



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

www.malvernhills.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 the benefits of volunteering visit

www.malvernhillsvolunteering.org.uk

To find out more about our survey with young people visit

www.malvernhills.gov.uk/youth or follow us:

Facebook MalvernHillsUK

Twitter MalvernHills_DC

Insta @MalvernHillsDistrictCouncil

Current Volunteering Vacancies June 2020

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 www.do-it.org and vinspired.com to find more opportunities available in your area and appropriate to your age group.

12 Years +

Pages 4 – 6

14 Years +

Pages 7 – 10

15 Years +

Pages 11 – 13

16 Years +

Pages 14 – 19

Tenbury Wells  and Upton-Upon-Severn 

12 Years +



Sanctuary Care

Sanctuary Care

**Befriender, events support, gardening and more.
Across Worcestershire ●**

What do you do as a charity?

We specialise in care homes for the elderly and we have over 100 care homes spread out across England and Scotland.

What volunteer roles are available?

Volunteer befriender, Leisure and activities, Walking, Driving, Events, Gardening, Entertainer, Day Care Centre, Hairdressing/beauty, Housekeeping, Catering, Reception etc.

What's the age range for volunteers?

There are no age limits to volunteering but the onus is on the Home Manager to decide how young or how old they're willing to accept. Our youngest volunteer is 11 years old.

What is the time commitment?

If you would like to help our care homes through volunteering, opportunities are available for week-days or weekends, daytime or early evening. Furthermore, our opportunities are flexible as we appreciate volunteers are giving up their free time to support us. That being said, we recommend a minimum of six months as our residents do benefit greatly from the consistency.

Are there any incentives or rewards?

We offer induction certificates, certificates of appreciation after reaching certain milestones in terms of hours, opportunity to become a dementia friend. We are also a v-inspired awards

provider and a Volunteering Approved Activity Provider for the DofE Awards.

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

Yes, all volunteers receive training before they start. They also have access to face to face training we give to our paid staff. Yes, all volunteers have a designated supervisor but we ensure all staff members are readily available to volunteers should they need the support.

Can I come in for a ‘taster’ day?

Yes, we encourage taster days to give volunteers a flavour of what volunteering with us would be like and that way they can make an informed decision before going through the entirety of our recruitment process.

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

Yes we offer group volunteering days. For example, we work with NCS providers. Check out www.sanctuary-care.co.uk/news/2018/10/teenagers-dedicate-their-time-support-residents for more on this.

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

In Worcestershire, we have nine care homes of which one is in Malvern and another in Upton. Visit www.sanctuary-care.co.uk/care-homes-worcestershire to find out where all nine are located.

What are you looking for in a volunteer?

Someone who is reliable, committed, kind, caring, patient and understanding, a good listener and able to use their own initiative.

Visit <https://www.sanctuary-care.co.uk/roles/volunteering> to find out more.

14 Years +



Natural Habitat Creators Woodland and Hedgerow Champions Malvern

We have a number of projects around Malvern: creating natural habitats on Malvern Link station; creating and managing a woodland and woodland glade at Prospect View; harvesting and distributing people's excess fruit; running school holiday woodland activities for families with younger children (pre-teen), and helping manage a Community Woodland. We work in groups, socially distancing as necessary, using low-impact methods instead of fossil-fuelled, noisy power tools. We want to work with groups of people and communities to plant trees in their own locality as a way of capturing carbon and increasing biodiversity, so have just started a tree nursery to provide the trees. For more details, see our website malverncommunityforest.org.uk.

You can get involved with growing trees from seeds and cuttings for us in your own gardens or our nurseries, to hunting out and mapping places to plant trees and hedgerows around where you live or go to school, to joining in our activities as a one-off taster or more regularly.

What is the time commitment?

We have a zero-hours commitment: do as much or as little as you are able. We will need your contact details, so we can let you know when work-parties or events are happening or if there is something we need help with.

What about training/mentoring?

All our volunteers get training on how to work safely on our projects. Our Project Co-ordinators will make sure you are shown what to do, and know why we're doing it. Asking questions is positively valued: our members and volunteers love to share their knowledge. After you have been along a few times, the Project Co-ordinator will ask you if there is someone you would like to be your mentor.

Are there any incentives or rewards?

Working outdoors in green spaces is proven to be excellent for physical and mental health. If you're really keen, we'll help you to become woodland or hedge-row champions. We are looking for woodland fun-raisers to get more people involved. We're happy to provide references where possible.

What's the application process?

Email us on info@malverncommunityforest.org.uk telling us you'd like to volunteer, what you might be interested in doing, and how old you are. We will then get in touch to provide you with more information.

NB: If you are 14-15 years old your parent/carer will need to attend the first session with you and then provide written permission for you to continue.

<https://malverncommunityforest.org.uk/>



St. Richard's Hospice
CARING FOR LIFE

Retail Assistants

Malvern Link (Department and Book stores)

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 www.strichards.org.uk/ to find out more or email recruitment@strichards.org.uk

15 Years +



Retail Assistant – Malvern and Tenbury ▲ Office Administrator – Malvern

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 retail shops (sorting, pricing, display, marketing) and in our Malvern office (admin, IT, marketing, shadowing).

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.

Can I come in for a ‘taster’ day?

Yes.

What’s the application process?

To complete an application form. Contact the office manager to find out more at Lynne@ageukmalvern.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.

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.

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 www.casualtiesunion-westmercia.org.uk/



St Michael's Hospice

Retail Assistant (16 Yrs+), Malvern & Ledbury

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 in Malvern and Tenbury.

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 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 –
malverndivision@hotmail.com

Or contact Kay Bromley at malvernhillsvolunteering@gmail.com
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

Visit www.malvernhillsvolunteering.org.uk/

Face to face service also available. Appointment only:
Fri 9am – 12.30pm at the Hub in Malvern Library