



VOLUNTEERING OPPORTUNITIES



Thank you for taking a look at this leaflet, which has been put together by Malvern Hills District Council www.malvern hills.gov.uk

We recently 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 practice 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.malvern hillsvolunteering.org.uk

To find out more about our survey with young people visit www.malvern hills.gov.uk and search for 'Bigger Picture Survey' or follow us on:

Facebook MalvernHillsUK
Twitter MalvernHills_DC
Insta @MalvernHillsDistrictCouncil



www.do-it.org

Current Volunteering Vacancies June 2019

**Please note this is not a comprehensive list.
Visit www.do-it.org to find more opportunities
available in your area and appropriate to your
age group.**

**12 Years +
14 Years +
16 Years +**

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12 Years +



Sanctuary Housing

**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 100 care homes spread out across England and Scotland.

What volunteer roles are available?

Wide ranging opportunities; befriending, events, leisure and social activities, gardening etc. Basically whatever skills the volunteer has we would like them to bring it with them to benefit our care home residents. In turn the volunteers will find the experience rewarding.

What's the age range for volunteers ?

There are no age limits to volunteering so the onus is on the Home Manager to decide how young or how old they're willing to accept. Our youngest volunteer is 10 years old.

What is the time commitment?

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 we are also 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 www.sanctuary-care.co.uk/about-us/volunteering to find out more.

Worcestershire Libraries Summer Reading Challenge

Book specialist, Promoter, Event planner or General Volunteer

Malvern, Martley, Tenbury Wells, Upton-upon-Severn

The Summer Reading Challenge takes place every year and is a national scheme produced by The Reading Agency and delivered by libraries.

The Summer Reading Challenge 2019 theme is Space Chase, an out-of-this-world adventure inspired by the 50th anniversary of the first moon landing.

The challenge is for all children aged 4 to 12 years with the aim being to borrow and read six books between Saturday 29 June and Saturday 21 September 2019.

Volunteering opportunities:

Volunteers aged 12 to 24 years are needed for the Summer Reading Challenges to help at events and in libraries across the county.

As well as having huge amounts of fun, Summer Reading Challenge volunteers have the opportunity to learn new skills, meet new friends and make a positive contribution to their community – all extremely valuable when later searching for work or applying for college or university places. Anyone volunteering will need to commit to providing a minimum of 5 hours of their time over the summer and can work at a variety of times throughout the week.

There are a number of different roles volunteers can get involved in which include:

- General volunteer in the library – Designing and putting up displays, talking to children about the books they have read, giving out stickers and incentives, planning and helping to run special activities.
- Book specialist – Develop library displays, recommend what children might like to read next, interview library staff for their recommended reads, encourage children to write book reviews, contact authors to ask them for their ideas about how to encourage children to complete the challenge.
- Promoter – Help to set up and update platforms on social media, speak to children at school assemblies, write press releases and interview children and parents about their experiences.
- Event planner – Develop and manage competitions, design and help to run events and help at outreach events.

Contact Natalie McVey on 07876 144905 or visit www.worcestershire.gov.uk/info/20307/library_services_for_children/1254/summer_reading_challenge to find out more about the roles available and to download the application form.

14 Years +



Shop Assistant, Malvern

What do you do as a Charity?

Oxfam saves lives in disasters. We get clean water running, help people earn a living, grow food and send children to school. We stand up for the rights of women everywhere. And we speak out against injustices that keep people poor.

What Volunteer Roles are Available?

Shop Roles are sorting and pricing clothes, accessories, books, music and new products. Also working on the till.

We also have people who put our donations on our own Oxfam Online Shop.

What is the time commitment?

We usually ask people to do at least 4 hours per week (but this can be flexible).

Are there any Incentives/Rewards?

Oxfam do not currently have any incentives or rewards but can take Duke of Edinburgh scheme students.

Application Process

We usually ask prospective volunteers to come into the shop and pick up an application form to complete. For under 18s there is also a Parental Consent Form. We are required to get two references for every volunteer (can be teachers, family friends etc).

Where is the shop located?

The shop is situated on Church Street in Malvern, close to several bus stops and a short walk from the station.

Find out more:

Visit our website for further information www.oxfam.org.uk or visit our local shop in Malvern and ask to speak to the Manager.

Volunteer Qualities

A volunteer must be keen to help, friendly and a team player.



St Michael's Hospice

Fundraiser (14 Yrs+), across Worcestershire

Retail Assistant (16 Yrs+), Malvern

Hospice Homemaker (17 Yrs+), 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 17+ then you can volunteer as a homemaker at the hospice, just outside of Ledbury. The volunteers work short shifts, helping staff serve meals, taking the tea trolley around and talking to patients and their loved ones if they would like a chat.

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

If you are 14-17 years old then you can volunteer in fundraising by helping at one of our events. Under 14s are also able to volunteer at an event, if they are accompanied by an adult.

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.

St Richard's Hospice

Retail Assistants

Malvern Link and Upton-upon-Severn shops

To receive and help sort, price and display donated goods. Various time slots are available - hopefully to suit the volunteer. Help customers in shop, use till to take and give change.

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.

Cats Protection

Shop Assistant

Malvern shop, Barnards Green

Tasks could include: sorting and steaming donations, pricing and tagging items to prepare them for sale, working on shop floor greeting customers, serving on the till, creating displays, filling shelves and rails, rotating stock and merchandising, general house keeping (ensuring shop floor and back room are kept clean and tidy), making the window display and helping customers.

Cats Protection is the UK's leading welfare charity. The charity's vision is a world where every cat is treated with kindness and an understanding of its needs.

There are three objectives to help cats:

Homing - finding good homes for cats in need.
Neutering - supporting and encouraging the neutering of cats.
Education - improving people's understanding of cats and their care.

Visit www.cats.org.uk to find out more.

Acorns Children's Hospice

Retail Assistants Upton-upon-Severn shop

Tasks could involve sorting donated stock, sizing clothes, steaming, till work & helping the customers.

Established in 1988, Acorns Children's Hospice Trust is a registered charity offering a network of care for life limited and life threatened children and young people, and their families, across the heart of England. These children and young people are not expected to reach adulthood and require specialist care 24 hours a day, 7 days a week.

In the last year Acorns has supported over 840 children and more than 1060 families, including those who are bereaved. Acorns is the only organisation that provides this level of care to these vulnerable youngsters whilst offering a range of support services to the whole family to help them cope at every stage of their child's life and beyond into bereavement.

We provide tailored nursing care for each child; short breaks, emergency and end of life care at our hospices.

Visit www.acorns.org.uk to find out more.

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/



The Cinnamon Trust

The National Charity for the elderly, the terminally ill and their pets

Dog Walker, across Herefordshire and Worcestershire

The only specialist national charity for people in their last years and their much loved, much needed companion animals. A network of 15,000 volunteers “hold hands” with owners to provide vital loving care for their pets. We keep them together – for example, we’ll walk a dog every day for a housebound owner, we’ll foster pets when owners need hospital care, we’ll fetch the cat food, or even clean out the bird cage, etc.

It is widely acknowledged that pets can positively benefit the well-being of elderly owners. For many elderly people living on their own, their pets are their reason for living. They are constant companions – on hand 24 hours a day, every day, comforting, loving and protecting their owners – not only from outside threats, but also offering the more subtle form of protection from loneliness.

The Trust’s primary objective is to respect and preserve the treasured relationship between owners and their pets. To this end it works in partnership with owners to overcome any difficulties that might arise. A national network of over 15,000 community service volunteers has been established to provide practical help when any aspect of day to day care poses a problem – for example, walking the dog for a housebound owner.

Visit <https://cinnamon.org.uk> to find out more.



Practical Conservation Management, across Malvern

What do you do as a charity?

We own and care for the Malvern Hills and surrounding commons. A lot of the work we do involves the conservation of wildlife habitats in this landscape which supports a wide range of animals and plants.

What volunteer roles are available?

We offer volunteer opportunities in practical conservation management. This includes clearing scrub, bramble and bracken, tree planting, and removal of invasive plant species. There are 3 practical conservation days per month (2 on Fridays, 1 on Saturday).

What's the age range for volunteers?

You must be 16+ years old to volunteer with us. You must come with an appropriate guardian/adult if you are under 18 years.

What is the time commitment?

There is no time commitment. We offer 3 practical conservation days per month and volunteers are welcome to come along whenever they are able.

Are there any incentives or rewards?

We do not offer any formal qualifications, certificates or rewards however we do support Duke of Edinburgh award students in their community work to achieve their award. All our volunteers are treated to a summer picnic and Christmas chips as a thank you for their support and hard work.

What's the application process?

If you're interested in becoming a volunteer, please email us on info@malvern hills.org.uk

We will then get in touch to provide you with more information about the conservation days and any further information you'll need. Please let us know your age when you email us. There is no formal application form but on your first day with us we will ask you to provide us with emergency contact details and any medical issues that we should be aware of.

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

We do offer group volunteering tasks for younger students. We provide one-off days for local scout groups to help them get involved in caring for the Hills and Commons.

Is the opportunity suitable for young people with disabilities?

The majority of our volunteering tasks are on difficult terrain (steep or uneven) and involve practical work with hand tools so may be difficult for young people with disabilities.

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

Our opportunities are held all around the Hills and Commons in various locations. The sites are often inaccessible through public transport and having access to a car or bicycle is recommended to get to the conservation task.

Where can I go to find out more?

We've got more information about our volunteering opportunities on our website here www.malvern hills.org.uk/get-involved/volunteering/ including our timetable for the conservation days.

Any practical considerations?

Many of our volunteering opportunities are on steep slopes and uneven terrain. Volunteers will be using small hand tools to carry out practical conservation on the Hills.

What are you looking for in a volunteer?

We're looking for anyone who wants to get active and give something back to the community.

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 (but 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 Kay Bromley malvernhillsvolunteering@gmail.com
07510012092

Alzheimer's Society

Fundraising Support Volunteer, across Worcestershire

We are looking for volunteers to help us with ad-hoc fundraising events throughout Worcestershire. The role will be based at fundraising events such as store collections, community events and special events.

Time commitment is flexible and varies depending on fundraising activities in the area and your availability.

This role will suit you if you....

Are friendly, enthusiastic and passionate about uniting against dementia.

The impact you'll make...

Regional fundraising is at the very centre of how we raise vital funds at a local level. The money we raise funds the delivery of universal services that include our website and National Dementia Helpline, as well as the services we provide locally such as dementia cafes and Singing for the Brain®. It also helps to fund research into care for today and a cure for tomorrow, and our campaigning work.

Interested?

If you have any questions or need more information about this role please contact Emma Butler (Community Fundraiser) by calling 07809 321819 or emailing emma.butler@alzheimers.org.uk

Visit www.alzheimers.org.uk/get-involved/volunteering to find out more.

Daisy Chain Benevolent Fund

Retail Assistant

Barnards Green, Malvern shop

The shops rely on members of the public volunteering their time in assisting the charity to successfully run the shops and fundraising events. Volunteers complete a variety of activities within the shops including sorting of donations, customer care, shop floor work, display and many more. Retail experience is not essential, as training is provided. Volunteers must be able to offer 3 and a half hours a week - that is a full shift - 9.30 - 1pm or 1 - 4.30pm.

The Daisychain Benevolent Fund Trust is a registered UK charity and was founded in 2008. The aim of the Trust is the relief of sickness and the preservation of health of children and young adults in the community. The Trust funds are raised through the Daisychain Benevolent Fund chain of shops and fundraising activities. The nominated organisations that we support, Teenage Cancer Trust and six Children's Wards across the West Midlands, do not operate their own fundraising shops due to resources, knowledge or written constitution. By working closely with our nominated organisations we are able to make a positive additional contribution to their work. Daisychain Benevolent Fund Ltd is a registered not for profit community support organisation, which since its foundation in 2003 has donated all the proceeds to help fund new equipment and specialist services in the local community. The Trust is the custodian of this grant fund, ensuring the fulfilment of the objectives of the organisation.

Visit www.daisychainbenevolentfund.co.uk to find out more.

Shaw Trust

Retail Team Member Malvern shop

Looking for an exciting experience in a retail environment? Join our friendly team as a retail team member, and you will enjoy the experience of being part of something remarkable in your local community. Join a charity that's based all over the UK - Shaw Trust.

Depending on your experience and according to your shop manager, you will be involved in different tasks that can help you to improve your knowledge and grow within the charity. You'll also be able to bring new ideas to the shop. New ideas are always welcome!

Not sure if this is for you? Don't worry! As a team, we will help and support you to develop all the skills and confidence that are necessary to succeed in this new and exciting role.

Are you interested in finding out more? Apply as a Volunteer Retail Team Member today and we will get in touch with you.

Shaw Trust provides employment opportunities, skills development training, and health and wellbeing services across the UK. We operate charitable social enterprises and retail shops, and work alongside Shaw Education Trust, which runs a diverse chain of academy schools.

To find out more about becoming a Shaw Trust volunteer please email volunteers@shaw-trust.org.uk or call 0300 247 2222 or visit www.shaw-trust.org.uk

Volunteer hours are flexible, but we are looking for someone who can share a minimum of 4 hours a week with us.

Regal Tenbury Cinema. Arts. Theatre

With new digital cinema equipment, a permanent Box Office, live streamed events, performances from touring theatre companies and classes in Drama, Art and Dance at the adjacent Community centre - all this, in addition to the local amateur productions, music and comedy nights - it is easy to see why the Trust needs more help.

Volunteers can be sixteen, drawing a pension, or anywhere in between.

Volunteers are needed back stage, in sound and lighting, front of house, in administration, marketing & promotion, education & learning, fund raising, programming, the box office, in fact there should be something to suit just about everyone.

For more information contact 01584 819 998 or collect a volunteer form from the library or the Pump Rooms.

Email enquiries can be sent to info@regaltenbury.co.uk

Visit

<http://regaltenbury.co.uk/RegalCinemaTenbury.dll/Page?PageID=1&SubListID=1&SubPageID=2> to find out more.



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/

Drop-in:
Weds 9.30am – 12.30pm and
Fri 9am – 12.30pm
At the Hub in Malvern Library