



FUTUREPROOF

YOUR LIFE.COMMUNITY.FUTURE

Volunteering Opportunities

MALVERN HILLS DISTRICT
(INCLUDING TENBURY WELLS AND UPTON-UPON-SEVERN)

UPDATED JUNE 2020

#MHFutureProof





Thank you for taking a look at this leaflet, which has been put together by Malvern Hills District Council

<https://www.malvern hills.gov.uk/youth>

In 2018 we consulted young people in the district to find out if you would be interested in finding out more about volunteering. 42% of you told us you would. You also told us that you want to learn new skills that will help you to prepare for life, one of the many benefits of volunteering, which also include:

1. Connecting you to others, giving you the chance to practise and develop your social skills.
2. It's good for your mind and can keep you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. It can also help you increase your confidence.
3. It can help your career as it gives you chance to practice important skills in the workplace including teamwork, problem solving and task management.
4. It can bring fun and fulfilment.

To find out more about our survey with young people visit

<https://www.malvern hills.gov.uk/youth> or follow us:

Facebook MalvernHillsUK

Twitter MalvernHills_DC

Insta @MalvernHillsDistrictCouncil

Current Volunteering Vacancies July 2021

Interested in volunteering but don't have much time, or maybe you'd prefer to volunteer from the comfort of your own home?

Check out vinspired.com for homeworking and micro volunteering opportunities.

Please note this is not a comprehensive list. Visit <https://doit.life/> and vinspired.com to find more opportunities available in your area and appropriate to your age group.

14 Years +

Pages 4 – 5

15 Years +

Pages 6 – 8

16 Years +

Pages 9 – 13

Tenbury Wells  and Upton-Upon-Severn 

14 Years +



St. Richard's Hospice

CARING FOR LIFE

**Retail Assistants
Malvern Link (Department store)
Barnards Green
Great Malvern**

There are a variety of roles our retail assistants can get involved in such as creating eye-catching window displays, helping to receive and sort stock, price and display donated goods plus some till work. Various time slots are available to suit you.

We are also currently looking for new volunteers to join the team at Déjà vu (Great Malvern), our flagship dress agency, which specialises in designer and high-end high street clothing, handbags, shoes and accessories.

If you have an eye for detail, a creative flair, a passion for fashion then we would love to hear from you.

A visit to the hospice in Worcester is arranged for volunteers at some stage, to enable them to see how the funds they help to raise, are spent.

Visit <https://www.strichards.org.uk/> to find out more or email recruitment@strichards.org.uk

15 Years +



Support Assistant – Dementia Meeting Centres

Retail Assistant – Malvern and Tenbury ▲

What do you do as a charity?

We provide a range of services for the over 50s in the Malvern Hills District including information and advice, befriending, help at home and social and IT activities. We also have two charity shops.

What volunteer roles are available?

Volunteer roles are available in our Dementia Meeting Centres (in Malvern and Wichenford) supporting the manager with clients, joining in with activities including arts and crafts, music, games, puzzles and more. Volunteers will spend time chatting to members and their carers, assisting with light refreshments and generally helping members enjoy themselves.

Volunteer roles are also available in our retail shops (sorting, pricing, display, marketing, IT and admin) in Malvern.

What is the time commitment?

There is no set time commitment. This depends on the role and the time that the volunteer has – it is flexible.

Would I receive training and/or be assigned a mentor?

Yes to both.

For our Dementia Meeting Centre roles there is also an opportunity to undertake a city and guilds course in dementia studies free of charge.

Can I come in for a ‘taster’ day?

Yes.

What’s the application process?

To find out more or to complete an application form, contact the office managers lara@ageukwmh.org or maryrose@ageukwmh.org

Do you have any group volunteering day options available for under 18s?

Certainly for fundraising and marketing plus see below.

Is the opportunity suitable for young people with disabilities?

Yes.

Where is the opportunity located? Is this near public transport?

Malvern office is situated at Great Malvern train station. Our shops are located in the centre of Malvern and Tenbury Wells. Our Dementia Centres are at Malvern Link and Wichenford.

Any practical considerations?

Not specifically. Although depending on the role the volunteer would have to sign a confidentiality statement and in the shop could not handle money.

What are you looking for in a volunteer?

Enthusiasm, engagement, flexibility and someone who is willing to learn.

For our Dementia Meeting Centres volunteers need to be socially able, inclusive, calm, understanding, empathetic and good listeners.

<https://www.ageuk.org.uk/malvernanddistrict/>

16 Years +



‘Live’ Casualty role, across Worcestershire

What do you do as a charity?

CASUALTIES UNION is a Charity, which was founded in wartime to provide ‘live’ casualties to enable the Rescue Services to practice their rescue and extraction methods from bombed buildings. Nowadays, our work is much more extensive. Members, trained in injury make up and conversant with the casualty’s response to injury, illness and crisis, help in Teaching Hospitals assisting Doctors, Nurses and Ambulance staff with their training. We also help all the Emergency Services in ‘Casualty Centred’ extractions from motor vehicle accidents, rescue from explosion, collapsed buildings, crashed aircraft and fires etc. Our clients include The Fire Service, Police, Ambulance, Road Traffic Agency, The Fire Service College, Teaching Hospitals, Medical Schools, the Voluntary First Aid Organizations, the Health Protection Agency and many others.

What is the time commitment?

There is no time commitment. We meet every six weeks on a Sunday for a four hour session, 10am-2pm with lunch provided. As a bare minimum we would ask you to come along to those meetings as that is when we train.

Are there any incentives or rewards?

Learning new skills like special effects make-up and drama.

Would I receive training and/or be assigned a mentor?

Yes you’ll receive training.

Can I come in for a ‘taster’ day?

We are happy to arrange a taster session if there is enough interest.

What’s the application process?

Please contact westmercia.cu@casualtiesunion.org.uk to find out more.

Where is the opportunity located? Is this near public transport?

We meet at the British Red Cross Centre in Worcester.

Where can I go to find out more?

We’ve got more information on our website
<http://www.casualtiesunion-westmercia.org.uk/>



St Michael's Hospice

Retail Assistant (16 Yrs+), Malvern

What do you do as a charity?

We provide care to people with life-limiting illness and support for their families, friends and carers. Our hospice is based in Ledbury and we have a network of shops that support our fundraising including Malvern.

What volunteer roles are available?

If you are 16+ you can volunteer in one of our hospice shops as a retail assistant.

What is the time commitment?

We do ask for a minimum commitment of 4 hours per fortnight.

Are there any incentives or rewards?

Once you have worked with us for a little while, we will happily provide you with a reference. We can also show you around the hospice facility and give you an insight into how it all works. If you are thinking of working for a charity after school or college, then this is an excellent stepping stone.

Can I come in for a 'taster' day?

You are welcome to join us at our hospice shops for a taster session, which will usually last one hour. We will show you the shop and the various roles and there will be plenty of opportunity to ask questions and have a go before deciding whether to commit to volunteering with us.

What's the application process?

If you're interested in becoming a volunteer, please email us on bpardoe@smhospicehereford.org

We will then get in touch to provide you with more information. Please let us know your age when you email us.

Where can I go to find out more?

We've got more information about our volunteering opportunities on our website <https://www.st-michaels-hospice.org.uk/>

What are you looking for in a volunteer?

We are looking for friendly people who want to make a difference.

Girlguiding ●

Leadership Roles

Malvern and Upton-upon-Severn

Girlguiding is the leading charity for girls and young women in the UK. Activities help to build young women's confidence and raise their aspirations. They are given the chance to discover their full potential and they are encouraged to be a power for good, while being given a space to have fun.

Over 16 year olds (no upper age limit) are needed to join the leadership team to have fun, learn skills and have adventures with Rainbows, Brownies, Guides and Rangers in Malvern and Upton. Groups are in danger of having to be closed unless new helpers can be found. No previous experience of Guiding is required, although welcomed. There are new fully resourced and mentored programmes waiting, which can lead to national and international adventures.

For further information please contact the Girlguiding Malvern Division Commissioner, Jane Riley

Malvern.division@girlguidingworcs.org.uk

<https://www.girlguiding.org.uk/>



Malvern Hills Volunteering

Established in 2010, Malvern Hills Volunteering was set up to meet the needs of local people and voluntary organisations in the Malvern Hills District.

We offer our services free of charge to anyone interested in volunteering and to any voluntary organisation looking to recruit volunteers.

Whether you're an individual or an organisation you'll find a friendly welcome when you contact us and all the support you need to succeed.

Email malvernhillsvolunteering@gmail.com