

Current Volunteering Opportunities



Current opportunities

Please see our website for a complete list of our current opportunities.



Please contact Elaine Illingworth at Volunteer Crawley if you would like to find out more, or to apply for any of these opportunities.
Elaine.Illingworth@Crawleycvs.org.

East Grinstead Museum

The Museum is built with funding from the Heritage Lottery Fund and money raised by the local community. Visitors are invited to visit the Museum and discover the old market town of East Grinstead and surrounding area.

Visitor Experience Volunteers

Volunteers in these roles help a wide range of visitors to get as much out of their visit to the Museum as possible (1 morning or afternoon at least once a month)

Web Coordinator Volunteers

The purpose of this role is to assist the Museum Manager with updating and expanding content on the Museum's website (3 hours each week).

Collections Assistant Volunteers

These Volunteers assist with aspects of managing the Museum's collection and making it accessible for visitors.

There are also roles for Children's Activity Volunteers to assist with activity days which take place each half term, with up to three taking place during longer holidays. Activities are themed

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and usually involve arts, crafts, games and trails. A DBS check will be required for some roles.

Sustrans

After School Bike Club Volunteer

Do you enjoy being with children and young people? Are you enthusiastic about cycling, walking and scooting for everyday journeys? Volunteers in this role will assist the Bike It Officer and other volunteers to run an after school bike club in Crawley, delivering games and activities to develop children's cycling skills and carrying out safety checks. Good communication and organisational skills will be needed, and lots of patience. Bike Clubs take place in term time after school, approximately 3-4.30pm. A commitment to support a weekly club for a minimum of 4 weeks will be requested. Volunteers will need to be able to move around Crawley, and travel expenses will be paid. Training is provided, and there will be opportunities for volunteers to get involved in other activities such as Dr Bikes, Bike It Breakfasts and Smoothie Bikes. Volunteers are asked to commit to a weekly club for a minimum of 4 weeks. Bike clubs take place in term time after school, approximately 3-4.30pm. A DBS check

will be required. Contact Elaine at Volunteer Crawley to find out more.

Aspire Sussex Ltd

Aspire Sussex Ltd delivers adult education across Sussex, enabling people to achieve their aspirations.

Learning Support Volunteer

A Volunteer is sought to support adult learners who have learning difficulties, and who are attending the Art, Craft & Communications course. The class runs on a Thursday during term time from 9.45am to 12.15pm at Ifield Community College, Crawley.

Volunteer Receptionist

Applications are also invited for Volunteer Receptionist roles in Crawley between 6pm and 8.30pm Monday, Tuesday, Wednesday or Thursday during term time. This role involves meeting, greeting and escorting students to classes, preparing registers and producing letters, and similar tasks to support the work of the Crawley office.

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4Sight Vision Support

Fundraising Volunteers

This is a charity supporting people with sight loss, based in West Sussex. It provides information, advice and practical support to anyone with sight impairment, carers, families and other organisations. Fundraising Volunteers take part in a variety of activities to raise money for 4Sight Vision Support. This may include helping at organised events, holding your own event, taking part in local street or store collections, or assisting in gathering and distributing collection boxes in your area. Applications are welcomed from reliable, flexible, self-motivated and organised people, who are approachable and friendly and enjoy engaging with the public. The time commitment is flexible, including weekends or weekdays to suit Volunteers.

There are also roles for Administrators and Drivers. Contact Elaine at Volunteer Crawley to find out more.

Crawley Sea Cadets

The Sea Cadets is a uniformed youth organisation which aims to equip teenagers with the skills they need to cope with and enjoy the big and changing world they're growing into. It provides activities like power boating, catering for a crew, learning how to save a life, and learning about meteorology and engineering. There is a range of opportunities for Volunteers to get involved, including roles for management committee members, administrators, handypersons, fundraising coordinators, fundraisers and minibus drivers. A DBS check will be required.

Crawley Community & Voluntary Service

Volunteer Minute Taker

Crawley Community & Voluntary Service (CCVS) runs 4 networking events which bring together a wide range of community groups in Crawley around particular themes: Young Crawley Children and Families Forum, Crawley Mental Health Forum, Crawley Older Persons Forum and Crawley Housing and Homelessness Forum. Each Forum meets 4 times each year in Spring, Summer, Autumn and Winter.

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This is a fantastic opportunity for someone who wishes to find out more about the charities and community groups in Crawley, and to support their work. The purpose of this role is to assist at Forum meetings, to help local charities and community groups to share information, knowledge and skills. The role involves attending Forum meetings, noting Minutes, typing them afterwards and sending them to the C CVS Membership Engagement Officer who will distribute them. Volunteers in this role will need basic IT skills including Outlook and Word, experience of taking Minutes, a confident and professional approach and good verbal and written communication skills. An interest in the community and voluntary sector in Crawley would be helpful. Volunteers will have the opportunity of attending all Forums (16 meetings a year) or to choose one Forum (4 meetings a year) depending on their interests. Meetings take place in local venues in Crawley town centre. Each Forum meets for 2 hours, either 10am - 12 noon or 2-4pm. For a list of Forum dates, please contact Elaine Illingworth at Volunteer Crawley Elaine.illingworth@crawleycvs.org.

Terrence Higgins Trust

Volunteer Counsellor

This is a role for a qualified counsellor, or a student in the second year of their diploma in counselling, to provide short term counselling support for people living with HIV or affected by HIV. The role involves assessing clients' suitability for counselling, providing counselling sessions, referring clients to other agencies where appropriate, and maintaining case records. Volunteers will be given the opportunity to develop and update skills and gain new experiences working collaboratively with staff and other volunteers. Relevant counselling experience in a related field and a good understanding of issues relating to HIV are desirable, although training will be given. Volunteers in these roles will need to have excellent communication and interpersonal skills and the ability to maintain confidentiality. This role is based in Brighton, and travel expenses will be reimbursed. Volunteers are asked to commit to supporting three clients each week at agreed times, and to volunteer for at least a year.

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Home-Start CHAMS

Group Volunteer for "Little Steps"

Home-Start CHAMS provides support, friendship and practical help to young families under stress. The Little Steps group is a safe, fun environment for families to play, meet other parents and receive any help and support they need. The role involves setting out and putting away toys and games, playing with the children, and providing a listening ear for parents in an understanding, friendly, non-judgemental and supportive manner. "Little Steps" meets every Thursday during term time in Holy Trinity Church in Tilgate between 12.30 and 2pm. Home-Start CHAMS is also seeking **Home Visiting Volunteers** to provide friendship and support to local families in their own homes.

Volunteers will receive training, induction and ongoing support from Home-Start CHAMS. They are asked to commit to volunteering for at least a year, and a DBS check is required. Volunteers for both roles will need to have parenting experience, and be friendly, approachable and non-judgemental, with the ability to maintain confidentiality. Contact Elaine at Volunteer Crawley to find out more.

Relate North and South West Sussex

Charity Shop Volunteers

Relate provides relationship counselling for individuals, couples, families and young people. The Relate charity shop in Broadfield provides vital funds to support its work. Volunteers are sought to help the charity shop manager to run the shop. Tasks involve welcoming customers, receiving and sorting donated goods, pricing and displaying items. Volunteers will be trained to use and balance the till. The shop is a hub of the local community, and volunteers will need to be friendly, welcoming and willing to chat with customers. Times and days to be agreed.

Transform Housing and Support

Volunteer Befriender

Transform provides housing, support and home care for 2,000 homeless and vulnerable people each year. The purpose of this role is to provide social and practical support to vulnerable clients, helping them to grow in confidence and take up social, leisure and other opportunities in the community. Volunteer Befrienders visit their allocated client at home and accompany

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them on local outings. Activities could include board games, gardening, hobbies, attending social clubs and places of learning, health and well-being classes and appointments. A DBS check is required, and training will be provided. Volunteers will need good communication skills and an interest in the well-being of vulnerable adults.

If you would like to volunteer with Transform Housing and Support, but this is not the role for you, there is a wide range of opportunities for volunteers to get involved and join the team. Current roles include Administrators, Befrienders, Activity Co-ordinators, Handyperson and Volunteer Co-ordinator Supporter. Contact Elaine at Volunteer Crawley to find out more.

Home-Start CHAMS

Family Support Volunteers

Would you like to make a difference to a local child? Home-Start CHAMS is looking for people with parenting experience to offer friendship and support to local young children in need and their families. Volunteers will receive thorough training, support and supervision. The 6-week training course in Crawley starts on 15 January 2019. A DBS check will be required.

Prescription Plus

Admin Support Volunteer

Are you looking for an opportunity to gain experience in an office or reception role? Prescription Plus is a social prescribing project delivered by Crawley Community & Voluntary Service. It links people who visit their GP with support and activities within the local community, helping them to improve their wellbeing. This role involves telephoning new clients and booking assessments, composing and sending appointment letters, organising resources and other administration tasks. Volunteers are asked to commit to volunteering with Prescription Plus for at least 3 months. A DBS check will be required, and full training and support will be given. Volunteers for these roles will need to be clear and confident communicators, who are good at listening, open-minded and non-judgemental. The ability to use Microsoft Word, Excel and Outlook is essential. The opportunity is based in Brighton Road, Southgate. There are around 10 volunteer hours each week available in this role, which can be shared between two volunteers on different days. Days and times are flexible.

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Parkinson's UK

Parkinson's UK aims to ensure that no one has to face Parkinson's alone. Local groups are run by volunteers who may have experience of Parkinson's and are supported by professional staff. This charity is seeking Volunteers for 3 roles in Crawley and East Grinstead.

A Chair for the Crawley and East Grinstead Branch, to help to guide the branch and ensure its work is carried out effectively.

A Local Development Volunteer to help improve access to support and activities in Sussex.

A Volunteer Educator to plan and deliver presentations on the impact of Parkinson's to health and social care staff.

Volunteers for these roles need to have a genuine interest in helping people who are affected by Parkinson's, but personal experience of Parkinson's is not needed.

Crawley Community and Voluntary Service

Reception Volunteer

CCVS is an independent charity that offers advice, information, help and support to local charities, voluntary and community groups based in the Crawley area. We are looking for Reception Volunteers to join our small, friendly team. The purpose of the role is to ensure that The Orchard reception runs smoothly. This will include directing members of the public around the building and announcing visitors, directing telephone calls, sorting and franking post, maintaining a display of leaflets and literature, and keeping the reception area tidy. We offer training and support, travel expenses and access to CCVS events.

Volunteers in these roles will need good written and verbal communication skills, ability to maintain confidentiality, and to work in accordance with CCVS policies at all times. A range of two-hour timeslots is available on each weekday. Contact Elaine at Volunteer Crawley for more information.

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Current Volunteering Opportunities

St Catherine's Hospice

This is a local charity which provides expert hospice care for people in West Sussex and East Surrey when life comes full circle.

House and Home Assistant

The busy warehouse in the Denvale Industrial Park is the central point for donations - from clothes and books to toys and antiques. House and Home Assistant Volunteers sort and process donated goods, identify unique items and pass them to the e-commerce team, and package up goods for distribution to shops across Surrey and Sussex. Volunteers for these roles will be sociable, cheerful and courteous, and act as ambassadors for St Catherine's. A good level of fitness and mobility is needed to fulfil the requirements of the role. Full training and support is given, and travel expenses are reimbursed. Volunteers are asked to commit to one shift each week, either 9.30am to 1pm or 1pm to 5pm on an agreed day.

Patient Escort

Would you like an incredibly rewarding role helping patients and their loved ones when they are brought into the Hospice? Volunteers in this role work alongside volunteer patient drivers, to assist patients who are unable to transport themselves. St

Catherine's Hospice is looking for strong ambassadors for its work, able to bring a positive and kind approach to everything they do. Volunteers need to be confident working with people from all walks of life, having difficult conversations and be able to work within strict boundaries. The time commitment for this role is 9-10am and 3-4pm on Wednesdays.

eBay Expert Volunteer

The eBay Expert Volunteer is part of the e-commerce team, which is responsible for a collection of unique, antique and collectable items. The purpose of the role is to research, list and promote specialist and high value items, so that the highest price is achieved to raise vital funds for expert care. Volunteers for this role will have good communication skills. Some experience of selling and knowledge of IT would be beneficial but are not essential, as full training and support will be given.

This role is based in the Denvale Industrial Park. Shifts are available from 9.30am to 1pm, or 1pm to 5pm on Mondays, Tuesdays and Thursdays.

St Catherine's Hospice has a wide range of rewarding opportunities for volunteers - please contact Elaine at Volunteer Crawley to find out more.

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Giving Back Crawley

This is a local charity working to support people suffering the effects of homelessness. A team of volunteers provides food, goods and other services four evenings a week in the High Street. The role involves working face-to-face with members of the homeless community, some of whom are vulnerable adults with complex issues. Volunteers will need excellent people skills, and be able to communicate with guests who come from many varied walks of life. Reliability and commitment are essential, but some flexibility can be given for the right applicants. A successful volunteer will have a calm, compassionate nature and a desire to make a difference to the lives of guests. Volunteers work independently on their own initiative, but also follow guidelines as part of a team.

Volunteers are sought for Saturday or Sunday evenings.
Session times are 6.45-9.15pm.

Sussex Community NHS Foundation trust

Meet and Greet Volunteer

Volunteers in this role support patients and clinicians in the Urgent Treatment Centre at Crawley Hospital. The role involves

greeting patients and helping them to contact relatives, friends and carers, explaining how the department works, serving refreshments, and spending time with patients who are on their own. Volunteers will also assist clinicians and the nurse in charge by taking messages, calling porters and escorting patients to other departments or wards. This is a role for a person who is positive, friendly and confident, and who enjoys meeting new people. The Trust asks for at least two years' experience in a role which involves direct contact with customers or patients. Volunteers need to be physically fit as the role involves long periods of standing and walking, and will be asked to provide 3 hours each week for a minimum of 6 months and must be able to maintain the confidentiality of the Trust and its patients. Opportunities exist on different days and at different times. Please contact Elaine at Volunteer Crawley to find out more.

Crawley Museum Society

Do you feel passionately about Crawley's history and heritage?

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Would you like to be part of a team with like-minded individuals committed to preserving Crawley's rich heritage while telling its story to visitors?

Crawley Museum has lots of volunteering opportunities available. Depending on your interest, there will be opportunities to suit you, and training to help you. Volunteer opportunities include stewarding, education assistance, handling objects and cataloguing. Days and duties are flexible to suit your needs. Crawley Museum Society also looks after Ifield Watermill, with a working waterwheel and lively displays, and opportunities for volunteers to help the public to get the most out of their visit.

Crawley Community Shop Ltd

Charity Shop Volunteer

There are up to 10 charities that work in the Crawley Community Shop Ltd situated at Worth Road Pound Hill. The shop is a social hub for the local community, and is open to the public on Friday afternoons and all day Saturday, but work goes on outside those times. There are roles for Volunteers to serve customers in the shop, process donated goods and prepare them for sale. Volunteers will be given an induction, and will be asked to commit to regular sessions, at least once a month.

Volunteers in these roles will need good verbal communication skills, and the ability to handle goods and move stock around. Days and times to be agreed.

Carers Support West Sussex

This is an independent charity supporting some of the 89,000 family and friend carers living in West Sussex.

Carers Information Volunteer (Hospital). The aim of this role is to increase the profile and presence of CSWS and the team based within the Hospital by overseeing an Information stand, engaging directly with the general public and health professionals in community and acute hospitals in West Sussex. Volunteers are asked to provide 7-10 hours each month, including training and regular reviews.

Carers Support Group Co-Facilitator. This role involves working alongside the support worker to provide a confidential space for carers to meet on a regular basis to off-load, gain information and support. A number of the groups are generic carer groups, others are for specific conditions, such as mental health, dementia, parent carers, and learning disabilities. Volunteers are asked to support at one group and provide

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around 4 hours each month, including training and regular reviews.

Carer Communication Liaison Volunteer. The aim of this role is to increase CSWS's profile and presence in the community by building relationships with individuals, community groups and organisations in support of its work across the county. The role has a flexible schedule which can be discussed and agreed on an individual basis.

Volunteers for these roles will have excellent communication and interpersonal skills. Please contact Volunteer Crawley for more information about each role.

Age UK West Sussex

Home from Hospital Volunteer

This opportunity is ideal for someone who is seeking to gain experience in the area of social care. The role involves providing practical support for vulnerable adults who have been discharged from hospital. Volunteers are asked to support a person for 6 weeks, to provide companionship and help to rebuild confidence with walking or to access local activities or groups. The role includes activities such as basic shopping,

preparing light snacks, escorting the person to local hospital and GP appointments. The role may involve handling the client's money if collecting shopping. No personal care or cleaning will be involved. Volunteers must be able to travel to the home of the person they support. A DBS check will be required.

Surrey Clubs for Young People

Volunteer Youth Workers

This is a charity dedicated to providing a range of exciting and challenging opportunities for young people, through which they can develop into confident young adults. It does this by supporting a large network of youth clubs and projects across the county. Volunteer Youth Workers provide support to the club leaders with planning and running activities, helping young people to meet, make new friends and participate in a range of worthwhile activities. Days and times vary - please contact Volunteer Crawley for more information. Volunteers are asked to support the club for at least 12 months to maintain continuity and build relationships with the young people. A DBS check is required.

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West Sussex Youth Offending Service

Would you like to do something about youth crime? Interested in helping young people in Police custody? Volunteers are sought for two roles:

An **Appropriate Adult** volunteer supports young people aged 10-17 when they have been arrested and held in police custody in West Sussex. Volunteers for these roles will gain knowledge and experience of police procedures and the youth justice system. Volunteers are asked to commit for at least a year, and to cover at least 4 sessions per month, daytimes, evenings or weekends. Locations are Crawley and Worthing.

Referral Order Panel Members. The purpose of this role is to facilitate a meeting with a young person who has been sentenced, accompanied by their parents or carers, to talk about what happened and the impact of their actions on the victim or community. Volunteers for these roles will have the opportunity to make a real difference in the lives of young people and communities, as a member of an enthusiastic and committed team. Volunteers are asked to cover 2 sessions per month, afternoons or evenings. Panel locations are in Crawley and throughout West Sussex.

Volunteers for either of these roles will need to be non-judgmental with empathy for young people. Good communication and team-working skills are needed, together with a professional approach and ability to be assertive. Volunteers will be given full training and ongoing support, and travel expenses will be refunded. A DBS check will be required, but a criminal record does not necessarily exclude volunteers from the service. Minimum age of 21 years old and commitment of at least 1 year is requested.

Sussex Community Foundation Trust

Sensory Play Volunteer

There are opportunities for volunteers to help at a sensory/messy play therapeutic group for children with complex and additional needs. The Group is a 4 week programme for children and parents, modelling play, language and social skills, and helping to set up and pack away the group. Volunteers are asked to commit to all 4 sessions in a programme to ensure continuity for parents and children. A DBS check will be required. Volunteers for these roles will need to be confident and outgoing, and able to lift, set up and pack away equipment.

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The sessions take place at Langley Green Children and Family Centre on Wednesdays, 12.45-3.15pm.

Hearing Dogs for Deaf People

Volunteer Fundraisers

This charity trains hearing dogs who transform deaf people's lives. Could you use your passion and enthusiasm to raise awareness and funds for the Hearing Dogs within your local community? Activities could include selling merchandise and raffle tickets, organising stalls at events, coffee mornings, sponsored walks and placing and monitoring collection tins. Volunteers for these roles will have great people skills, the ability to communicate with people of all ages, and basic financial skills. The time commitment and locations are flexible. Volunteers will receive full training, and will be supported in their role by the local Community Fundraising Manager.

Oceans Project

Volunteers to support English, Literacy and Computer classes for men

This role is to assist the Oceans programme manager in providing support to an all male community group, and help with delivery of the following programmes:

Employability Programme (help with job search and applications, CV writing);

Computer Programme (help with getting online and using Microsoft Office Word);

English Learning Programme (help with reading, writing, listening and speaking English).

The learning takes place at Broadfield Library, 10am to 1pm Thursdays in term time only.

Terrence Higgins Trust

Employment Mentor

Terrence Higgins Trust is the leading HIV and sexual health charity in the UK, working to reduce the spread of HIV and promoting good sexual health. It campaigns for greater understanding of HIV and sexual ill-health across England, Wales and Scotland.

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The purpose of the role is to help someone who is living with HIV and is unemployed to take positive steps to get back into the workplace. This involves providing one-to-one support, motivating, encouraging and coaching, as well as providing practical support with job searching, CVs, job applications and preparation for interviews.

Volunteers for these roles will need excellent communication and listening skills, with experience in employment support, information, advice and guidance or adult teaching, and experience of supporting clients on a one-to-one basis. An understanding of HIV and related issues and the ability to maintain confidentiality and professional boundaries will be needed.

Volunteers are asked to meet with their mentee approximately once every two weeks for around one to one and a half hours. There are opportunities in Crawley, Brighton, Eastbourne, Hove and Worthing.

Sussex Community Foundation Trust

Volunteer Receptionist and Admin Helper

Volunteers in these roles help to promote healthier communities, and help to deliver more personal and community based care. This role is with Time to Talk in Southgate, which provides mental health support for individuals suffering from anxiety or depression, including therapy for those with complex needs, signposting to other sources of help, and support for carers. These roles involve supporting a busy team by staffing Reception, welcoming patients and carrying out a range of administrative tasks. Volunteers for these roles will have good communication skills and will be confident in using IT. A range of days and times is available. A DBS check will be required. There are lots of other volunteering opportunities with Sussex Community NHS Foundation Trust - please contact Elaine at Volunteer Crawley to find out more.

Action on Hearing Loss

Information Ambassador Volunteer

Across the UK, 11 million people are affected by hearing loss. Information Ambassador Volunteers raise awareness about the

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work of Action on Hearing Loss, and provide information on deafness, hearing loss and tinnitus to older people, their families and carers, local community groups and organisations. The role involves setting up information stands using leaflets and resources provided, answering questions from visitors and handing out leaflets, monitoring enquiries and gathering feedback, and signposting people to other services which may help them. Volunteers may also carry out basic hearing screenings after training. Volunteers for these roles will need to be confident in speaking with others, willing to learn about issues affecting deaf and hard of hearing people, friendly, approachable and reliable. Volunteers will be trained and supported in this role. Initial training and induction includes a one-day induction programme, training in understanding hearing loss, and a further half day specific to this role. Time commitment in the role is by agreement. Travel and all reasonable expenses will be refunded. Volunteers will need to travel in their local area, whether by car or public transport.

Sussex Partnership NHS Foundation Trust

Community Befriender Volunteers

The Trust provides NHS care and treatment for people living in South East England. Its mental health services provide care and treatment for people with conditions such as psychosis, depression, anxiety, dementia and personality disorder. The specialist learning disability services provide community and inpatient care for people with complex health needs which can't be met by other services. These services are provided for children, young people and adults of all ages. Volunteers in these roles will provide companionship to others out in the community and help them to take part in social and recreational activities. The aim is to help people to feel less isolated and part of an enjoyable social relationship. Volunteers for these roles will be well-presented, with a friendly and approachable manner and good verbal communication skills. An ability to relate with people and to remain patient and calm even in difficult situations will be needed. No formal qualifications are necessary.

There are opportunities in Crawley and surrounding neighbourhoods.

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YMCA Downslink Group

Volunteer Receptionist

YMCA Downslink is a registered charity working across Sussex and West Surrey to provide a variety of services and projects to local communities, with a particular focus on the needs of young people who find themselves on the fringes of society and in need of support. Volunteers with YMCA DLG gain experience, learn new skills, meet some great people, and are a vital part of making a difference to the lives of children, young people and families.

A Volunteer Receptionist is sought to join the Crawley Foyer team, and the role involves meeting and greeting residents and visitors, dealing with initial enquiries, supporting the management of clients, and other admin tasks to support the effective delivery of the service. YMCA Crawley Foyer supports young people aged 16-25 years old and helps them towards independent living. There is flexibility around shifts and days to fit around other commitments. Full training is provided. Volunteers are asked to supply 2 references and undertake an enhanced DBS disclosure.

Crawley Community & Voluntary Service

Community Access Volunteer

Community Access Volunteers provide friendly and encouraging support out and about with individuals looking to achieve greater independence. This is a fantastic opportunity for you to make a difference in the lives of people who are struggling, and to be part of a vibrant and welcoming team here at CCVS.

Volunteers in these roles meet individuals referred through Prescription Plus, and accompany them to various social clubs and activities. Where appropriate (and if you have access to a vehicle), you will provide transport to and from activities. We are looking for volunteers who are understanding and good at listening, open-minded and non-judgemental, patient, empathetic and reliable. This will provide opportunities for you to enjoy fun social and leisure activities in the local area. It could also be an ideal opportunity for someone who wants to gain experience in the field of social care.

Volunteers will receive training, induction, supervision and support, and out of pocket travel expenses will be reimbursed. A DBS check will be required. Volunteers are asked to commit to the role for a minimum of 6 months. Activities usually last for around two hours, on a weekly or fortnightly basis.

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Opportunities are available on different days, and at different times.

Sussex Pathways

Volunteer Mentors

Would you like to help someone through the challenges of adapting to independent living following release from custody? Volunteer Mentors offer one-to-one support for ex-offenders before release, on the day of release, and in the period following release. The task involves meetings in Lewes prison 6-12 weeks before release, liaising with agencies such as housing and probation, accompanying the Mentee through the gate on the day of release, and short weekly meetings in the community. Volunteer Mentors come from many different backgrounds. Volunteers for these roles need to show commitment and resilience, empathy, maturity, flexibility and the ability to encourage, motivate and support individuals in making positive life choices. Volunteers will receive training, support and opportunities to develop their skills. A DBS check is required.

Kent, Surrey and Sussex Community Rehabilitation Company

Volunteers are sought to encourage and support people who are supervised by probation. The role involves spending time with people and helping them to engage in agreed activities, helping to change lives and reduce crime and re-offending. Volunteers will be given training and supported in their role by a supervising officer. Volunteers for these roles will be reliable, able to listen and communicate effectively and to respect confidentiality, non-judgemental and able to provide a good role model. There are opportunities throughout Kent, Surrey and Sussex.

Whizz-Kidz - Youth Activity Volunteer

Youth Activity Volunteers support Whizz-Kidz to deliver fun, exciting and interesting events for young wheelchair users aged between 8 and 25. Volunteers assist the leader to support young people to get involved in the various activities, providing 1-1 support where necessary and acting as a positive role model for the young people attending. There are also opportunities for volunteers to lead activities if they wish. Volunteers for these roles will be supportive, friendly and sensitive to others,

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with a positive attitude towards disability. Experience of working with young people is helpful, but is not essential. Sessions take place on a Saturday or a Sunday once a month at the weekend in Crawley and surrounding neighbourhoods, and volunteers are asked to support at 5 sessions each year. An enhanced DBS check is required for all volunteers. No personal care is involved, and reasonable expenses up to a maximum of £30 are refunded.

1st Copthorne Scouts

Beaver Leader and Assistant Beaver Leader

Scouting offers fun, challenge and everyday adventure for girls and boys across the UK. It provides over 200 different activities, and helps 6-25 year olds to grow in confidence, achieve their full potential and become active members of their communities. The Beaver Leader will run the Beaver section with the help of other leaders, and there is also a role for an Assistant Beaver Leader. Volunteers for these roles will provide fun and activities for young people. Training and support is provided. A DBS check is required.

Ability Net - IT Support Volunteers

IT Can Help, the Volunteer branch of Ability Net, offers free computer assistance to individuals with disabilities by providing Volunteers who will visit them in their homes and at other locations such as day centres and residential homes. Volunteers provide impartial advice on computer hardware and software, help with connections to the Internet and use of email. They identify or solve technical problems, and give advice and assistance with hardware and software upgrades. Volunteers use their own transport, and expenses are refunded. Volunteers are needed throughout the South East, especially in the Crawley and Sussex areas. This is a flexible opportunity which fits around other commitments.

Gatwick Aviation Museum

This museum has a unique collection of British aircraft from the "golden age" of British aircraft manufacture. It preserves, maintains and displays historic and classic aircraft and memorabilia, and hosts exciting public events and practical workshops on aviation history and development. The Museum is now seeking friendly and enthusiastic Volunteers to meet and greet visitors and guide them around the Museum. No specific

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skills or knowledge are required, all Volunteers will be supported in their role. There are also opportunities to become involved in the care and preservation of museum artefacts and displays, to assist with the practical upkeep of the Museum building, and to serve customers in the visitors' shop. If you can offer a few hours a week the Museum would like to hear from you. The team plans to open the Museum on weekdays as well as the weekends, so there are opportunities to volunteer throughout the week.

YMCA Positive Placements – Volunteer Mentors

Become a Positive Placements Mentor and help a vulnerable young person on their journey towards education, training and employment. Volunteer Mentors are linked with a young person and provide one-to-one support for up to a year helping their Mentee to build their confidence, identify strengths, overcome barriers and achieve their potential. No specific formal qualifications are needed, but patience, resilience, empathy and a sense of humour are essential. Having a criminal record is not necessarily a barrier and each application will be considered on an individual basis. Applicants should be at a reasonably stable point in their lives, and not expect any major changes in their circumstances over the next 6 to 12 months. Volunteers receive

training and ongoing support, including peer support with other Mentors. The time commitment is flexible.

All sorts of people, from all walks of life, are Mentors for all sorts of reasons. One volunteer says, "Some people do it (mentoring) to give something back, but for me the greatest reward is to be part of the process as someone turns their life around and to interact and learn from the young people themselves."

Sussex Prisoners' Families

Volunteers are sought for two roles.

Court Family Support Volunteers attend Court to promote Sussex Prisoners' Families to Court staff and legal professionals as well as to provide vital information and support to families and friends when someone close to them is sentenced or remanded to custody.

Visits Area Volunteers at HMP Lewes greet families, listen to their concerns and offer advice as necessary.

Full training is given, and both roles offer an opportunity to gain experience of the criminal justice system for those wishing to

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pursue a career in this area, and applications are welcome from those with lived experience of the criminal justice system.

Volunteers for either role will need a friendly, tactful and approachable manner, good communication and interpersonal skills; ability to work with a wide variety of people; a confident and professional approach.

The time commitment varies according to role. Please contact Elaine at Volunteer Crawley to find out more.

Active Prospects

Charity shop in Horley

Active Prospects enables people with learning disabilities, physical and mental health needs to live full and aspiring lives. It is seeking enthusiastic, energetic and committed volunteers to ensure the success of its first Charity Shop in Horley. The role involves serving customers, accepting and processing donations, keeping the shop clean and tidy and creating attractive window displays. Volunteers for these roles will support the skills training and development of other volunteers, some of whom will have learning disabilities or mental health

needs. All volunteers will be offered training and support to build new skills and confidence. Days and times to be agreed.

Volunteers for these roles will have good people skills and communication skills, and will be able to think creatively to find ways to increase profits. Any special skills or knowledge of books, music, working with figures or a fair for fashion and clothes are especially welcome.

Outreach 3Way

Volunteer Swimming Buddy

Outreach 3Way is a charity which provides support for people with learning disabilities and autism. With a strong presence in the community, the people Outreach 3Way supports enjoy opportunities to connect with people in their local area and to learn new skills. The Volunteer for this role will be an able and confident swimmer, who is happy to engage and be social with others. No other specific skills or experience are required, but a calm and friendly approach and a good sense of humour will be needed. Experience with adults with disabilities would be desirable. The Volunteer will always be accompanied by a member of staff, and will not be asked to physically support any individual in the pool on their own. The sessions take place in

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Horley Leisure Centre on Wednesday mornings and/or afternoons. Transport can be provided between Ifield and Horley Leisure Centre if required. Stability and routine are vital for adults with learning disabilities and autism, so Volunteers are asked to commit to attending on a regular basis, weekly, fortnightly or monthly.

Tea and Coffee Assistants

Do you enjoy meeting and talking with new people? Outreach 3Way is looking for Volunteers to help out at hub sessions at the Bewbush Centre on a regular basis. The role involves making tea and coffee and chatting with people who have learning disabilities and autism. Volunteers for these roles will be provided with full induction and supported by staff. A DBS check and two character references will be required. Agreed travel expenses may be reimbursed. Potential volunteers who would like to try a trial session before making a commitment to ensure they are happy with the role will also be welcomed. Volunteers for these roles will be friendly, polite and reliable. Current Hub sessions take place on Tuesday and Thursday daytimes, but exact times and days for volunteering can be discussed and agreed.

Campaign to Protect Rural England

CPRE's Sussex group exists to promote the beauty, tranquillity and diversity of rural Sussex by encouraging the sustainable use of land and other natural resources in town and country.

A range of volunteer opportunities is available, in the areas of campaigning and lobbying, fundraising, gardening and conservation, information and technology, biodiversity and social media. CPRE would like to discuss volunteers' particular interests in the Sussex countryside and find roles that work for each volunteer. Current roles include helping to monitor the planning system for inappropriate developments, and working with local groups to oppose those which are potentially damaging. All volunteer roles are home based and the time commitment is by agreement and very flexible.

Springfit Academy

Trampoline Assistant Coach

Springfit offers people of all ages, experience and ability to gain experience in teaching the beneficial sport of trampolining. Volunteers for these roles will need to be outgoing, energetic people, who have a passion for helping children to exercise and

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learn skills. Volunteers will be mentored and supported by a qualified and experienced Head Coach, and they will help children to enjoy and benefit from involvement in sport for fun, recreation and fitness. No experience is necessary. Be part of a friendly and supportive team bringing joy and health benefits for children. The Academy provides the opportunity for volunteers to undertake qualifications at discounted rates. Volunteers are sought to support a range of classes, including pre-school, mixed ability, and advanced levels. An enhanced DBS check will be required. This role is based at Hazlewick School, early Friday evening or Saturday morning.

Code Club UK - based in Oriel High School

Code Club UK is a nationwide network of volunteers and educators who run free coding clubs for young people aged 9-13. The projects are easy to follow, step-by-step guides which help young people to learn coding by making games, animations and websites.

Oriel High School is looking for a Volunteer to help start a Code Club at the school. The Club will run once a week during term time, 3.30-4.30pm, day to be agreed. The Volunteer will be supported by a teacher, who will be present at all times. Code

Club provides online training to help its volunteers to get started, and all of the materials needed to run the club, including projects for the children and young people to complete. No need to be a coding genius - this role is to support and enthuse the children as they learn, and it is suitable for someone who wishes to develop their own coding skills. A DBS check will be required.

Broadfield Library

Community Support Volunteers

Broadfield Library has roles for Community Support Volunteers to assist library users in Broadfield. The role involves helping library users to locate books and other resources, use self-service and other library facilities. Volunteers for these roles will also have opportunities to create displays and book sales, and to support a range of activities for children in the Library. Good verbal communication skills and a friendly, approachable and professional manner will be needed for this role. Each volunteer is asked to commit to a regular shift of 2-3 hours per week.

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Victim Support Volunteers

Many people face the effects of crime alone and confused. Victim Support helps individuals and families affected by crime to feel stronger, understood and able to move forward with their lives. This role involves contacting people who have been victims of crime, clearly explaining the role of Victim Support and helping people to identify ways of enabling them to recover from their experience, liaising with others to arrange practical help for victims. Volunteers for these roles will be friendly, reliable and approachable, with a caring, mature and supportive approach, and the ability to maintain confidentiality. Good listening skills and basic IT skills are needed. Full training will be given, a DBS check will be needed, and volunteers are asked to provide a minimum commitment of a year after training. There are opportunities throughout West Sussex.

The British Red Cross - Event First Aid Service Volunteers

The British Red Cross helps millions of people in the UK and around the world to prepare for, respond to and recover from emergencies, disasters and conflicts. British Red Cross volunteers are fully trained in advanced first aid and are ready

to help at any occasion, from a community event to a stadium-sized rock concert. Their knowledge can be vital in saving lives. Volunteers for these roles will need to have good communication and teamwork skills, and an understanding of the needs of people of different ages, backgrounds and physical needs. Volunteers will need to be physically fit to carry out first aid procedures. The role involves providing first aid care, helping other members of the team to set up and dismantle first aid posts, and completing records of care given. Volunteers must have or be willing to work towards a recognised first aid qualification, and full training will be offered. A minimum commitment of 50 hours annually is requested, and a DBS check will be required.

West Sussex Library Service

Home Library Direct Volunteer

This is a role for someone with patience and understanding, who is interested in books and reading and enjoys spending time with others. Home Library Direct is a service for people who are unable to travel to or use the library service due to age, illness, disability, mobility issues or caring responsibilities. Volunteers select, deliver and return books and other stock, and help to

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ensure that readers are aware of the full range of items and services at the library. The time commitment of this role is flexible around other commitments. Access to a car and ability to drive is useful but not essential. Volunteers will need good communication skills and the ability to carry out the role without supervision. Opportunities are available throughout Sussex. A DBS check will be required.

Outreach 3Way – help people to achieve more

Part of Dimensions, Outreach 3Way is a charity which provides support for people with learning disabilities and autism. Based in Ifield, and with a strong presence in the local community, the people they support enjoy opportunities to connect with people in their local area and to learn new skills.

Roles for volunteers include: **Buddy, Gardener, Employment Support Volunteer, Activities Buddy** to help with activities like arts and crafts and cooking. Outreach 3Way offers its volunteers a fulfilling experience which makes a real difference to the lives of people they support. Opportunities are flexible to fit in with your life. Full training is given, and agreed travel expenses are reimbursed. A DBS check is needed for some roles.

Office of the Sussex Police and Crime Commissioner

Independent Custody Visitor

Do you care about the well-being of people held in police custody? Independent Custody Visitors are members of the local community who volunteer to visit police stations in pairs, unannounced, to check on the treatment and welfare of people held in police custody. They play a valuable role in maintaining public confidence by making sure that detainees are treated well. Volunteers for these roles must be able to take an independent and impartial view and to maintain confidentiality. They will need to be able to communicate effectively with people from a variety of backgrounds, to work as part of a team, and communicate well both orally and in writing.

Crawley Wellbeing

Support Volunteers

Would you like to give a little of your time to help people in Crawley to improve their health and well-being? Volunteers are sought to support a range of well-being initiatives taking place

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in Crawley. You will need good verbal communication skills and a positive, encouraging approach.

Footloose is a dance group for young people with disabilities, which takes place in the early evening on Wednesdays in Manor Green, during term time.

Moving Barriers is an activities and social group for young people with disabilities, early on Friday evenings at K2 leisure centre in Crawley.

A **Health Walk Leader** is also sought to lead health walks at various locations in Crawley.

Volunteers for these roles will have the support of a group leader, and a DBS check is required.

Home-Start CHAMS

Community Fundraisers

Home-Start Crawley Horsham and Mid Sussex offers friendship and support to local families with a child under 5 years. This charity supports families where there are issues such as isolation, neglect, financial hardship, illness, disability, bereavement or multiple births.

Enthusiastic people are sought for a flexible and creative role as a Community Fundraising Volunteer. This role could involve organising events within your neighbourhood, designing materials to promote the event, sharing ideas and successes to inspire and support other Community Fundraisers. Volunteers for these roles will need to be able to get on well with people from different backgrounds, and communicate effectively and confidently with a variety of audiences. This is a flexible role, which will suit someone who empathises with pressures on families and understands the need for support, and is seeking a volunteer role which will fit around other commitments.

Gatwick Detainees Welfare Group

Volunteer Visitors and Caseworkers

This is a charity that provides emotional and practical support, through its Volunteer Visitors, to asylum seekers and immigration detainees held at removal centres near Gatwick Airport. Volunteer Visitors provide detainees with friendly, non-judgemental conversation and connection with the outside world. Casework Volunteers provide telephone support for detainees, responding to initial needs and prioritising urgent cases, sorting clothes and responding to requests for practical

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items. Volunteers for these roles come from many walks of life, are of every age and from different cultural and professional backgrounds. They are fully trained and supported in their role. A DBS check is required.

Volunteers will need to have emotional maturity, empathy and impartiality, integrity, reliability and good oral communication. Volunteer Visitors will be based near Gatwick Airport, and Casework Volunteers in Southgate.

The Scout Association

Group Scout Leader for 2nd Ifield Scout Group

The Scout Association offers fun, friendship and life-changing adventure to over 450,000 young people across the UK. Are you a brilliant organiser with great people skills? Do you get on well with young people and adults? This role involves managing and supporting the 2nd Ifield Scout Group and its leaders to ensure that it runs effectively, in accordance with the policies of the Scout Association. You will also help to ensure that everyone in the group is having fun, feels a part of the local Scouting family and has opportunities to develop their skills. Full support and training is provided. We expect that every week will bring new

and interesting challenges that will help you to reach your own potential.

Volunteers for this role will be resourceful, energetic and enthusiastic, with excellent team skills, organisational skills and communication. Experience of managing a team is desirable. The time commitment is flexible, to include some evening meetings.

The Scout Association

Assistant Beaver Scout Leader

Would you like to help the children in a Beaver colony to have fun and develop their skills through a balanced programme of activities? Are you free on Thursday evenings during term time? A volunteer is needed to join the leadership of the Beaver colony in Maidenbower, which has 20 members and a supportive parent rota. The boys and girls in Beavers take part in creative and community activities, nature, cooking, sport and outdoor events such as camping. Full training is provided, and volunteers will be supported in their new role under the guidance of the Group Scout Leader. A DBS check is required. Contact Volunteer Crawley to find out more.

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Aspire Sussex Ltd

Learning Support Volunteer for adults with learning disabilities

Aspire Sussex Ltd provides adult and community education in and beyond West Sussex. Its mission is to enable people to achieve their personal aspirations, whatever their starting point, and to inspire them to learn, enjoy and achieve.

Volunteers are needed to assist tutors in classes for adults with learning difficulties (ALD). **The Life Skills** class runs on Mondays 10:00-12:00 in term time, and the **Learn to Read and Spell** class is on 10:00-12:00 on Wednesdays in term time. Both classes take place at Ifield Community College in Crawley. Students on these courses learn English, Maths and Communication Skills within a fun and practical setting, and may be living independently or in supported living. Volunteers may be supporting the whole class, small groups of students, or giving individual help to those students who need it most. Volunteers carry out their role under the guidance of a qualified tutor at all times. Volunteers should hold a GCSE or equivalent level qualification in English and/or Maths as appropriate. However, if you have no formal qualification the opportunity will be provided to take a Level 2 qualification in maths or English.

Volunteers are asked to provide approximately 1-2 hours per week, and must be willing to undertake training related to the role.

Horsham Child Contact Centre

The Horsham Child Contact Centre provides a safe, non-judgmental environment for children to see a parent or other family member they are living separately from. Contact between families is vital to the healthy development of children. Volunteers are needed to work in teams to support parents and children, get out the toys, serve teas and coffees, and support each other to make the Centre happen. The Centre is open on the first and third Saturday of the month, and volunteers work in three teams. Each volunteer will be on rota approximately once every six weeks, and will have the support of a team leader and a management team. Volunteers need to be friendly and non-judgmental, with the ability to maintain confidentiality. All volunteers have a DBS check before joining. Applications are particularly welcomed from male volunteers, who are under-represented in this role.

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Barnardos – Moving Forward Project

This project aims to empower young people with a learning difficulty or disability, and support them in becoming more independent, increasing their confidence and expanding their social circle. Volunteers are sought to help at weekly healthy life skills groups, holiday workshop days, and social events such as discos, fun days and trips out. The roles involve assisting with organising and running the groups, and supporting young people on day trips. A DBS check will be required. Various locations in Crawley.

Citizens Advice

Advisers and Receptionists in Crawley

Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

Advisers are needed to help clients to get the right help for the problems they face. They assess people's issues and identify the best course of action. The role involves communicating effectively face to face, by telephone, web chat and email, and providing resources and support to help the client to come to a decision. Advisers also assist with research and

campaigns by identifying issues where challenge and change is needed. Advisers are asked to commit to at least one day a week.

Receptionists are also needed to welcome clients to the advice centre and ensure the smooth operation of the drop-in sessions and appointments. Receptionists greet clients and other visitors, answer the phone, explain the services and provide leaflets, and maintain records on computer. A commitment to at least one half day per week is required.

Volunteers for these roles will need to be open-minded and non-judgemental, good at listening and to enjoy helping people. Good communication skills, understanding of confidentiality and basic IT skills are needed. Full training is given and volunteers are supported by a supervisor and the team. Travel expenses are paid.

League of Friends of Crawley Hospitals

Volunteer Gardener

The League of Friends provides help and equipment for the comfort and well-being of patients, their relatives and staff. It also contributes towards buying some technical apparatus for

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professional use in the Hospital. The more money it raises, the more help it can give.

A Volunteer Gardener is sought to assist the employed Gardener with care and maintenance of 140 window boxes and a garden area at Crawley Hospital in West Green. This is a flexible role requiring only basic skills, and a time commitment of 2-3 hours each month. Times to be arranged to suit the Volunteer.

Nymans House and Gardens

Volunteer Gallery Assistant

Gallery Assistants are passionate about bringing Nymans to life for visitors. The gallery offers an exciting programme of exhibitions and successfully relaunched in Summer 2016, with new space created for new and unique exhibitions.

Volunteer Room Steward

Volunteer Room Stewards are sought to provide a welcoming presence at Nymans, to assist visitors and to help ensure the security and protection of the historic house and its contents. The role involves standing for long periods, and there are times

when temperatures and light levels in the house are low for conservation reasons.

These are roles for people who enjoy being part of a friendly and dedicated team, have an enthusiastic and friendly manner and knowledge of and interest in conservation and heritage. An interest in the work of the National Trust and Nymans is essential. Days and times to be agreed. Travel costs and other reasonable expenses will be paid.

British Red Cross

Mobility Aids Volunteer

The British Red Cross provides valuable short-term support to vulnerable people in the UK. The Mobility Aids Service provides wheelchair delivery and short-term loans of equipment across the UK, to help people to return home after illness or surgery and remain independent or go on a holiday with friends or family. The Mobility Aids Volunteer role involves taking calls and enquiries, giving information to callers, updating records and demonstrating how to use and look after wheelchairs. Skills required vary according to role - contact Volunteer Crawley for more information.

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Alzheimer's Society

This charity supports people to live well with dementia today and funds research to find a cure for tomorrow. Volunteers are sought for 3 roles:

Oasis Club - Support Services Volunteer. The Oasis Club is a day support service for people living with dementia, meeting on a Saturday in West Green. Volunteers assist staff to give people with dementia an opportunity to socialise and take part in activities such as crafts, art, games and music. The time commitment is twice each month on Saturday morning, Saturday afternoon or all day. Volunteers will need a knowledge of, or be willing to learn about dementia and how it can affect individuals, families and carers. Good listening and communication skills and an ability to be calm and patient are essential for this role. References and a DBS check will be required.

Fundraising Representative. This role involves giving talks about the work of Alzheimer's Society and attending fundraising events. This is a role for someone who has excellent communication skills. Training and support from the Community Fundraiser will be given, and the role is flexible based on the volunteer's availability and interests. References will be required.

Collection Tin Coordinator. This involves liaising with local businesses and organisations who are willing to host a collection tin, to collect tins and bank the donations. This is a role for someone who is comfortable using their own initiative and working with others. The role will be based in your local community and is flexible around your availability. References will be required.

Change Grow Live

This is a social care and health charity that supports adults, young people and families whose lives are affected by substance misuse, homelessness, poverty, unemployment, domestic abuse, mental health issues and offending. The goal is to help people change the direction of their lives and live life to its full potential.

CGL has a range of roles for volunteers: **Activities Volunteer, Employment Training Education Volunteer, Administration and Reception Volunteer, Recovery Support Volunteer and Peer Mentor.** References and DBS check will be required. Please contact Volunteer Crawley for more information about these roles.

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Mencap Visiting Service

Can you spare 12 hours a year to make a difference in your local community? Join the Mencap Visiting Service volunteer team and make a positive impact on the life of a person in your area. This is an empowering visiting service for people with a learning disability, after their parents have passed away. Volunteers are asked to make around 6 visits a year to the person they support. Together you could do anything from staying in for a cuppa, to going on trips and outings. Volunteers will receive induction and support from the volunteering team, and expenses will be refunded. An enhanced DBS check will be required.

Volunteers for these roles need to be friendly and approachable, reliable and patient, and good at communicating and listening.

Furnistore

A variety of roles to suit you.

Furnistore is a charity based in Redhill which provides furniture and household goods to those on low income. This is a friendly and team-spirited place to gain work experience, with many roles available. Volunteers are needed for a range of roles:

Website Volunteer, Admin Volunteer, Van Crew and Warehouse Volunteer. Lunch is provided when volunteering for a whole day, and travel expenses will be refunded.

Fertility Network UK

Fertility Network UK provides free advice, support, information and understanding for anyone affected by fertility issues. It also works to raise awareness of the impact of fertility problems and to campaign for fair provision of fertility treatment.

A Support Group Volunteer is sought to run a support group within West Sussex for those who are trying to become parents. Volunteers are also needed as **Contact Volunteers** to give peer support to those who are facing the challenge of involuntary childlessness. Training is provided for these roles and volunteers are supported by a volunteer coordinator. There is also a role for a **Volunteer who would like to raise awareness and gain support for the charity** by attending events, distributing literature and similar activities. For the Support and Contact roles, experience of trying to become parents or experience of involuntary childlessness is required.

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Emerging Futures

Volunteer Coaches are needed to assist those recovering from substance use and their families, and to raise awareness and wellbeing in the community. There is a range of roles to suit the interests and skills of volunteers, so contact Elaine at Volunteer Crawley for more information. Accredited training is given, and expenses will be reimbursed.

British Heart Foundation

Fundraising group members. Coronary heart disease is the UK's single biggest killer. Join the fight for every heartbeat, helping to organise and run events in your community. Every pound raised, minute of your time and donation to the British Heart Foundation's shops will help make a difference to people's lives. This role involves supporting your local group in organising and running fundraising events, building strong relationships and actively recruiting new members, and representing the charity in your community, acting as the "face" of the British Heart Foundation. Support in this role is provided by the fundraising manager.

The Posh Club

Volunteers are needed to **support guests with dementia at a social and performance club for older people** in Broadfield. Each four-hour event is styled as a tongue-in-cheek 'posh' 1940s afternoon tea with live performances, volunteer waiters in black tie, vintage crockery and an in-house pianist. It is a glamorous event for up to 90 participants each week.

Empathetic and approachable people, with an understanding of issues affecting older people are needed. The role involves dressing up 'posh', helping guests to feel welcome and enabling them to join in. This will include helping and encouraging guests with singing and dancing, assisting with transport, and eating and drinking. The Posh Club is in session from 12 noon to 3pm, but volunteers are asked to be available 10am to 4.30pm each Tuesday, and to commit for a minimum of six months. Training, support and supervision will be provided, and a DBS check will be required.

Active Prospects

Active Prospects supports people with learning disabilities and mental health needs to lead aspirational lives. It runs 8

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residential care homes providing round the clock care for people with complex needs and supported housing where people have support from a few hours a week to full time care. It offers person-centred care and support that enables residents to live independent and fulfilling lives. Volunteers play a crucial role in improving the quality of life of the people it supports.

Volunteers are needed for a variety of roles:

Befriending, mentoring and buddying. These roles can include driving residents to activities and helping them on day trips out, and supporting residents in activities planned to help them to become more independent.

Volunteers are also needed to help with **fundraising events and marketing, reception and admin roles**, and for projects including **gardening and painting and decorating**.

Active Prospects is committed to supporting people with learning disabilities, physical and mental health needs into paid employment and towards independent living, and so you will receive support to achieve your goals. Induction and ongoing support is provided for volunteers, and expenses will be reimbursed.

St Vincents Community Shop

The St Vincent de Paul Society is an international Christian voluntary organisation dedicated to tackling poverty and disadvantage by providing practical assistance to those in need. Our Community Shops serve local communities, providing low cost goods and household items to disadvantaged individuals and families, offering a listening ear, and where appropriate, arranging for our local members to visit those most in need.

We are seeking **volunteers for roles in our Community Shop** in Broadfield, which include serving customers, sorting and preparing donations for sale, and window dressing and displays. Days and times are flexible, from one hour a week. You don't need to have worked in a shop before, as we can teach you everything you need to know. We like our volunteers to be happy and comfortable with the work they are doing, so we provide full training and support.

Nymans House and Gardens, National Trust

Fundraisers are needed to raise money for conservation projects by promoting and selling raffle tickets. The role involves engaging with visitors in a friendly and confident

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manner, getting to know Nymans so that you can answer visitors' questions and promote events that are happening onsite, handling and recording cash sales. This is an opportunity to join a friendly and dedicated team, learn new skills and enjoy Nymans. It will suit people who have an enthusiastic and friendly manner, enjoy meeting people and like working as part of a team, and are happy to be out and about in all weathers. An interest in the work of the National Trust and Nymans is essential. Time commitment is a minimum of one day a week, and travel expenses will be paid.

Catering volunteers are also sought to support visitors by selling hot and cold drinks, sandwiches, snacks and cakes in a kiosk or a mobile kiosk, and keeping the kiosk area clean and tidy. Volunteers will receive training in basic food hygiene.

Volunteers for these roles will be given opportunities to learn about the vision, places and stories of Nymans, and travel expenses will be paid.

Crawley Community and Voluntary Service

Outdoor Volunteer

CCVS is an independent charity that offers advice, information, help and support to local charities, voluntary and community groups in the Crawley area. We are seeking an **Outdoor Volunteer** to help keep the outside areas of The Orchard, in Southgate, safe and tidy. This is a role for someone who is comfortable in an outdoor environment, and has good verbal communication and a friendly manner.

We are a small, friendly team, and our volunteers value the good working relationships with colleagues. We offer travel expenses, access to relevant training, supervision and support, and access to CCVS events. Days and times are to be agreed, so this would suit someone with other activities and commitments.

Bipolar UK

This is the national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers.

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Co-Facilitators of the Crawley Bipolar UK Support Group. This role is for people with personal experience of bipolar (someone with a diagnosis, or a partner, family member or close friend). Co-Facilitators volunteer within a small team to help people who attend Support Groups to share their experiences and support each other. The role involves helping at a support group once a month, by listening and sharing, communicating with the development team and maintaining paperwork. The Crawley Support Group meets on the first Tuesday of each month, from 6.30pm to 8.30pm, at St Paul's Methodist Church.

Over The Wall

Over the Wall provides free of charge residential activity camps for children and teenagers living with serious health challenges. We give them and their families a week of experiences that are memorable, fun, empowering, physically safe and medically sound, and we need volunteers to make this happen.

Activity Leader roles are for those with specific interest and skills in music, drama, games, sports, arts and crafts. **Team Mates** are needed to support Campers, and the role of the

Camp Recorder is to photograph the fun of camp and achievements of Campers. A **Safeguarding Officer** with suitable training and experience is needed, as well as **Clinical Volunteers**, to include paramedics, nurses and doctors.

Activity camps are held in quality locations in Scotland, the Midlands and in the South of England. Camps are held over 3-5 nights, and volunteers need to attend for up to 2 nights before the Campers arrive for training and preparation. Volunteers need to make their own way to camp, but transport is provided to and from the nearest train station at specific times. All food and accommodation is provided.

Age UK West Sussex

Age UK has voluntary roles for people with an enthusiasm to improve the lives of people in later life.

Trustees/Directors are needed to use their current skills for a great purpose. Applicants can come from all walks of life if their skills, experiences and personal attributes can make a difference. A background in health, marketing, HR, fundraising or small business development would be a bonus.

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One of our day centres for older people in Crawley also requires volunteers for a range of roles: **Minibus Drivers and Escorts, Kitchen Assistant and Activity Assistant.**

Chestnut Tree House Children's Hospice

Volunteers are needed for a range of exciting events across West Sussex, including a car auction, musical review, swimathon and run. The roles involve **helping on the awareness stand, marshalling, serving refreshments and event support.**

Circle Club

The Circle Club is a small friendly lunch club which meets at Compass House in the grounds of Worth Abbey on most Tuesdays. **Volunteers are sought to drive our members to and from the club and to help** between 11am and 3pm. We serve hot drinks and food, no food preparation is necessary. Volunteers help either weekly or on a rota and choose whether they drive and help, just drive or just help. Volunteers are welcome to join and enjoy the entertainment and activities

offered, which include music afternoons, talks, regular outings and contributions by our members.

Ifield Park Care Home

Ifield Park provides a professional and caring home, day care and short stay/respite care for elderly and frail people, including those with dementia.

Volunteers at Ifield Park complement the care team by providing companionship, social opportunities and support. Our elderly friends have many fantastic experiences and stories to share, and volunteers should be able to start conversations, engage residents and guests, and also be good listeners. We have a wide range of organised activities, and volunteers are crucial in supporting residents and guests to take part. Ideally, volunteers would be able to regularly commit to a minimum of 2.5 hours a week, so that they can support an activity session. Volunteers will need good communication and team skills, a liking for and empathy with older people, reliability and trustworthiness.

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Current Volunteering Opportunities

The Kashmiri Women's Welfare Association

The Kashmiri Women's Welfare Association provides a day care service for older women from the Muslim community who are isolated due to language and cultural barriers. The group meets on a Friday at the Community Centre in Langley Green, and offers a sociable, women-only environment, and a range of activities to enjoy, including lunch. An **Administration Volunteer** is needed for 1-2 hours a month, to carry out admin tasks such as record keeping and internet research. A warm and friendly character is needed, together with basic literacy, numeracy and computer skills, and the ability to maintain confidentiality. The volunteer will be welcomed to stay for lunch and to join in with activities if wished. The members and trustees of the Kashmiri Women's Welfare Association value diversity, and welcome volunteers from any faith or cultural background.

Refugees Welcome – Crawley

This organisation provides practical help, support and advice for refugees in Crawley. **Volunteers are needed to work in teams to support refugees and welcome them to**

Crawley. Doctors, teachers, counsellors and befrienders are required, and language skills in Farsi, Arabic or Tigrinya are especially welcomed.

Rivers LPC

Rivers LPC is a local women's charity which provides a safe, women-only environment, and works towards empowering women to take up new challenges in life. The charity supports women who are isolated, not able to find assistance from other organisations, or need help without the formal involvement of authorities.

We are currently seeking volunteers for two roles: **Mentors** are needed to support women within Rivers LPC's learning and employability programme with reading, literacy and numeracy skills, and **Group Support Volunteers** are needed to help facilitate group learning activities, consisting of 4-5 women, to help progress their independent learning skills.

Volunteers for both roles need to be sensitive, patient and non-judgmental, with great interpersonal skills and the ability to read and write English. Volunteers are asked to offer 3-6 hours over two mornings each week, during term-time only. The

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Current Volunteering Opportunities

project takes place in community venues across Crawley, and offers a great opportunity to help make a difference within the local area.

As part of our Rivers Support Award programme, volunteers for both roles will be provided with free employment skills training. For more information on this training, please visit our website www.riverslpc.org.uk/support-award.

St Catherine's Hospice

St Catherine's Hospice is seeking volunteers for a variety of roles at the Hospice in Southgate, and also based in the community around Crawley and surrounding areas. The roles include **support visitors** within the patient and family support team, **housekeeping support**, **coffee shop** and **catering**.

Help is also needed in **charity shops**, and **warehouse assistants** and an **E-Commerce assistant** are also needed.

St Catherine's is also seeking **car drivers** and **minibus drivers**. Full training and support will be given for all roles. For all roles which involve contact with patients or families, a DBS check will be required.

SeeAbility

Volunteers are needed at our two services in Massetts Road, Horley, which are home to 13 adults with sight loss and multiple disabilities. We are looking for a **Braille teacher**, and also for a **swimming companion** to accompany a male resident to swimming sessions. There is a wide variety of other ways in which you can get involved. Some residents would like someone to spend time with them talking, reading and building up a friendship. Some individuals like cycling, going to the gym, gardening, art, or baking and cooking. Others want support to go into Horley for shopping or coffee or further afield to the cinema or to concerts. Your help would make a real difference to their lives. Timings are flexible, and you can volunteer weekdays, evenings or weekends.

The Friends of Buchan Country Park

Buchan Country Park is 170 acres of Country Park managed by West Sussex County Council for wildlife conservation and quiet recreation. It is a great place for walking, wildlife watching or a picnic. A range of exciting events are planned in the Country Park each year.

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Current Volunteering Opportunities

Please contact Volunteer Crawley to register your interest in helping at special events to be held throughout the year.

For details of these volunteer roles, or more information about volunteering in Crawley, please contact Elaine Illingworth at Volunteer Crawley on 01293 657148, or via email volunteering@crawleycvs.org. For more volunteering opportunities, visit www.Do.It.org.



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