**VOLUNTEERS NEEDED JANUARY 2019**

**FOOTPRINTS IN THE COMMUNITY**

**Driver**

We are looking to recruit a volunteer(s) to collect unsold grocery items from the Aldi store at Pheasant Fields Lane, Skelton and deliver to Footprints in the Community projects to help people in food poverty in the Redcar area. ***This role involves the use of the volunteer’s own vehicle*** (all out of pocket expenses will be reimbursed).

Tuesday and Fridays – collect from Aldi and deliver to our Next Step shop at 10 Queen St, Redcar before 9 am.

Wednesdays – collect from Aldi and deliver to Redcar Area Foodbank at East Cleveland Baptist Church, Park Ave, Redcar, before 10 am.

If you are interested in covering one or all of the days contact Rachel at volunteer@footprintsinthecommunity.co.uk for more information or telephone 01642 484842

**AGE UK**

**Welcome Home**

Welcome Home aims to provide support and company for those older people who have been discharged from a hospital stay and live alone. Before or upon discharge suitable patients will be matched with a project volunteer who will support the patient on return home and will offer 4-6 weekly visits (1 visit per week) at the older persons home to help build their wellbeing and independence and reduce re-admission rates.

**Computer/IT Support For Older People**

Older people are especially vulnerable to loneliness and social isolation – and it can have a serious effect on health. But there are ways to overcome loneliness.

We are looking for a Volunteer to work within our Redcar & East Cleveland Befriending Service offering short term support to elderly clients who are looking to learn the basics of computing. This could be from learning how to turn their computer on, access the internet, Skype with friends and family, food shopping or typing a letter.

The Volunteer would work on a short term basis of 6-8 weeks with a client, visiting once a week to help clients learn the basics.

The volunteer must have ICT skills and knowledge of computer basics, reliability, flexibility, outgoing personality, good communication skills and previous experience working with older people would be an advantage.

**INDEPENDENT AGE**

**Friendship Volunteers**

Independent Age, a charity founded over 150 years,  **e**nable older people to stay independent and live well, with dignity, choice and control. We can provide older people and their families with clear free and impartial advice on the issues that matter: care and support, money and benefits,

health and mobility.

Focusing on loneliness and isolation across Teesside, Independent Age are recruiting friendship volunteers to be able to visit lonely and isolated older people in the Redcar and Cleveland area. If you can spare an hour a week to visit someone in your local area then please make contact with Ross Newton, Wellbeing Officer, on 07921 813013 to discuss this opportunity further. Out of pocket expenses will be reimbursed.

**BEYOND HOUSING**

**Events Organiser Westfield Farm**

Westfield Farm is Beyond Housing Tenant Resource Centre and Job Club

Volunteers are needed to support ***Friends of Westfield Farm*** and ***The Farm Garden Volunteers*** with fundraising events, assisting with the planned programme of events throughout the year as well as any adhoc opportunities which are presented. No previous experience is needed but you would need to be an organised person with good communication skill with a friendly and approachable manner.

***Van Assistant/Relief Driver Re-Furnish Emporium Saltburn***

Re:Furnish Emporium, a not-for-profit enterprise providing low cost goods.

Volunteers are needed to assist the van driver in the delivery and collection of furniture and goods and movement of furniture between the warehouse and showroom; volunteers will also assist with the preparation of goods for sale. Volunteers must be fit and able to cope with the physical demands of the role, have a full, clean driving license and a good knowledge of the area. (minimum level of commitment for this role is half a day per week).

**Retail Assistant**

Volunteers needed to manage sales to customers, deal with enquiries and book in collections and deliveries. They will also be responsible for the cleaning and displaying of furniture and goods. Volunteer will need to have good communication skills, the ability to work as part of a team, ability to use own initiative where necessary and be reliable and trustworthy.

**STROKE ASSOCIATION**

**Communication Volunteers**

Volunteers are needed to provide support and assistance to people with communication difficulties following a stroke.

Stroke survivors are supported in communication groups by trained volunteers, who help manage the communication skills of service users through supported conversation techniques; which in turn supports, encourages and enables people to take part in a wide range of communication based activities.

All volunteers are trained by the Stroke Association and are supported within the groups by the Communication Support Co-ordinator, who provides all essential materials, equipment and activities for each group session. Volunteers are asked to commit to around 3-hours of volunteering every fortnight for around 12 months.

**REDCAR & CLEVELAND MIND**

We need volunteers to help identify ways of raising funds and to help secure this funding by internet research / email or by talking to businesses on the telephone. You could also be involved in organising fundraising events, which could involve community groups, businesses, local schools and colleges.

Time Commitment: We are looking for volunteers who are able to meet with us for 2 hours on a regular weekly/fortnightly basis.

**FRIENDS OF REDCAR CEMETERY**

*The Friends of Redcar Cemetery are a group of volunteers who work to keep Redcar Cemetery a peaceful, tidy and welcoming place to visit.*

**Gardeners**

Volunteers are needed to work in the grounds of Redcar Cemetery as part of a team which meet every Tuesday 10-12 noon. The role involves general gardening tasks, maintenance work eg sanding down seats, cleaning headstones, updating the notice board or talking to bereaved relatives.

**Van Driver**

We also require a van driver for fundraising events.

**SKINNINGROVE LINK UP SLU COMMUNITY HUB**

*We are a community hub and provide services for local people and visitors. We have a cafe, garden, computer suite and provide a photocopying service.*

*Our objective is to bring local people together to develop initiatives that improve the quality of life for people living and visiting Skinningrove.*

**Gardeners**

Volunteer gardeners are needed to get involved in all aspects of allotment gardening according to season priorities. Roles include preparation and maintenance of beds - sowing, weeding, harvesting and clearing plots and maintenance of tools. No skills required.

**CITIZENS ADVICE REDCAR & CLEVELAND**

CA offers support and advice to some of the most disadvantaged groups and individuals living in the borough of Redcar & Cleveland. CA helps clients facing financial problems such as debt, rent and mortgage arrears as well as advising around areas such as benefits, consumer and relationship issues, immigration, employment, housing and the law.

**Advisors**

Volunteers needed to engage with residents from the local area to address issues which may be affecting their lives. This could be by offering advice and support or by signposting and referring to other partner agencies.

Although the training within CA is ongoing, the volunteer roles on offer give opportunity to support the most vulnerable and give volunteers a sense of fulfilment and satisfaction in helping others.

**CANCER RESEARCH UK**

*The Cancer Awareness Roadshow tackles health inequalities in the heart of local communities – promoting cancer awareness and helping people to take positive action for their health.*

**Health Awareness Volunteer**

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

As a Health Awareness Volunteer you will encourage visitors to come on board the Roadshow and help to inform visitors from your local community about ways to reduce their risk of cancer and the importance of early diagnosis. By volunteering with us, you will help us widen our local reach by spreading these vitally important health messages.

The role involves Informing visitors about local health services when appropriate, handing out Cancer Research UK leaflets, providing extra support for the Roadshow at large events.

We particularly welcome applicants who can closely relate to the groups we are trying to reach, including more deprived communities and minority ethnic groups. We welcome volunteers from all backgrounds and over 18 years of age to join us onboard the Roadshow.

This role has the advantage of being reasonably flexible. The Roadshow is live for 5 days per week between April and early December and is usually open from 10am to 4pm. However, days and timings can vary and we may occasionally attend weekend events. Ideally, we are looking for individuals who are able to commit to around 10 hrs per month.

 For more information about this role, please contact healthawarenessvolunteering@cancer.org.uk or call 020 3469 8226

**AHZHEIMERS SOCIETY**

*Alzheimer's Society champions the rights of everyone with dementia and those who care for them. We provide support and information for people with dementia and their carers.*

Volunteers are needed for Alzheimer's Society cafés, they are on a monthly basis in Middlesbrough. The Dementia Cafés provide information about living with dementia and other services available locally in an informal and comfortable environment. A Dementia Café is also a place to relax, socialise and meet other people with dementia and their carers.

***If you are interested in any of these volunteering opportunities please contact Trish Waters email*** ***trish@rcvda.org.uk*** ***or Carole Marshall email*** ***carole@rcvda.org.uk*** ***or telephone 01642 440571***