

VOLUNTEER CENTRE NEWCASTLE VOLUNTEERING OPPORTUNITIES

Commercial Union House is opposite the Tyneside Cinema and at the bottom of Northumberland Street

If you want an appointment to speak about volunteering contact me 07419988821

ONE OFF'S

NEPACS

Nepacs is a North East charity supporting families affected by imprisonment. We are holding an open day in Newcastle so people can come along and find out more about what we do and how they can get involved. In Newcastle we need more volunteers to support families when they first come into contact with the criminal justice system when their relative is appearing in court, and at the time their relative is released from prison.

Our court project offers practical and emotional support to families, particularly on the day of sentencing, and we can explain the next steps for the family if a loved one is sentenced to prison.

Our family and parenting project supports family relationships when a relative is released from prison, and this is achieved through one to one work alongside a training programme which is offered to those released from prison.

If you think you can help us to support families in these projects, or you would like to hear about what Nepacs does across the North East, please come along. The open day is Wednesday 18th July 1pm-2.30pm. You can book a space by contacting our Volunteer Coordinator Emma Price on 0191 375 7278 or at eprice@nepacs.co.uk

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.

CHILLI STUDIO

"ART & LIBERATION!" Exhibition will take place at The Holy Biscuit 4th - 19th Sept.

Preview night Monday 3rd Sept 6-8pm.

This exhibition will showcase ephemeral works focusing on the diverse and individual experiences of mental health conditions and artistic expression.

OPPORTUNITY!

Open call out for submissions of sketch books, notes, diaries and art showing the importance of creativity to the mind. Focusing on the diverse and individual experiences of mental health conditions and artistic expression.

Please contact jo@chillistudios.co.uk for further details. You will be asked to fill in a submission form which you can find here <https://goo.gl/forms/CnZRnJBxaDJeMfB33> and send in 1-3 images of your proposed work to exhibit to the email above.

Deadline for all applications July 23rd 6pm. If successful all artwork must be received before 6th August to prepare for exhibition.

About the wider project: HEADS & TALES is a 2 year project to create a new heritage archive for the North East exploring, rebalancing and celebrating the voice of adults experiencing mental health conditions. This project is shaped and led by participants, volunteers and staff who are directly or indirectly affected by mental health issues. Funded by Heritage Lottery Fund.

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!

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

ONGOING OPPORTUNITIES

NIWE

NIWE is seeking experienced people to join its Board of Trustees to help work to ensure high quality mental health support for those affected by eating distress and disorders.

About NIWE

Since 1988 NIWE has been the leading North East mental health charity for people affected by eating distress. NIWE provides information, support and therapy services from its base in Newcastle working with people with eating distress and disorders. NIWE is in an exciting new phase of development for the organisation and its services.

The role

You will be willing to give time, effort and enthusiasm to the duties of trustee with participation in at least six Board meetings per year (generally Monday evenings), reading papers in advance as preparation, involvement in occasional task and finish groups and an annual strategic planning day. Reasonable expenses can be met, but the roles are voluntary.

The Board of NIWE has overall responsibility to provide strategic direction, ensuring the organisation is well established and run and is meeting its charitable objectives.

About you

You will bring enthusiasm and commitment to working in the best interests of the organisation, working effectively in a team. You will have the opportunity to influence NIWE's success and have positive impact on users' health and wellbeing. NIWE is ideally looking for trustees with experience in one or more of the following areas:

- * Business development
- * Finance / accounting
- * Income generation

* Legal To express an interest or for further information, please email Lyn at lynboyle@mac.com. You can also find more information about NIWE on our website at www.niwe.org.uk.

We look forward to hearing from you.

DALE CARE BYKER

Harold likes to chat about his life but prefers one to one chats. He lives in Lawson House in Byker and even though they have a day room for everyone to sit in he prefers his own space.

Do you love listening to people?

Could you chat to Harold in his own flat or even the other residents?

We are looking for volunteers at Lawson House, Byker where we have both male and female elderly residents looking for companionship.

If you have a few hours a week to spare through the day or evening then please get in touch.

carol.jackson@dalecare.co.uk 01388 761480

USEFUL VISION

Useful Vision organises accessible activities for visually impaired children and their families across the north east. We are a small team and rely on volunteers for help. Volunteers will have the opportunity to learn guiding skills and will be offered free VI awareness training. Opportunities include; guiding children and helping families at activities throughout the day, office support, and fundraising events. Volunteers are offered expenses and will be DBS checked by the charity. We have an exciting busy summer ahead with a huge range of activities. If you would like to get involved for example with the summer drama school week, trips to the farm, climbing or days out to visit a fish farm to name but a few contact us. Go to www.usefulvision.org.uk to see the varied calendar of events and volunteering opportunities. We would love to hear from you, you can come along to just one activity or several and you will be given thorough training and induction. Contact us on office@usefulvision.org.uk or phone 0845 604 8491 for more information on how to help. Thank you.

MENTAL HEALTH MATTERS

Are you interested in a volunteering role supporting people with mental health needs? Do you enjoy talking to people and motivating people to take part in activities they find interesting? If so, Gateshead out of Hours may be the service for you.

Gateshead out of Hours is a service valued by its members, it provides people with mental health needs a safe space to socialise with others at a time when other mental health services may not be available. With the support of staff and volunteers people have the opportunity to take part in interesting and fun activities, receive emotional support and general advice.

We currently have volunteer roles for people to undertake the rewarding and fulfilling role of supporting people who attend Gateshead out of Hours to socialise and participate in activities. We are looking for people who have good communication skills, empathy and a general understanding of mental health

Gateshead out of Hours sessions take place 4.30 to 8.00 pm on a Thursday, and 12.30 pm to 4.30 pm on a Saturday and Sunday, we are looking for volunteers who would be available for at least one of these sessions.

MHM will provide you with in house training to enable you to carry out the role, a full induction, and access to MHM e- learning.

For an informal discussion, please contact Julie Laverick on 07545438283

Closing date: 22nd July 2018

RVS – BRINGING PEOPLE TOGETHER

#Are you passionate about photography?

Would love to pass on your knowledge and skills to older people aged 40yrs+? You don't have to be the next David Bailey but you could be the next group leader or assistant who makes things happen in your local community. You can do this either on your own, with family or friends or get matched with other volunteers with the same love of photography.

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 your 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 2hrs in the Heaton area of Newcastle but we'll also be using different venues around the city depending on the topics the group would like to cover.

Why not join us, volunteering can make a difference in so many positive ways.

'Which of my photographs is my favourite? The one I'm going to take tomorrow' **Imogen**

Cunningham

Julie Crocker 07769 369250 julie.crocker@royalvoluntaryservice.org.uk

CHILDREN NORTH EAST

Children North East are delighted to offer a unique and exciting volunteering opportunity. Our Newcastle Parent Infant Partnership (NEWPIP) is funded through Newcastle Local Authority and PIP UK, the umbrella organisation supporting a small network of 7 PIP's across the country. We provide psychotherapeutic services for parents (and babies from birth to 2 years) to support positive relationships between parents and their babies

We need additional administrative support within the busy team - this includes all aspects of reception and office support from

- dealing with calls and receptions tasks
- maintaining reports, statistics and databases
- supporting staff with ordering stationary and maintaining petty cash
- general support with building health and safety issues

This is an exciting role in which the right volunteer will have the opportunity to develop a range of knowledge and skills as well as making a valuable contribution to the development of the innovative Children North East NEWPIP service.

Janice janice.craig@children-ne.org.uk 0191 2399956

WALKER & DISTRICT FOODBANK

Volunteers are the driving force behind foodbanks.

WAREHOUSE VOLUNTEER

We need help to weigh, sort and store donated food before it's made into parcels for clients to collect. You could help in this vital work to ensure we have the right food available at all times.

HELPING AT A FOODBANK CENTRE

Meet clients and give out food parcels. Have an informal chat with clients over a cup of tea, to discuss their situation and signpost to further support.

WEB EDITOR

Our local website needs constant attention. Could your digital skills help communicate our message to a local and global audience? You will need to know a little about websites and ideally have experience of using WordPress (though training and support is available).

If you are interested in volunteering please CONTACT US, we'd love to hear from you!

07496803150 info@walkerdistrict.foodbank.org.uk

CRISIS

Outreach Volunteer (for newsletter)

Here at Crisis we have a great opportunity for a volunteer to support us to end homelessness by going out to hostels and other partner organisations to promote our services. We are looking for a professional and friendly volunteer who has good networking skills and loves engaging people to ensure existing and potential members know about Crisis' services. You will also need to be confident in all Microsoft packages. The volunteer will promote Crisis in our partner organisations and outreach locations across Tyne and Wear. The role will involve maintaining links with our partner

organisations whether by email, phone calls or in person, maintaining up-to-date records and visiting our partner organisations to promote our service. Please apply online or email: emily.marshall@crisis.org.uk

Timings: One day per week; minimum +4 month commitment

Location: Crisis Skylight Newcastle and surrounding areas

Progression Feedback Volunteer (for newsletter)

A great opportunity to improve our service and carry-out a client-facing role has arisen at Crisis for the right person. A Volunteer Feedback Assistant is required to collect feedback from clients on their experience with the Progression Service at Crisis Newcastle. You will be responsible for arranging and conducting interviews with members (ideally in person), raise any issues identified during the interview and recording data appropriately. You must have some experience of conducting research and have excellent communication skills. Please apply online or email:

emily.marshall@crisis.org.uk

Timings: 1-4pm once or twice a week initially then flexible

Location: Crisis Skylight Newcastle

BAREFOOT COMPUTING

Barefoot is a national, fully funded- computer science programme for primary teachers, supported by Computing At School, Department For Education and funded by British Telecom. We offer free workshops and teaching activities, including full lesson plans that can be downloaded from our website.

Our workshops are delivered by volunteers and we are looking for some new volunteers specifically in the Newcastle at the moment.

The ideal volunteer has an interest in the project and its values, is interested in public speaking or developing skills in this area, works in or has an interest in tech and is able to get to a local primary school and deliver a workshop. Workshops usually last around 90minutes and tend to start around 3:30pm.

The volunteer training that we offer is mainly conducted over Webex. We deliver the online training from our office in Exeter we are also happy to deliver face to face volunteer training to larger groups all around the UK. We are a small, friendly team and we facilitate the workshops nationally.

What we ask of volunteers:

- That they attend a training session via webex- we deliver these every two weeks.
- They get to know the Barefoot website and the workshop- that they practice their delivery.
- They visit one or more schools to deliver a workshop presentation to teaching staff.
- The workshop is a set and pre-practiced and is therefore easy to get to grips with any questions that volunteers cannot answer can be directed to us post workshop.
- Volunteers can buddy up with another volunteer to deliver workshops, which is useful for the less experienced- although you'd be surprised by how many want to work alone!
- There is no need for a DBS check as volunteers are only working with teaching staff and workshops are delivered either after school or as part of INSET.

Many volunteers pop in to their local schools with a leaflet and deliver there - it's a really easy to access programme because most of us have a primary school nearby, similarly it's a great program for those with children in primary school and many parents go in to their children's school to deliver a workshop.

We have great marketing and the Barefoot project is well known by teachers throughout the UK. Teachers can go to our website and register, request a workshop and download our free resources. We have many requests each week and we are looking for volunteers nationally to fulfil these workshops so it would be great to get some new candidates on board in some capacity.

0800 028 0041 enquiries@barefootcas.org.uk

WEST END WOMEN & GIRLS CENTRE

Volunteering at West End Women & Girls Centre will be an excellent way for you to develop your skills & CV and continue your professional development. We have a number of volunteering opportunities at the Centre including Administration, Catering, Gardening, Event Support and Youth Work.

Tasks expected of volunteer **Admin Support** will include: reception duties, answering the telephone, data entry and general admin tasks including using Outlook email system.

Tasks expected of volunteer **Catering Assistant's** will include: the preparation and serving of food at our weekly brunch session and assisting in the planning and preparation of buffets and other events.

Tasks expected of volunteer **Community Gardeners** will include: the ongoing maintenance and development of our community garden and other planted areas; the development, planning and maintenance of community green spaces in the local area e.g. orchard in Elswick Park and other edible landscapes; support of local residents with planters on their estates.

Tasks expected of **Event Support Workers** may include: preparation of food, serving of food, helping with planting and/or art & craft activities, setting up and tidying up before and after event.

Tasks expected of volunteer **Youth Workers** will include: assisting in the running of our Grow It and Cook It clubs which are sessions for 8-18 year olds and run every Tuesday and Wednesday evening between 3.30pm-6.30pm; and the Tuesday Club which is a session for 5-11 year old girls and runs every Tuesday evening between 5.30pm-8.30pm. Tasks include supporting the staff in running different activities such as cooking, gardening, art and crafts and games.

WOMEN ONLY

0191 2734942 emma.hughes@westendwomenandgirls.co.uk

GUIDE DOGS NORTH EAST

A rare opportunity has arisen for volunteer training **dog boarders** at Guide Dogs Newcastle Mobility Team in Benton. It's an essential requirement of the role that you can drop off and pick up the dog by car between 8-9am and 4.30 – 5pm at our office next to Four Lane Ends Metro Station as is having an enclosed private garden or yard with a hard area for the dog to 'do its business'.

The role is a bit like bed and breakfast for canines and we would need you to have the dog each evening and weekend for 3-6 months so that the dog has stability and routine. Of course if there is the odd weekend or week away we can find alternative boarding for the dog! Being a volunteer training dog boarder would particular suit someone who travels near to a location like DWP, HMRC, businesses at Cobalt Business Park each day, passes by our office or lives in NE7, NE2, NE3 or NE12.

Being a training boarder is a really lovely and rewarding role as you have the companionship of one of our lovely dogs and you will have the satisfaction of knowing you will be supporting a trainee guide dog on the last steps of their journey to being a life changer for someone with sight loss. Guide Dogs provides food and pays any vets bills. We also fully train our boarders and this will take place on the evening on August 7th

Claire newcastle@guidedogs.org.uk 07990540176

WESTGATE HILL PRIMARY ACADEMY

We are currently looking for new governors to join the friendly governing body of Westgate Hill Primary Academy. Westgate Hill Primary Academy is committed to raising educational standards; we are looking for dedicated individuals who want to make a difference in the lives of children and are willing to share their experience in an educational environment.

Our governors come from a range of different backgrounds, skills and experience but all share a common interest of wanting the best possible education for the children in our school. We would be delighted to hear from anyone who:-

- Is interested in children's education and the performance of the school
- Is community spirited and would like to represent the community
- Has spare time and the energy for the role
- Is able to work well as part of a team
- Has an enquiring mind and the confidence to ask questions and debate issues that affect the school
- Can consider matters objectively and make informed judgements

If you would like to discuss any aspects of the role before submitting an application please contact the Clerk to Governors on 0191 662 2416. Governors do not need any formal qualifications but must be aged 18 years and over.

STREETWISE OPERA

“Thank you for the sterling opportunity to work as part of a team with Streetwise. We were given clear instructions, the event was very well organised and well timed. Let me know if you would like me to volunteer again... be happy to help. ” Streetwise Opera Volunteer

Streetwise Opera uses music as a tool to help homeless people move forward in their lives – we run a music Workshop Programme in 10 homeless centres nationally which helps build confidence, self-esteem and creativity for our participants.

We're currently looking for helpful and committed volunteers for both daytime and evening opportunities and any help however small is always appreciated. Volunteers can help out in a number of ways including Theatre Trips, Public Performances, Events and Workshops.

sue@streetwiseopera.org

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

EQUAL ARTS

We are a leading creative ageing charity supporting older people and those living with Dementia in Gateshead, Newcastle and across the UK.

Equal Arts are busy creating more opportunities than ever for individuals, communities and groups to get involved. With volunteers' time, skills and enthusiasm we can improve the lives and well-being of older people through creativity and arts. Opportunities based in the North East (as well as in other locations around the country) include Hen Care, delivery of Creative Sessions, Gardening and more. If you're interested in finding out more about Equal Arts and it's projects, visit www.equalarts.org.uk and email laura@equalarts.org.uk for more information on getting involved as a volunteer.

Oxfam Shop – Whickham

The Whickham Branch of Oxfam has a number of volunteer opportunities currently available. These include:

- Book volunteer

–Due to generous donations the book department needs to expand and the shop are looking for a volunteer to take the lead on this. The role will involve helping to display and merchandise the books, and pricing them up.

- Homeware volunteer

– Have you got an interest in crockery or ornaments?

Do you like to display items so that customers can easily see and access them? This will be an immediate start and would need to be for a minimum of 4 hours a week.

The role will involve pricing up and displaying homewares to appeal to a wide audience. A good eye for current trends and being creative when it comes to displays would be an advantage

- Jewellery Assistant volunteer – Do you have an interest in accessories and jewellery? We need volunteers to show the jewellery within the shop to its fullest glory so that customers can easily see what's on display clearly.

- Window dresser volunteer – we need volunteers who are able to make the main shop window appealing to customers.

Volunteers would need to change the window displays weekly and make sure that when items are sold out of the window they are replaced quickly.

- Online volunteer – we need a volunteer to post information about our shop online, including facebook, twitter and local sites as needed to keep customers up to date. A good general knowledge of the internet and the sites within would be excellent.

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

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

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
- * Kitchen Assistant
- * Transport Volunteer
- * Hairdresser

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.

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

Karen Watson || Volunteer Centre Officer
07419 988821

