

We always have a wide range of voluntary opportunities available for people in Derby to get involved in. You can search for the opportunities that suit you at www.do-it.org.uk

We also offer a drop-in service with one to one sessions with one of our Volunteer Centre Advisers if you need more support to help you find something to get involved with. The drop-in service is open on Mondays, Wednesdays and Thursdays between 10.00 am and 5.00 pm at our office at 31 Charnwood Street in Derby or you can call us on 01332 342272.

Over the next few pages you will find some examples of different volunteering opportunities to give you an idea of what's currently available. Organisations write their own description of the opportunity, so some are more detailed than others.

Administration

Assistant Training Administrator – Young Addaction

- Addaction is the UK's largest specialist drugs and alcohol treatment charity, providing support and advice to adults, young people and families affected by substance misuse.
- Addaction Learning and Development delivers professional training for those working in the drug and alcohol and social care sector, and those wanting to access this field.
- The volunteer will provide admin support to the Learning and Development Team including researching potential customers, marketing training courses, setting up training rooms for events and maintaining records.

Office Assistant – Tara Buddhist Centre

- The volunteer will input data into the system, answer telephone calls, take messages and bookings and complete other admin tasks.

Advice, Information and Support

Appropriate Adult Scheme – SOVA Mentoring/Appropriate Adult Scheme

- Volunteers are trained to support a young person and ensure they are treated fairly and aware of questions being asked and allegations made against them.
- This role runs from Derby City Police Station, St Mary's Wharf, Chester Green and can give a major insight into the criminal justice system and is very rewarding.
- OCN accredited training delivered to all volunteers.

Advice, Information and Support – continued

Milestone House Volunteer – Derbyshire Housing Aid

- ❑ Derbyshire Housing Aid exists to alleviate the suffering caused by homelessness, poverty and housing difficulty. We work with the community to identify needs, pioneer fresh solutions and resolve problems to improve vulnerable and marginalised people's lives. We do this through our marked legal advice service, our emergency night shelter, our shared housing scheme, our families in crisis support scheme and our skills development service.
- ❑ As a Milestone House Volunteer you will assist the staff in a range of duties in the support of our service users in our 34 bed emergency and assessment night shelter. Above all, however, you will need to be outgoing and have the confidence to interact with the residents to make them feel welcome and provide a listening ear as appropriate.
- ❑ If you have a particular skill or talent – for example, arts and crafts, cooking, computers, outdoor activities and so on – and would be interested in running or assisting in running an event or activity all the better, but don't worry if you haven't.
- ❑ Milestone House is open 24/7 but you can volunteer anytime between 9.00 am and 10.00 pm, depending on the needs and activities taking place.
- ❑ As some of our service users are vulnerable adults all offences must be disclosed and an advanced CRB check will be carried out. However, previous convictions for certain offences will not necessarily disqualify a person from undertaking the role.

Volunteer Centre Adviser – Derby Volunteer Centre

- ❑ We currently help over 1500 people each year in Derby to find suitable volunteering opportunities.
- ❑ We are looking at recruiting a team of volunteer advisers who will be helping members of the public to identify volunteering opportunities that will use their talents.
- ❑ Potential volunteers access our service by email, telephone and coming into our office, and the Volunteer Centre Advisers are the main point of contact.
- ❑ You'll be transferring these enquiries into actual referrals to relevant organisations.

Volunteer Mentors – Children First Derby

- ❑ Mentors are required – aged 18 to 25 – to support teenagers who are 13 to 18 years old. Mentors will develop a one to one relationship to begin with. They will be supporting the teenagers to help develop their confidence, self esteem and a positive attitude. They will help them to get involved in their community, be able to talk through their problems, to listen and understand.
- ❑ Volunteers will undertake training at Children First and be supported through their role. There will also be the possibility of taking NVQs.

Animals

Animal Support Volunteer – Kenstud Pony Rescue

- ❑ Kenstud Pony Rescue is always on the look out for keen equestrian folk who are able to spare a few hours every now and then to help, either at the farm or with fundraising. The volunteer can volunteer for a few hours each week.
- ❑ We consider volunteers from all backgrounds and ages, so please come forward and speak to us about the ways in which you can help.
- ❑ With the school holidays fast approaching, volunteering can present a highly rewarding experience for any children who may otherwise be sat at home bored with nothing to do. If you have children who may be interested and if you require any further information please contact us.

Animals – continued

Dog Walkers for Elderly Owners – The Cinnamon Trust

- The Cinnamon Trust is the national charity for the elderly, terminally ill people and their pets. We provide help with day to day care of the pets, transportation to vets, fostering when owners are in hospital or respite care, and long term care of bereaved pets where owners have requested.
- We need volunteers to help with dog walking for elderly owners who can't get out to walk them. You will pick up the dog from the owner, take them for a walk and return them after.
- Volunteers can download an application form from www.cinnamon.org.uk/donations or through Derby Volunteer Centre.

Saturday Wildlife Centre Assistant (Carsington Water) – RSPB

- We need people to greet visitors in the Wildlife Centre at Carsington Water and provide information about the birds and wildlife seen from the Wildlife Centre. In addition we'd like you to help spread the word about the conservation work the RSPB and Seven Trent Water are carrying out on site.
- This is an opportunity to meet people and inspire them about birds and wildlife and assist the work of the RSPB. A knowledge of wildlife is advantageous but many of our volunteers start as novices.

Befriending and Buddying

Social Activities Assistant (Sheltered Housing) – Derby Homes

- Derby Homes provides a supported living service to 900+ older and disabled people to maintain independent living.
- Volunteers will assist to facilitate a diverse range of social activities in and from Derby Homes' 24 community rooms on sheltered schemes.
- Duties could include:
 - organising and coordinating new activities – for example, coffee mornings, bingo and lunch clubs;
 - providing support to service users;
 - consulting with service users about activities;
 - organising an activities programme that will maintain interest and progression over a period of time; and
 - identifying the needs of the service users and tailoring the activities to suit them.

Volunteer Befriender – Derbyshire Housing Aid

- The role will offer an opportunity for volunteers to develop an informal and social relationship with our services users. The relationship will be based on improving the participants' confidence and self esteem whilst encouraging ambitions.
- You will concentrate on developing social skills in a more informal setting.
- Because our services users need stability at this time in their lives volunteers will ideally be able to commit for a minimum of two hours per week over a six month period.

Volunteer Mentor – SOVA Mentoring/Appropriate Adult Scheme

- Mentoring young people in engaging them in effective use of leisure time, educational interests and new hobbies.
- Empowering young people in exploring alternatives to current situation.
- OCN accredited training delivered to all volunteers.

Caring

Dysphasia Support Worker – The Stroke Association Communication Support Services

- Vacancy located at West End Community Centre, Mackworth Road, Derby. The group operates from 1.30 pm to 3.30 pm every two weeks.
- Activities include helping people to find ways to communicate, working with speech therapists, lead activities if you want to or just help out.
- Volunteers are required to help the Dysphasia Support Organiser run a small friendly conversation group which meets up every two weeks. Guidance and support is given and training is available to all volunteers.
- After initial training one to one opportunities may be available to suit volunteers' times.
- Other training opportunities are available.

Live at Home Scheme Befriender – Mackworth Live at Home Scheme

- The Scheme seeks to support older people to remain living in their own home. Support is provided by training volunteers who give support by befriending, providing transport, lunch club, social activities or shopping.
- Visiting an older person in their own home to befriend and offer support, usually on a weekly basis. This may involve shopping, social outings or transport depending on what you are able to offer.

Your Turn Volunteer – Umbrella

- Volunteers are needed to accompany disabled children and young people to mainstream leisure activities and clubs throughout Southern Derbyshire.
- Volunteers will be matched one to one with a child or young person according to mutual interest. The volunteer will ensure activities are adapted where necessary, assist with specific tasks according to individual need, encourage independence and make sure that the experience is both enjoyable and meaningful. The child or young person will previously have been attending the activity or club with an Umbrella Activity Support Worker.
- Applications are welcome from volunteers aged 16 years and above.

Catering

Café and Kitchen Assistant – Derby Homes

- To prepare, cook and serve quality meals and refreshments for residents attending the community rooms and maintain cleanliness of kitchens equipment.
- Duties could include:
 - preparing, cooking and serving food and beverages to residents at the community rooms;
 - when required, prepare menus;
 - taking orders for meals from residents;
 - shopping for the ingredients to prepare the lunches;
 - keeping records of takings/charges of each meal; and
 - keeping records of attendees.

Helper at Lilian Prime House – Multiple Sclerosis Society, Derby and District Branch

- We are an established organisation providing support and information in Derby and its county to all individuals who are all linked by Multiple Sclerosis (MS). We serve all people who have MS (regardless of membership), and those around them: family, carers and friends.
- Volunteers are required to request visitors to sign in and sign out of the visitors' book. Volunteers will also be required to make drinks and ensure that visitors know the range of drinks and snacks available (such as decaffeinated tea and coffee and so on).
- Volunteers will ensure that the kitchen area is clean and tidy.

Catering – continued

World Peace Café Volunteer – Tara Buddhist Centre

- Assist the supervisor in serving customers, making drinks, making light meals, working at the till, clearing tables, also if applicable help to prepare food at start of the day and clean at the end of the day, as well as general cleaning during the day.
- Volunteers at weekends work with a team of people when the café is busy.
- Volunteers work with a supervisor at start and can work on their own when fully trained.

Children

Cub and Scout Helpers – 66 Derby (Spondon area)

- We are quite a large group consisting of two Beaver colonies (six to eight years old), two Cub packs (eight to ten and a half years old), one Scout troop (ten and a half to fourteen years old) and an Explorer Scout unit (14 to 18 years old).
- We are looking for helpers for our Beaver groups (Monday and Friday evenings), Cubs (Tuesday and Wednesday evenings) and Scouts (Friday evenings).
- Volunteer helpers will be taking part in activities and helping to supervise children.

Pre School Lunch Assistant – King George 5th Pre School

- You will supervise the children during lunch time, encouraging them to eat, helping them with their packed lunch and helping to clean up the children.
- Lunch is between 11.30 am and 12.45 pm.

Youth Workers – Derby City Council Youth Service

- Volunteers are needed to support young people aged 13 to 19 at their weekly group meetings in most parts of Derby City.
- Often our young people just want to sit and chat, sometimes they prefer organised activities.
- You would be placed in one of our evening youth clubs, sessions last up to three hours.
- Common tasks are assisting another worker to deliver an activity, registering arrivals, collecting subs. Running a tuck shop may figure, though probably not for a full evening.
- Volunteers are encouraged to talk to and build relationships with young people.
- Youth work is unusual as a profession in that almost all of us began as volunteers, so we all understand what being a volunteer involves.

Counselling

Listening Volunteers – The Samaritans

- Could I do it? Consider this. A young and healthy man wants to kill himself. Do you tell him that he has everything to live for? If you're not sure how to answer then Samaritans really wants to hear from you. Your local branch needs people with the ability to listen, without passing judgement. You don't need formal qualifications or previous experience, but a natural ability to listen and remain openminded are essential skills.
- Time commitment – four duties per month consisting of three x three and a half hour sessions and one overnight duty of about nine hours.
- Come over to one of our open evenings and find out more information. All the information sessions start at 7.30 pm, are held at our branch, and will last about one and a half hours.

Voluntary Community Mental Health Support – British Red Cross Derbyshire Branch

- The Voluntary Community Mental Health Support Scheme provides one-to-one support to older people with mental health problems in Amber Valley and Erewash.
- Volunteers visit the clients in the own homes and offer support within our social groups in Belper and Ilkeston.

Counselling – continued

Volunteer Helpline Counsellor – ChildLine Midlands and East Anglia (Nottingham)

- ❑ This is an opportunity to join a friendly and caring team at ChildLine Nottingham. We invite all our potential volunteers to a Volunteer Information Meeting (VIM) in the first instance.
- ❑ Volunteer Counsellors take calls on the helpline from children and young people who may ring with any problem. Using counselling skills and child protection knowledge to help callers explore their feelings about their situation and identify possible options.
- ❑ ChildLine's volunteer counsellors are ordinary people doing something extraordinary, helping to change children's lives. We provide full training, ongoing support and supervision.
- ❑ We are always looking for people who genuinely care about children and young people, are open minded, non judgemental and respectful, can listen to distressing and painful problems, are committed to our training and work.

Disability

'Big Help' Project Volunteers – Disability Direct

- ❑ The volunteer will be working with a lottery funded project called 'Big Help'. The 'Big Help' project has been set up to work with older and disabled people to prevent social exclusion.
- ❑ Volunteers would help by assisting people from their homes to various venues in the Derby city area, so that they may attend a variety of activities, outings, workshops and so on.
- ❑ Managing a small group may be required (for example, helping a small group access transport), and some simple admin duties may be required in the office.
- ❑ We hope that by volunteering with the 'Big Help' project you can help to prevent social exclusion for older and disabled people, making them more confident to go out into the community and be more independent.
- ❑ So with all said, why not volunteer "to help us to help you to help us"?

Support Volunteer (Ethnic Minority Project) – Headway Derby Brain Injury Support

- ❑ Headway is currently looking to recruit volunteers to help support service users with head injuries from ethnic minorities.
- ❑ With training and support you'll be supporting someone to attend leisure pursuits and interests in the community.

Disability – continued

Volunteer Outdoor Events Team Co-ordinator – Hearing Dogs for Deaf People

- Throughout the spring and summer months the charity is approached to provide information stands at outdoor events such as dog shows, dog related events, countryside and game fairs and so on.
- In this role you will be supporting the charity by co-ordinating one-off fundraising and awareness events or activities, along with a team of volunteers and supporters. The events calendar should run between March and October in any one year but you can choose what you cover by creating the events yourself and deciding which ones you would like to cover yourself.
- Tasks may include one or some of the following:
 - working alongside the Regional Fundraiser to plan a calendar of outdoor events in the Midlands;
 - working with and helping to train a group of volunteer supporters;
 - maintaining and erecting outdoor event equipment;
 - liaising with external organisers of events;
 - ensuring the safety and presentation of the outdoor event stand;
 - organising the volunteers, partnerships (deaf person plus their hearing dog) and supporters who are manning outdoor stand;
 - being a volunteer representative of the charity in public;
 - responsibility for selling charity merchandise and non-branded goods;
 - accepting donations from the public;
 - ensuring adequate resource material and accurate contact information; and
 - counting and reporting income.

Driving

Minibus Driver – Littleover Live at Home Scheme

- Driving a minibus to collect older people to take them to activities within the Littleover area of Derby.

Volunteer Driver – East Midlands Ambulance Service (Patient Transport Services)

- Volunteer drivers are needed!! Volunteers using their own vehicles to assist with the transportation of patients to and from hospital.
- All drivers are encouraged to join in with the general day to day of the Ambulance Service.
- Volunteers will undergo different training sessions and will be managed by EMAS PTS team.

Volunteer Driver – Nightingale Macmillan Unit (Voluntary Services)

- Nightingale Macmillan Unit is a specialist unit that cares for patients with complex health problems including life shortening illnesses in a health care setting.
- Volunteer Drivers bring patients into Day Care from their homes and return. This means that patients are escorted personally and in comfort by people who they will meet on a regular basis, which in turn creates a level of reassurance.

Drugs and Addictions

Allies (Independent Visitor Service) – Community Service Volunteers (CSV Allies in Derby) and VOYCE

- Volunteers will spend time with young people who have lost contact with their parents (or do not see them). Young people live in foster care or residential units and volunteers will visit them, befriend them, get them involved in activities and support them emotionally, socially, culturally, depending on their needs.
- Training delivered on Friday and Saturday days and Wednesday evening too. Phone for information on the next training programme.

Drugs and Addictions – continued

Day Centre Volunteer – Padley Day Centre

- Help to provide food, warmth, shelter and companionship for those who are homeless or have drug, alcohol or mental ill-health problems.
- Be a friendly face and a listening ear.

Soup Run Volunteers – Derby Soup Run Group

- Volunteers are required to make soup, serve and befriend clients.
- Soup, hot drinks and blankets are provided to the homeless of Derby working from Osmaston Road Baptist Church. The service operates 365 days of the year, 9.30 pm to 11.30 pm. Come and join the team!

Education and Literacy

Learning Partner – Derby Adult Learning Service (Learning Partners)

- Calling all volunteers! Would you like to support a learner to take part in an adult learning course?
- Learning Partners pair up with learners with additional needs (learning disability, mental ill health or physical disability) to attend a leisure class.
- Volunteers will be linked with adults with additional needs and they then choose a suitable course to take part in together. Holiday Spanish, Italian cooking, digital photography and IT are just a few examples of the type of courses available.
- Times will be mutually agreed between the volunteer and the learners but you will need to commit at least two hours a week for approximately 10 weeks.
- Partners choose their course and both attend for free for the first two years – volunteers for the entire time they volunteer for.

Library Promoter – Derby City Libraries

- The volunteer will help to promote the library, this could involve a range of different activities sometime working alongside library staff, sometimes on your own or with other volunteers or directly face to face with customers.
- You might be involved in:
 - preparing publicity material for distribution;
 - delivering leaflets door to door;
 - distributing posters;
 - handing out leaflets in shopping centres;
 - carrying out surveys with members of the public; or
 - talking to groups and individuals about your experience of the library service.

Taster Session and Learning Activities Support Volunteer – Derby City Libraries

- You will support informal learning sessions such as Internet Tasters and more formal courses as required. You would always be working alongside a member of library staff.
- There are no set times or days – it is an 'as and when' arrangement but sessions are usually planned well ahead, however you may sometimes be called at short notice.
- You could be asked to carry out a range of tasks, for example giving one to one help to other adult learners who may lack confidence, photocopying course material, prompting the activity within and outside the library, inviting people to join in, distributing leaflets and posters, making and serving drinks, giving out and collecting in evaluation forms and feedback from course participants.

Elderly

Passenger Escorts – Derby Community Transport

- Enabling people with mobility problems to achieve greater independence.
- Escorts have the opportunity to assist passengers with shopping in Derby City Centre and social journeys. Trips usually last two hours.

Social Activities Helpers – Littleover Live at Home Scheme

- We are currently looking to recruit volunteer helpers to support older people on activities and trips out in the community.

Volunteer Shopper – Disability Direct

- Would you be interested in shopping on behalf of an elderly and/or disabled person in your local area whilst doing your own shopping?

Emergency Services

Community First Responders – St John Ambulance

- Teams of trained volunteers in a local community who can be on an emergency scene quickly, for example if someone is suffering a heart attack or breathing difficulties.
- The Community First Responder can manage the incident and provide prompt immediate care on behalf of the NHS Ambulance Trust before the NHS Ambulance arrives, thereby saving vital minutes and allowing treatment such as defibrillation to be more effective.
- Called out by East Midland Ambulance Service (EMAS) along with a Fast Response Vehicle and an Ambulance on receipt of appropriate 999 calls, local volunteer First Responders can often arrive at the scene minutes before the professionals, and for every minute saved, survival prospects can be increased by 10%.
- We are urgently looking to recruit volunteers in the Spondon area.

First Aider – Derbyshire Event First Aid

- A wide variety of roles from talking to the public to treating a mass of casualties.
- A chance to gain skills in first aid, communication and build confidence.
- This opportunity also gives you the chance to go to some big events where you will be able to look around in your spare time.
- A great chance to work in a team and meet like minded people.

Special Constables – British Transport Police

- Special Constables assist BTP in providing an increased uniform presence at main line stations and the London Underground network. They are expected to serve on a regular basis and put in at least four hours a week.
- Although Specials aren't paid, they are bestowed with the same powers as Regular Officers and carry out a varied role which could include foot and vehicle patrols, assisting at incidents, helping passengers, policing events or simply acting as a reassurance to the travelling public.

Environment

DC Volunteer – Derbyshire Conservation Volunteers

- As a Conservation Volunteer you will be helping maintain areas to conserve and enhance the wildlife potential of rural and urban areas.
- Tasks that are involved include:
 - Slash and Burn (Woodland Management) – great for getting rid of any pent-up frustration, woodland management often involves slashing your way through everything in sight, sometimes just slashing at particular types of tree and shrub, such as rhododendron, ash or elder, to clear the way for wildlife and/or other species to flourish;
 - Tree Planting – DCV's 21st anniversary task involved planting 21 beech trees in an avenue in Shipley Park – make the hole, put the tree in it, tie it to a support and keep coming back every 50 years to remind yourself how much oxygen you've put into the atmosphere;
 - Fencing – when trees aren't on hand to be laid into a handy hedge, fencing is a useful alternative: fences can be anything from 100% wood to various wood and wire combinations, depending on what's required – recent fence locations include Tittesworth Reservoir, Riddings Park Farm, the Peak Park and Shipley Park – it's nice when you go on a walk round the countryside and are able to point to a sturdy fence and say "I built that."; and
 - Footpaths and Steps – another task that requires a combination of brain and body: most DCV tasks involve destruction of some kind, so it's always a nice change to construct a fine set of steps which will keep walkers happy for years – clearing a footpath helps promote birds, bees and butterflies and makes the beautiful countryside available to everyone.

Pond Warden – Derby City Pond Warden Association

- Development and execution of a 'Management Plan' for each pond, with support from other pond wardens and external organisations such as BTCV, Community Action and so on.

Wildlife Watch – Derbyshire Wildlife Trust

- Help run our junior club, Wildlife Watch.
- Times vary, but usually at weekends. Meetings take place once a month.
- Previous experience of helping with or running children's groups is essential for this work. A disclosure is required and you will be interviewed in depth.
- Help run monthly meetings of one of our Wildlife Watch groups – there are seven around the county.
- For more information please see our website www.derbyshirewildlifetrust.org.uk where you can register for this and other volunteering opportunities online.

Families

Engage Project Volunteer – SOVA Mentoring/Appropriate Adult Scheme

- The Engage project aims to recruit and support volunteers to work closely with families in the community.
- Volunteers will be working with offenders of any age with their pre-school children, focusing on language development through play, song and activities.
- Volunteers will also be involved in supporting young offenders aged 10 to 16 to identify and complete courses such as motor maintenance, ceramics, photography and film making. These courses will be designed to appeal to young offenders where literacy and numeracy are easily embedded.
- Courses run in both strands will run in three blocks of 10 weeks over two years allowing flexibility.

Families – continued

Full Time Volunteers – CSV Volunteering Partners

- CSV is looking for incredible people to be full-time volunteers in the UK for up to a year, supporting a wide range of people needing help or support. There are a huge range of exciting and challenging opportunities available.
- Volunteers could be:
 - assisting kids with disabilities in a special needs school;
 - supporting people with learning difficulties in a day centre;
 - enabling a disabled person to live independently in their own home;
 - helping in the running of a homeless shelter; or
 - mentoring a young person at risk of offending or being excluded from school.
- In particular at this time of year we are looking for volunteers to support students with disabilities at UK universities, helping with tasks such as taking lecture notes, helping students to get out socially or providing support with household tasks and personal care and so on.
- These are fantastic opportunities for people to develop skills, enhance job or UCAS applications, build confidence and make a real difference to someone's life. Volunteers get free accommodation and meals, with £32 pocket money per week. Travel to and from the project is also covered in mainland UK.
- There are around 300 opportunities across England, Scotland and Wales with start dates available throughout the year.
- The programme is open to UK and EU citizens resident in the UK between the ages of 16 and 35.
- Convictions towards vulnerable adults or children may restrict volunteering opportunities, but please contact us to discuss your circumstances.

Volunteer Dream Maker – The Caudwell Charity

- To work in local areas across the UK for 60 hours over six months between June and November 2009.
- As a Dream Maker volunteer you will be the vital link between the family and Caudwell Children.

Fundraising

Fundraising Assistant – Seek Diabetes Awareness

- Seek Diabetes Awareness Charity aims to provide the best service possible by assisting in any way to ease the suffering of diabetes and diabetes related illnesses. We cater for all walks of life from the richest cities to the poorest nations. We currently rely on donations to help seek the prevention of this illness.
- We would like you to assist us by offering your time and efforts to support our cause by fundraising, and organising fundraising events.

Fundraising Group Members – Chernobyl Children's Life Line

- We are looking to build a group of fundraisers to work together developing new ideas from coffee mornings to charity concerts.
- You will also be involved in raising awareness about our charity and the varied work we do.

Fundraising – continued

Trustee Fundraiser – Ryder-Cheshire Volunteers

- We require a Trustee to join the new East Midlands RCV Management Committee and take the lead on Fundraising (no tin shaking expected!).
- We currently have two successful programmes in the East Midlands: one covering NW Leicestershire and the Charnwood area, and the second in South Derbyshire and Burton on Trent.
- You will attend the management committee or board meetings between six and eight times per year in Coalville. Other tasks can be carried out at home.
- The Trustee responsible for Fundraising will lead the management committee and other volunteers on fundraising matters:
 - refine fundraising strategy and oversee its implementation;
 - write applications to grant making bodies;
 - report to funders;
 - make representation to potential donors from all sectors; and
 - attend occasional ceremonies to receive cheques.

Gardening

Assistant in Bed and Breakfast – Tara Buddhist Centre

- The volunteers will assist the organisation in a number of tasks such as computer work, cleaning rooms and any bathrooms, cleaning windows inside out, stock up on teas and coffee in bedroom, wash cups and bottles of water, provide clean towels and soaps and so on. They will also assist in changing and washing bed linen.
- Outside work in the garden, for example pots and plants can also be performed.

Library Gardener – Derby City Libraries

- You would help to keep the library garden tidy and attractive – this might include picking up litter, weeding, pruning, planting spring bulbs and other seasonal plants, watering the garden.
- General garden maintenance.

Organic Growers – The Faith, Hope and Enterprise Company Ltd

- Volunteers would be involved in organic growing, as well as working with customer enquiries and promote the product within the community.
- Induction is provided to site activities, health and safety and so on.
- Meal at lunchtime provided.
- Mentoring support available if required.
- Basic skills assessment and support available.
- OCN accreditation and courses possible.
- We encourage enquiries from volunteers who face barriers, but we do not accept applications from volunteers with certain criminal convictions, such as that of a predatory nature.

Gay, Lesbian, Bi and Transsexual

Helpline and Drop In Volunteer – Derbyshire Friend

- Challenging and rewarding work offering supportive listening. Information and befriending over the phone to callers on a variety of issues or by offering face to face support or group facilitation to service users using the drop in.
- Key tasks: helpline listener and support, drop in host, face to face support sessions.
- Minimum commitment of one and a half hours a month.

Sexual Health Outreach Volunteer – Derbyshire Friend

- Staffing of stalls. Design of campaigns. Packing and distribution of safer sex packs. Advice and information work.

Gay, Lesbian, Bi and Transsexual – continued

Telephone Helpline – Derbyshire Rape Crisis

- The main purpose of this role is to provide voluntary cover for at least one shift per week on DRC's helpline service.
- We are looking for anyone who can give two hours a week at our Derby City helpline for survivors of recent or historical rape or sexual abuse, and their families and friends. We're looking for compassionate people with good listening and empathy skills.
- The key responsibilities are to take part in our in-house training, undertake a minimum of one help-line shift per week, to treat all clients, staff and volunteers at DRC with respect and to maintain our policy on confidentiality.

Health, Hospital and Hospices

CARE Volunteer – Leukaemia CARE

- CARE Volunteers provide emotional support to those affected by Leukaemia, Lymphoma and the allied blood disorders, particularly to those who have contacted our 24hr CARE Line.
- You will be a listening ear, someone they can open up to in times of need who will help empower them to get through difficult times. Sometimes that support will be provided by telephone; sometimes it may be on a face to face basis in the caller's home or at the hospital.
- CARE Volunteers also work to raise awareness of Leukaemia CARE and provide information to patients, carers and medical professionals with regard to the services offered by the charity.

Diabetes Service Tester – Seek Diabetes Awareness

- Seek Diabetes Awareness Charity aims to provide the best service possible by assisting in any way to ease the suffering of diabetes and diabetes related illnesses.
- We provide information and screening for blood sugar and blood pressure at community venues around the midlands.
- We are currently looking to recruit volunteers to help deliver this service. Volunteers will receive training to enable them to carry out their tasks.

Inpatient Volunteer – Nightingale Macmillan Unit (Voluntary Services)

- Nightingale Macmillan Unit is a specialist unit that cares for patients with complex health problems including life shortening illnesses in a health care setting.
- The volunteer will show the patients to their rooms, opening doors, serve refreshments to patients and visitors, wash up, arrange flowers and where appropriate, sit with patients to give carers respite and provide company.

Mentoring

Mentors (Chaplaincy Service) – HMP Nottingham

- Mentors befriend an offender and begin to build up trust before his release date, and to meet the offender at the prison gate on release.
- Mentors will stay close to the newly-released individual, help him sort out the practicalities of being 'outside' and then support him as he rebuilds his life.
- Mentors have a key role in helping people stay out of prison
- Mentors must be over 25 years old
- Time flexible.

Mentoring – continued

Playing for Success Mentors – Playing for Success

- ❑ Playing for Success Study Centres aim is to provide out of hours learning and extra curriculum support for young people aged between nine and 14 years from local schools. As a volunteer Study Coach you will be a positive role model for young people helping them acquire a range of study skills in a fun environment.
- ❑ Through a range of activities, for example, music creation and video animation the children develop their IT, numeracy, literacy and social skills. The volunteer Study Coach supports the children as they complete these activities offering help, advice and encouragement, ensuring success and the completion of the activities to the best of the child's ability.
- ❑ Sessions are held at two study centres at Derby County Football Club and Derbyshire County Cricket Club on a Thursday between 3.30 and 6.30 pm.

Volunteer Mentors – Derbyshire Housing Aid

- ❑ The role will offer an opportunity for volunteers to develop a one to one relationship with our services users. The relationship will be based on improving the participants' confidence and self esteem whilst encouraging ambitions. You will support mentees to set attainable goals in learning, employment and independent living.
- ❑ Because our services users need stability at this time in their lives volunteers will ideally be able to commit for a minimum of two hours per week over a six month period.

One-off Opportunities

Elvaston Castle Country Park Environmental Volunteer – Derbyshire County Council, Elvaston Castle Estate

- ❑ Our volunteer programme consists of a variation of habitat and wildlife management skills, giving the volunteers plenty of scope to gain new skills and develop their personal CVs in a relaxed and comfortable atmosphere. We manage a variation of habitats and have our own local nature reserve.
- ❑ We meet at the Rangers office in the courtyard at 10.00 am every other Sunday; all you need to do is turn up!

Love Knows No Gender Youth Forum – Derbyshire Friend

- ❑ 'Love Knows No Gender' meets on Saturday afternoons 1.30 to 5.00 pm at Derbyshire Friend's offices in Derby.
- ❑ We are always looking for new members and you'll have the opportunity to help shape our plans for the future.

Practical Work and DIY

Community Volunteer Ranger – Sustrans

- ❑ 'Rangers work with their local volunteer group to help look after the National Cycle Network and to check for:
 - ❑ signs – report missing signs and put up temporary signs where authorised to do so;
 - ❑ vegetation – cut back overhanging branches and brambles;
 - ❑ potholes and other hazards;
 - ❑ litter – monitor and deal with if possible; and
 - ❑ sculptures and mileposts – keep an eye on them and deal with minor repainting.

Furniture Fixer – Derby Furniture Project

- ❑ You'll be assisting with the repair of donated items of furniture, anything from fixing chair legs to assembling beds ready to be resold and despatched to new owners. So, if you're handy with a screwdriver, hammer or other tools and you don't mind a little bit of lifting from time to time then we really want to hear from you.
- ❑ We're a registered charity that aims to be an efficient recycling project benefiting the whole community.
- ❑ You'll receive ongoing support and supervision and be part of a really great team.

Practical Work and DIY – continued

Weekend Environmental Project – Concordia International Volunteers

- This project is based at the RSPCA Mallydams Wood Wildlife and Education Centre. In Concordia's first ever weekend project volunteers are invited to help undertake environmental work in the RSPCA's 22-hectare woodland which is home to an array of wildlife such as badgers, dormice and native birds including woodpeckers, nuthatches and birds of prey.
- Volunteers will arrive on Friday afternoon and will spend Saturday and Sunday morning helping remove alien plant species and undertaking other environmental tasks at this valuable and beautiful site.
- There will be an opportunity to go badger watching and weather permitting there will also be a camp fire.
- Volunteers will sleep in beds in twin rooms at the education centre and need to bring a sleeping bag. There are showers and toilets in the same building. Volunteers will cook meals as a group in the kitchen and there is also a classroom which the volunteers can use.
- Volunteers can apply online at www.concordia-iye.org.uk/trainings
- There is a fee of £30 to participate in this project.

Race, Ethnicity and Refugees

Centre Helper – Pakistan Community Centre

- The Centre provides an advice and information service for members of the Pakistani community. It promotes and advances the Pakistani culture to the younger generation. It provides facilities in the interest of social welfare, education, recreation and leisure time occupation, with the aim of improving the conditions of life for the local community.
- You will have the opportunity to help organise local community events here in the Centre and also further afield, daytrips and so on.
- This volunteering role will involve contact with groups, organisations and members of the community.
- You'll also be helping to prepare newsletters informing the public of the work we do, and also the chance to consult with service users about what they would like from us.
- There is also the potential for you to be part of the team setting up ESOL classes and homework clubs.

Destitution Project Refugee Befriender – British Red Cross Derbyshire Branch

- The British Red Cross Society is part of the International Red Cross/ Red Crescent Movement. In the UK, we have over 34,000 volunteers, who provide a range of services to the general public.
- We are currently looking to recruit volunteers to assist the service manager in developing and running a selection of refugee and asylum seekers projects and services.
- Typical tasks may include:
 - assistance in food provision/delivery for destitute asylum seekers and refugees in Derby;
 - computer training for asylum seekers and refugees; and
 - liaison and work with refugee food distribution organisations.

Volunteer Radio Helper – Radio Ikhlas

- The volunteer can learn how to broadcast and publicise their own programmes.
- Admin and IT projects include database, updating media library and answering telephone calls.
- Training also available on the technical side.

Retail and Charity Shops

Charity Shop Helper – Mind Charity Shop

- To provide quality customer service to all who enter the Mind charity shop and to help the Retail Department raise funds to support the work of Mind.
- Displaying stock including window displays.
- Deciding where to place stock to make the best use of space and to attract customer attention.
- Assisting customers with purchases and information about the charity.
- Bagging unwanted or unsold stock for recycling and disposing of shop waste.
- To help maintain a safe working environment and comply with the requirements of any risk assessment for the shop.
- Any other shop related task which the shop manager may reasonably ask you to do.

Charity Shop Volunteer (Derby and Long Eaton) – Headway Derby Brain Injury Support

- As a volunteer shop assistant you get the chance to try a variety of tasks from serving customers to sorting stock and dressing windows.
- You choose what hours and what days you want to work and you'll get plenty of training and support as well as working in a team of great people.
- Shop volunteering opportunities are currently available at 805 Osmaston Road, Derby and 29 High Street, Long Eaton.

Shop Assistant – Chernobyl Children's Life Line

- We are looking to recruit volunteers to help in the shop.
- Activities will include sorting through clothes and donated items, displaying merchandise, operating the cash till and customer assistance.
- This is a great way to build self confidence, meet new people and learn about the retail industry.

Sport and Outdoor Activities

Enjoying Derby Walk Leader – Derbyshire Mind

- Enjoying Derby is a new project delivering a programme of guided walks around the City of Derby to encourage people to enjoy the mental and physical health benefits of walking. We are funded by Time for Change, a national campaign which aims to end the discrimination faced by people who experience mental health problems as well as improve the nation's wellbeing.
- We are looking to recruit volunteers to lead our walks. You'll receive training and support to enable you to perform the tasks required.
- We are looking for walk leaders on Tuesdays from 12.45 to 2.45 pm and Thursdays from 10.00 am to 12.00 pm.

Jog Derbyshire Leader – Derbyshire Sport

- To lead locally based, community focussed jogging groups as part of the Jog Derbyshire Project.
- Get fitter, make new friends and give something back to your local community.
- Groups can be based from almost anywhere from sports centres to the local pub, see www.activederbyshire.co.uk/jogderbyshire.asp

Street Games – Sporting Futures

- Sporting Futures is a part of the Cooperative Street Games Young Volunteers. The project has a range of volunteering opportunities for young people aged 16 to 25. These include one off events and sports tournaments, sports coaching, youth led activities and other new and exciting opportunities.
- Young people have access to accreditation and training as part of the Cooperative Street Games Young Volunteers and will get support from a staff member whilst they are a volunteer.
- Contact the project to find out what current opportunities are available.

Teaching, Training and Coaching

1-2-1 Befriending Support – Shearwater Community Integrated and Learning Scheme (SCILLS)

- To support individuals with learning support in pursuit of leisure opportunities, social activities, computer use, gardening, work support and general support as these individuals integrate into their community.
- Become a friend to an individual who needs more friends.

Job Search Support Tutor – Derbyshire Housing Aid

- As a Job Search Volunteer you will be helping participants on the New Deal Scheme to improve their confidence and help them find suitable employment.
- You will do this by giving them one to one support whilst searching for vacancies on the internet, newspapers and so on; helping them to write speculative letters, complete application forms, phone for information and so on.
- You will also assist the tutor to carry out skills audits and deliver set sessions to jobseekers covering areas such as CV building, interview techniques and analysing vacancies.

'Reading is Our Business' Classroom Volunteer – Derby City Excellence Partnership

- How would you like to be part of assisting the future generation in their education? Well you can! If you are able to offer one to two hours per week of your time for a minimum of 10 weeks, then you could be part of a growing team of volunteers who assist young people with their reading.
- You will be working in a local school with individual children or a small group of children, listening to them read, helping them to build up their confidence and express themselves more ably.

Trusteeship and Committee Work

Group Secretary – Campaign to Protect Rural England (Derbyshire)

- Volunteering for around six hours a week, you will act as a focal point for good communications in CPRE Derbyshire.
- Tasks will include preparing agendas and taking minutes of meetings, assessing incoming mail, forwarding key information to volunteers and national office and between the board members.

Research Ethics Committee (Lay Member) – NHS East Midlands

- Each of the East Midlands' Research Ethics Committees meets once a month for approximately four hours to consider research proposals. A third of the membership is made up of lay members – people who are not professionally qualified in healthcare.
- As a lay member, the volunteer would work with the rest of the group (each committee has a maximum of 18 members) to reach decisions about research proposals and to bring a lay perspective to the work of the committee.
- The lay member's viewpoint is important in supporting the interests of the patient. They bring their own valuable perspective to the committee's deliberations through a variety of experiences and reflect current public views and concerns.

Volunteer Trustee – SAIL

- Are you a woman who can carefully make tough decisions, someone who can work in a team and can you problem solve and think creatively? If so, we would like to hear from you.
- We are looking to recruit more board members. You'll be contributing to the maintenance and development of the organisation, taking key decisions at monthly trustee meetings.
- The meetings take place monthly on a Wednesday evening, with some very occasional Saturday training or planning and so on.
- Please note that we are based in Chesterfield.

Women's Groups

Committee Members – Derby Women's Work

- Women's Work is an organisation that is in the process of forming its board of trustees.
- We aim to provide respite for women involved in substance abuse and prostitution. Support and guidance is offered to those who wish to change their lifestyle and tackle drug addiction. We are currently looking to recruit committee members in this exciting project.
- Board members will meet up on a regular basis to agree on a strategy and clear focus for the direction of the organisation.
- Meetings will be monthly but extra work will involve visits to the project.

Cook – Derby Women's Work

- Women's Work is an organisation that aims to provide respite for women involved in substance abuse and prostitution.
- We need an experienced cook to prepare meals during the drop in service.
- This is a great chance to meet some new people, put your catering skills to good use and get a real sense of making a difference.

Peer Mentor – Martha's Oasis

- Could you help a young woman to succeed? By improving her self esteem, help enhance her potential and help her to find a clear vision of the future and her part in it.
- This is a great volunteering opportunity for women over 16 who can offer at least one hour a week to support and assist at the activities sessions on Saturday mornings at Sure Start.

Young People's Volunteering

Junior SJA – St John Ambulance

- Over half of St John Ambulance's 43,000 volunteers are under the age of 18, making us a major youth organisation. Anyone between the age of five and 10 years can join one of our Badger Setts and anyone between the ages of 10 and 17 can join one of our Cadet Divisions.
- St John Ambulance Youth is all about fun, adventure and community. Young people take part in an interactive, full programme. A programme which enables young people to learn important life skills in a fun and safe environment, but with challenge and excitement appropriate to their age. The programme is designed for the young people to choose their own journey, and with over 70 subjects to choose from, including photography, fire prevention, sports and First aid to name a few.

Team 104 – The Prince's Trust

- Team 104 Programme is a free, full time 12 week programme of personal development and training. It aims to re-engage young people, helping them to think about their futures. In many cases it changes their lives. Young people aged 16 to 25 can join a Prince's Trust Team which has up to 15 participants. By creating a unique mix of people with different skills and backgrounds, the Team programme provides an environment where people can open their eyes to new opportunities.
- During the 12 weeks participants can:
 - gain nationally recognised qualifications such as City & Guilds Certificate in Personal, Teamwork and Community Skills, Key Skill Units and Emergency First Aid;
 - attend a team building residential involving outdoor activities;
 - uncover hidden talents;
 - improve motivation and self confidence;
 - assume some responsibility;
 - develop team working and communication skills;
 - raise their awareness of their community and how they can contribute towards it;
 - make new friends; and
 - plan for their future.

Young People's Volunteering – continued

Voices in Action Young Advisers – Voices in Action

- We are looking for more young people aged between 11 and 19 to join our group.
- Young people will get involved by giving their views and opinions on services and developments in the city. This will involve group work, group discussion and helping to design and deliver presentations to decision makers. Monthly meetings are held at Joseph Wright College on Mondays from 5.00 to 8.00 pm.
- Volunteers can also get involved in additional activities in other areas of the city doing additional pieces of work like mystery shopping.

Youth Work

The Derbyshire Youth Group Scheme – Derbyshire Association for the Blind

- The Derbyshire Youth Group Scheme is for young people between the ages of four up to the age of 18 who have a visual impairment in the county of Derbyshire. The group will meet once a month in the evening and will give children and young people an opportunity to take part in various activities – art and craft, sports and games and so on, and an opportunity to make friends and socialise.
- The Youth Group Scheme will also meet in the school holidays and occasional weekends.
- Volunteers will assist, guide and support young people to take part in the play scheme activities. Volunteers will act as valued members of the team and will not be expected to take on all responsibilities. People will be assigned roles dependent on their personal wishes, experience and the skills they possess.

Young Person Mentoring – SOVA Nottingham Mentoring Service

- SOVA Mentoring project is an exciting new project which trains everyday people like you to mentor children aged eight to 17 who are at risk of offending or experiencing difficulties in their lives. We are looking for volunteers who are motivated to help young people through these times projecting a positive mental attitude towards life.
- No qualifications are needed. SOVA offers excellent training which is accredited by the Open College Network as well as a great experience where you can give back to your community and gain greater understanding of issues affecting young people.
- This is an opportunity not to be missed, so if you have between two and four hours a week to spare, are a good listener, communicator and are non-judgemental please contact SOVA for more information and an application pack on 0115 900 3168 or email sovanottingham@sova.org.uk

Youth Leader – St John Ambulance

- Over half of St John Ambulance 43,000 volunteers are under the age of 18, making us a major youth organisation.
- Youth leaders play a crucial part in the development of thousands of young people by broadening their horizons and helping them to realise their potential.

As you can see, there is a wide range of opportunities on offer. We like to feel that there is always something for everyone – so don't delay, contact the Volunteer Advice Line on 01332 342272, call in to see us, or take a look at www.do-it.org.uk