

# Volunteering Matters

Eastleigh Edition

September 2020



**V**olunteering Matters provides a monthly round up of volunteering opportunities in the local area, provided by Volunteer Centre One Community. These are only a few of the many available, and we are here to help you find a role to suit you.

To find out more about volunteering, come to one of the events below, have a browse through this newsletter, or go to the website [www.do-it.org](http://www.do-it.org) to find all our volunteering opportunities online. Otherwise, you can call us to make an appointment for a chat on 023 8090 2458 or 023 8064 1202 (our Eastleigh Museum outreach), or ask for information by emailing [volunteer@1community.org.uk](mailto:volunteer@1community.org.uk)

## Botley Market Hall

A stately Grade 2 Listed Building, Botley Market Hall has been serving the community since the 1850s. However, it is fully modernised and accessible to all, with all the facilities you may expect for a modern community venue.

The generosity of a local resident and a County Councillor has enabled the planning of two major improvements over the coming months. The external frontage of the Hall is going to be repainted (it was last done about 18 years ago) and some external lighting will be installed on the front façade.

The Hall is owned and run by a local charity, and relies totally on local volunteers to run it. Why not consider joining them as an occasional volunteer or on the Committee?

No experience necessary.

## Volunteer Caretakers for Private Woodland



Hidden away in Old Bursledon is a private woodland protected by Nature England. This stunning area is rich with trees and wildlife. Not accessible to the general public, it is very quiet and offers volunteers total escapism. Volunteer Caretakers are needed to keep the laurel under control and do some light maintenance. All tools provided and a flexible commitment is possible.

If you are interested in a volunteer placement where you would be on your own and plan your own tasks then this is for you.

## Volunteer dog walkers

Volunteer dog walkers are needed in the Hedge End area to walk a very sweet tempered, older, mixed breed terrier, very calm and easy to walk - but not keen on other dogs. The owner is unable to do this at the moment.



## Volunteer Centre Drop-In



### Eastleigh Museum

**First Tuesday of the Month  
10am-12 Noon**

Drop into Eastleigh Museum on the first Tuesday of the month, 10am-12 noon to talk about volunteering, or call 023 8064 1202 to make an appointment for a time to suit you.

Library outreach will resume shortly

## Stroke Group Supporter



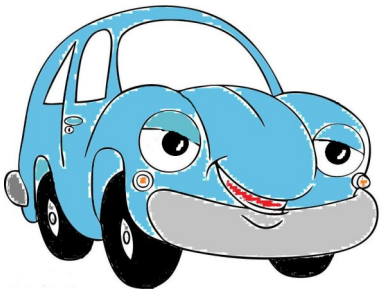
Chandlers Ford Stroke Support Group would like some volunteers to engage with the local community, meet new people and be part of a vibrant local team.

This would help you to develop new skills with a well respected charity and improve your CV and employability.

Volunteers will be assisting in arranging activities and events by providing information and contacting local activity and/or service providers and supporting members to take part in activities organised for the group.

Help is required to set up and clear away the venue where the group meets. Preparing and providing refreshments and helping with other tasks that ensure the smooth running of the group, such as risk assessments, fire drills, first aid and gathering feedback from members.

## Car Park Marshals



Sovereign Health Network is a network of three surgeries, Highlands, Jubilee and Whiteley. Volunteers are needed as car park marshals to support the Sovereign Network flu

vaccination service. From 19th Sept (Saturday and Sunday for four weeks). The car park volunteers play a vital role in managing the footfall of patients that will be attending the hospital drive through clinic, ensuring that social distancing rules are applied and each station in the car park is fully stocked with PPE. Whilst respecting all service users with compassion and sensitivity, marshals will identify the needs and concerns of the patients attending, updating the Sovereign Volunteer Lead confidentially and appropriately when necessary.

## Naomi House

Naomi House & Jacks place hospices provide expert hospice care to more than 525 life limited and life threatened children, young adults and their extended families from Hampshire, Wiltshire,



Dorset, Berkshire, West Sussex, Surrey and the Isle of Wight.

Shop volunteers in local stores undertake duties such as steaming, tidying, cleaning and rotating stock.

Shifts are available between 9am & 5pm, and split shifts are available.

## Back to the Future



Loneliness and social isolation is a huge problem among older people and others who find it difficult to get out and about. One Community has a scheme running across Fareham and Eastleigh to address that need. The scheme, which provides companionship to older and disabled people, is looking for

friendly people who can commit to supporting them to reconnect with their community. Home Visits are not currently possible, but volunteers are needed to phone clients for a regular chat and catch up, and potentially for socially distanced walks. The scheme looks forward to a time when volunteers can visit clients at home, and help them to engage with activities outside the home again.

## CRY

A Christian charity, CRY is dedicated to caring for disadvantaged, destitute and suffering children, young people and their families. CRY aims to rescue and restore young lives broken by poverty, oppression, exclusion and abuse and to provide appropriate opportunities for a better future. CRY has a small group of charity shops (plus a coffee house), including shops in Eastleigh and Hedge End, which raise a significant amount of money for the charity's projects. Volunteers are needed to help sort through donations in the stock area and cleaning the shop. This can include clothes, furniture, bric a brac, music, books and toys. Morning sessions are 9.30am - 1pm and afternoons from 12.30 - 4.30pm, but any time you can spare would be welcome.

## In Memoriam Secretary Eastleigh



In Memoriam giving is an important way for families affected by heart and circulatory diseases to remember a loved one and provide a vital source of funds to support the work of the British Heart

Foundation. It is a very special and personal way for families and friends to give and it is usually made in lieu of flowers at the funeral.

By becoming a volunteer In Memoriam Secretary you would be helping to give a personalised local thank you from the BHF to these families and friends.

The BHF also offers a 'Gift of Hope' fund which is an ongoing tribute set up to remember a loved one. As part of the role you will also inform funeral directors and families of the 'Gift of Hope' service.

In Memoriam Secretaries are part of an empowered network of dedicated volunteer fundraisers who help the BHF to keep hearts beating.

BHF aims to invest £100 million each year into lifesaving research, which could not be done without their volunteers.

This role involves visiting funeral directors in your area and acting as their point of contact, collecting and banking In Memoriam donations from funeral directors and writing thank you correspondence to bereaved families.

## Face Mask Makers



Eastleigh Museum is looking for volunteers to make face masks from home for their little shop, to ensure access to affordable masks for local people.

The masks will be available for visitors on a donation

basis.

The museum, run in a partnership between One Community, Hampshire Cultural Trust and Eastleigh Borough Council, is a hub of community life, preserving Eastleigh's heritage and putting people in touch with local services, opportunities and events.

## Car and Mini Bus Drivers



Colden Common Care Group is looking for people to join their pool of drivers who can use their own cars to take people to hospital appointments and to show a friendly face to the service users.

They also require two mini bus drivers who are prepared to offer some commitment to being regular, though not frequent drivers. Must be under 70 years of age.

## Lend a Paw

Volunteers are being sought to help the PDSA charity shops in the UK to open. The pandemic has caused a huge income drop in fundraising to treat vulnerable and sick animals. Your local PDSA charity shop is in Shirley, Southampton.



## Telephone Companion



Blind Veterans is looking for Hampshire volunteers willing to make a difference to the life of a Blind Veteran. Spend an hour a week brightening someone's day without even leaving your living

room.

Blind Veterans is committed to supporting blind veterans no matter where they are. Telephone companions provide crucial social interaction for veterans who can't reach a Blind Veterans centre, and can often feel isolated or lonely.

By having a quick chat once a week, telephone companions are a friendly voice on the other end of the phone that can make all the difference to a veteran. Whether it's a conversation about what they've been up to that week, reminiscing about their time in the military, or even just a chat about who won the football, every call is valued.

Although you will be working independently, the volunteer manager is only a phone call away and there is a network of other volunteers for you to link in with too. Volunteers must be over the age of 18 years and understand the importance of confidentiality and relationship boundaries. The role can be flexible around your other commitments, but you do need to be reliable and punctual for the veterans. Full training is provided.

## The Beau Halo Trust



The Beau Halo Trust (TBHT) aims to provide a holistic approach to bereavement aftercare when a child or young person passes away; with the provision of emotional, practical and financial support to bereaved parents. The Trust also raises public awareness of the impact that child loss can have on parents, families and others. They are always looking

for enthusiastic and passionate individuals to join the team. They have an array of diverse volunteer roles available which they are keen to fill with like-minded and committed people. Roles include: campaigning and awareness raising, fundraising, front-line bereavement volunteer, phone-led bereavement support.

## Eastleigh Lions Club

People of all ages are welcome to join the Lions. Membership of the Lions is FUN, challenging and very rewarding. Lions organise events, raise money throughout the year, and actively help where it is needed in the local community.



Lions International (to which Eastleigh Lions belongs) has 1,350,000 members, and provides emergency and longer term aid response to major disasters worldwide, including Cumbrian and Somerset floods in the UK in recent years. The club usually meets on the first Friday of each month at the Holiday Inn, Eastleigh, starting at 8pm, and provides the opportunity for members to serve the local national and international communities.

## FareShare Southern Central



There are 21 regional centres that make up FareShare UK, the UK's largest food redistribution charity. It tackles food waste and food poverty by redistributing surplus food that would be wasted, to charities and community groups, including breakfast clubs for

disadvantaged children, homeless hostels, lunch clubs for older people and domestic violence refuges.

These organisations then transform the food into nutritious meals, which they provide alongside life changing support. Over the last 12 months, 6,723 charities and community groups received 13,552 tonnes of food through FareShare, enough to provide almost 28.6 million meals for people in need with an estimated value to the charity sector of £22.4 million.

One hour's volunteering provides 71 meals for vulnerable people. FareShare is currently in need of warehouse assistants and driver's assistants.



For further information

023 8090 2458

Find all our opportunities

[www.do-it.org](http://www.do-it.org)

Email

[volunteer@1community.org.uk](mailto:volunteer@1community.org.uk)

Website

[www.1community.org.uk](http://www.1community.org.uk)

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Volunteer Centre

One Community

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