea. Anything you like. All the work will be show on the Altering Images of Mentality website, it's like a gallery but not as stuffy or intimidating, a bit like the Baltic in Gateshead.

From all the work sent in we'll select the images for calendar, this year it will be the AIM Committee voting for the 13 images to be show in the calendar. We are also wanting people to send in their favourite inspirational quotes so we can include these in the calendar as well. People can send in as many images as they like. Everyone who's art work is printed in the calendar will get a free copy, Everyone will be able to download a copy free from the AIM website. Google Altering Images of Mentality or www.aimmentalhealth.org.uk/ to see this year's & view the art work.

Feedback on the website is always appreciated. Try to get your work in as soon as possible as we would like the Calendar ready for World Mental Health Day in October.

BRITISH HEART FOUNDATION

Here in Newcastle,

heart and circulatory diseases kill 1 in 4 mums, dads, daughters, sons grandparents and friends. But with your help, the British Heart Foundation's lifesaving research can change this.

Help us beat heartbreak sooner by collecting money on the weekend of 15th and 16th September in Newcastle.

Pounds in buckets lead to cures in labs.

Sign up at www.bhf.org.uk/big-collection to give two hours of your time

MENINGITIS RESEARCH FOUNDATION

Cheer teams are a vital part of the Great North Run and Meningitis Research Foundation want their runners to know how amazing and important they are by arranging their very own cheer point!

In 2015, around 380,000 people died of meningitis and it is estimated that over 1 million survived who now have to live with the after effects, such as limb loss or brain injury. We have three goals: to see fewer people get meningitis and septicaemia; to see more people survive with a better quality of life and reduced disability; to have more engaged, informed and supported patients and communities.

Help support the cause by coming along to our cheer point on Sunday September 9th between 11am – 1:30pm and enjoy an excellent view of the race. Pom poms, t-shirts, banners and jelly babies provided!

Volunteers make it possible for us to create a memorable experience for our incredible supporters. They're a fantastic bunch and they will be so pleased to have you cheering them on.

For more information please contact Esther on esthert@meningitis.org or 0333 4056 242.

ST JOHN AMBULANCE

As the nation's leading first aid charity, St John Ambulance believes that no one should die because they needed first aid and didn't get it. However, every year too many people die in situations where first aid could have given them a chance to live. That is why we are dedicated to providing first aid support at events across the region, teaching first aid to hundreds of thousands of people in schools and communities across the country every year and campaigning to raise awareness of the importance of life saving skills.

You can be a life saver without ever needing to open a first aid kit with the chance to cheer on our runners at the Great North Run -so come and join us at this incredible event!

Time commitment: 3-4 hours on Sunday 9th September

Location: various points between Newcastle and South Shields.

What to do: Cheer and support St John Ambulance Runners and engage with the public about St John Ambulance.

What will I gain?: Support from a dedicated member of staff. Bang-bang sticks, a volunteer t-shirt and other materials to assist you. Knowing you are helping save lives.

Interested? Contact Joanna Plumb at joanna.plumb@sja.org.uk or 07900 607217

TEENAGE CANCER TRUST

About Teenage Cancer Trust: We make sure young people don't face cancer alone. We do it by helping young people and their families deal with the many ways that cancer can affect your body, your mind and your life. We do it in partnership with the NHS and by bringing young people together, so they can support each other. And we do it from the moment cancer is diagnosed until long after treatment is over...but we can't do it alone, we need your help!

On Sunday 9 September join us to cheer, support and motivate Teenage Cancer Trust runners at various points along the Great North Run route as a volunteer cheerer, photographer, event volunteer or a Massage Therapist at our post-race. Your support will help our runners to stay motivated throughout their challenge and help Teenage Cancer Trust in our goal to reach every young person with cancer.

For more information or to apply email volunteers@teenagecancertrust.org or call 020 7291 6974 to have a chat about the role. Reasonable travel expenses will be covered in line with our expenses policy.

PROSTATE CANCER UK'S

"Can you help Prostate Cancer UK's fundraising runners on **Sunday 9th September?** We have hundreds of runners, all personally affected by prostate cancer, who need support on the gruelling route.

The runners are raising lifesaving funds and we have a cheerpoint set up to help motivate them by cheering and waving our branded material. **Get in touch with Prostate Cancer UK at volunteer@prostatecanceruk.org if you can help."**



ONGOING OPPORTUNITIES FOLLOW

EQUAL ARTS

"Henpower" Good Egg – Gardening

To provide support to older people living in care by maintaining and enhancing the gardens and outdoor spaces. Welcoming and well-maintained gardens can make a huge difference to the "henjoyment" of residents.

Weekly or fortnightly visits as preferred - days and times flexible.

"Henpower" Good Egg - Creative Sessions

To 'hencourage' older people and children to participate in creative sessions working alongside a professional artist, combining hens and art!

An 'eggstra' pair of hands and a friendly face can make a huge difference to the participants:

- Setting up and tidying away creative materials
- Supporting residents and pupils to get involved in the creative activity
- Encouraging residents to engage with hen care

- Charlton Court Care Home, Battlehill (NE28 9RH) - Tuesday afternoon
- Harton Grange, South Shields (NE34 0LZ) - Thursday afternoon
- Comfort House, West Denton (NE5 5AY) - Friday morning

- Hilltop School, Wreckenton (NE10 8LT) - Friday morning

"Henpower" Good Egg - Hen Care

To provide support to HenPowered care homes through basic hen husbandry.

An 'eggstra' pair of hands to help care for the hens, 'hencouraging' residents and staff to get on board can make a big difference to the success of "HenPower" projects.

Supporting residents to join in with small scale tasks like collecting eggs, feeding the hens, checking their food and water.

- Comfort House, West Denton, (NE5 5AY)
- Fellingate Care Home, Gateshead (NE10 0BA)

For all the roles contact Laura Laura@Equalarts.org.uk

SAMARITANS OF TYNESIDE

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. Further details are available at the Information events when further discussions can take place

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.

Volunteers do not need to have previous experience or qualifications, but do need to be empathic and non-judgemental when talking to callers.

Applicants must be 18yrs plus.

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

Volunteers are required to attend 5 hours of additional training each year in order to refresh their skills and keep up to date with revisions to Samaritan policies and procedures.

If you would like to find out more please a-mail newcastle@samaritans.org or phone: 0191-281-3251

CHANGING LIVES – AUGUST 2018

Changing Lives is a national charity which supports people affected by addictions, homelessness, crime, abuse and exploitation, poverty and social exclusion.

There is a number of volunteering opportunities across the North East. We are looking for committed, sympathetic and enthusiastic volunteers to support our social enterprises, projects and services. We are looking for Furniture Store Drivers, Drivers Mates, Gumtree/Social Media Volunteers, Administrators and Warehouse Operatives in Westerhope. For our drivers and drivers' mates we are looking for people who would like to join us from 10.00 am to 4.00 pm weekdays and there is also a possibility for 10 am-1 pm on Saturdays. Minimum 1 day per week

We are also looking for Van Delivery Drivers based at our Charity Shop in Gateshead who would be using charities' van and assist in collecting items from people's homes. We would like to have drivers to help for as much time as they can give from Monday to Saturday between 9.00 am and 5.00 pm.

These are some of great opportunities to increase your self esteem and confidence, use and improve existing skills, enhance your CV and support a fantastic organisation that works with vulnerable people across the country.

To find out more about these roles, please contact Sead on

0191 481 3695, sead.masic@changing-lives.org.uk , or visit our website:

<https://www.changing-lives.org.uk/how-you-can-help/volunteer/>

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. 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:

- Communications and Marketing Volunteer (Fundraising)
- Confidential Waste Processor Volunteer
- Focus on Living Support Volunteer
- Main Reception 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: Central Sorting Centre, Benfield Park

Our 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 25 region-wide charity shops. 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.

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

DRAGONFLY CANCER TRUST

Administrative support required for our busy office in Newcastle, general office experience would be useful and the ability to compile a simple spreadsheet and draft thank you letters would be desired.

– Basic office experience, including the ability to do simple spreadsheets, answer the phone and write thank you letters to our supporters

Grants and Trust Volunteer – We are looking for a person with the following skills:- Attention to detail and a knowledge of figures to assist us with our programme of Grant and Trust applications.

– Good written skills, attention to detail and have a knowledge of working with figures.

Tin and Badge Coordinators – This is an ideal opportunity for those looking to meet people and represent the Trust. You will support our collection and distribution activity across the North East Region. If you are happy to spread the word about our work and can become an ambassador for the Trust please contact the office.

– Happy to communicate with people and talk about the Trust, a good telephone manner and willingness to identify new distribution outlets for our tins and badges through research on the internet, sending e mails and calling organisations.

Jane Dennison 01434 602043 jane.d@josiesdragonfly.org

ST JOHN AMBULANCE

You can be a life saver without ever needing to open a first aid kit. Fundraising for St John Ambulance helps put first aid trainers in schools, equip volunteers and run ambulances. We're looking for enthusiastic and committed volunteers to help us raise the funds that are vital to our life saving work.

In this role you could be attending a public event, manning a collection bucket in a supermarket or, if administration is your strength, helping out our busy fundraising staff.

If you would like to be involved with the nation's leading first aid charity, find out more by calling Joanna Plumb on 07900 607217 or email her at Joanna.plumb@sjamb.org.uk or register online <http://email.sjamb.org.uk/sjalz/WebCapture.aspx?PID=5191&t=0>

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.

CRISIS SKYLIGHT

Renting Ready Assistant Volunteer

This is an excellent opportunity for a volunteer to gain first-hand experience of supporting our members to gain the skills necessary to maintain their own tenancy. Renting Ready is a qualification we run in pre-tenancy training and sessions are usually very popular. You will have a direct input into enabling our members to improve their skills and knowledge, and to achieve a qualification. We are looking for a friendly, reliable person with an interest in education as the role of the volunteer will be to work closely with the Renting Ready Tutors to support the administration and assessment of the course, ensuring all activities and evidence are collated and documented in line with our internal quality assurance framework.

Timings: Ideally one day per week; and/or with option of weekly Friday Renting Ready sessions

Location: Crisis Skylight Newcastle and surrounding areas

For more information, the role description and/or application for you can look at our [website](#) or contact emily.marshall@crisis.org.uk.

Fundraising Administration Volunteer

This is a fantastic opportunity for a volunteer to gain experience working within the busy Regional and National Fundraising team in the Crisis office in Newcastle. You will support our research and and stewardship activities including the Crisis Collections, contacting our supporters to offer practical advice and thanking our donors. You will encourage our volunteers and supporters to raise as much as they can and ensure they have everything they need and thanking them afterwards. We are looking for a professional, confident person who has the ability to work under instruction but also use their initiative.

Timings: 1 Day per week, preferably Fridays

Location: Crisis Skylight Newcastle

For more information, the role description and/or application for you can look at our [website](#) or contact emily.marshall@crisis.org.uk

ROYAL VOLUNTARY SERVICE

Are you wheelie passionate about cycling!

Do you love cycling? Would you love to pass on your knowledge and skills to older people 40yrs+?

You don't have to be the next Bradley Wiggins but you could be the next group assistant who makes things happen in your local community.

You can get matched with other volunteers with the same love of cycling or run it with family and friends.

At the Royal Voluntary Service we can support you every step of the way and we also have a small pot of money to help set up the group.

Volunteers are our lifeblood, and with your helping hands and a willingness to 'bring people together' we can reduce loneliness and give older people the opportunity to get involved and connected to their community.

We are looking to run one session a week for around 2hrs in the centre of Newcastle from the Cycle Hub on the beautiful Quayside.

Initially the Cycle Hub will be able to provide instructors, bikes and helmets, so why not join us? Volunteering can make a difference in so many positive ways.

'You can't buy happiness, but you can buy a bicycle and that's pretty close' Anonymous

Julie Crocker – Community Engagement & Development Worker (The Royal Voluntary Service)
M: 07769 369250 E: julie.crocker@royalvoluntaryservice.org.uk

COCO

What we do

COCO (Comrades of Children Overseas) is an international children's charity, based in Newcastle upon Tyne. COCO works with rural communities in East Africa to provide children with access to the education that is essential for a good start in life.

Who we are looking for

COCO is looking for a full time, highly organised, enthusiastic and efficient administration assistant to provide comprehensive administrative support to the organisation and support the work of the UK office team. You will need to possess excellent organisational and time management skills and the ability to use your own initiative and communicate effectively with all people at all levels. You should have a positive approach to customer service and experience of working in a busy office environment. You will also have exceptional IT and database skills, work well under pressure and be confident in taking minutes.

When we need you

This position has a start date of Monday 1st October 2018

The closing date is Wednesday 5th September 2018

Interviews will be held on Monday 10th September 2018

This position is full time Monday to Friday 9am to 5.30pm 37.5hrs per week **£16,000 to £18,000**

How to apply

Please read the job description <http://www.coco.org.uk/coco-team/vacancy/> and submit a cover letter and your CV via post or deliver in person to;

Mrs Lucy Kendall , 3rd Floor, 14 Blandford Square . Newcastle upon Tyne NE1 4HZ

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

