

CURRENT VOLUNTEER VACANCIES IN AND AROUND THE CHARNWOOD AREA



MOVEMENT TO MUSIC – Group Assistant

Looking for a Volunteer to support the Group Leader who will be delivering the Movement to Music Session at Hanover Court in Windsor Road, Loughborough. These are initially weekly during July on a Tuesday between 10.30-11.30am and will involve helping to set up the room, meeting and greeting, completing a Register of participants and then serving refreshments for anyone who is staying after the session and clearing the room down afterwards. There will be a break during August and classes are due to resume in September.

BEFRIENDING *weekdays, regular commitment of a minimum of 1 hour per week*

We need reliable people to match with a client needing friendship, companionship and support on a regular basis. Across Loughborough and surrounding Charnwood areas we have male and female clients waiting. If you are a people person, can make a good cuppa, as good a listener as a talker, this may suit you and makes such a difference to an isolated person.

TECHNICAL HELP SESSIONS, *various days – 2 hours*

Tech savvy volunteers needed to help older people gain confidence using modern technology such as iPads, laptops, tablets and SMART Phones. Regular commitment required where possible and training provided if needed. Might suit someone who has kept up to speed with technology and wouldn't mind sharing that knowledge on a 1:1 basis with an older person. We start at "How do I switch this on?" There are a range of Volunteers attending groups who share their expertise, so don't worry you would be put on the spot!

LUNCH CLUB & DAY TRIPS, *various days*

Monthly Lunch Club outings to local pubs, garden centres and places of interest help isolated individuals forge relationships with other like-minded people. Volunteers will help co-ordinate trips, accompany the group, help with those less mobile and order/collect food. A great fun way to volunteer with free lunch provided.

ADMIN & ADVICE & INFORMATION, *various Days*

Office help needed, including general tasks such as filing, getting information about local groups from the internet, answering calls, taking messages etc. Or become part of our Information & Advice team, helping to fill out vital benefits paperwork in the office or on home visits. Training will be provided.

EVENTS – General Assistant

To help provide support at Events during the year. Meeting and greeting, taking personal details, giving direction, providing refreshments and generally helping people get the best out of the events.

We offer all our volunteers support, advice, access to on-going training, regular contact, mileage and parking where applicable, and much more. In return you can share a passion or simply get great comfort from helping others in life.



Please contact the office on 01509 260327 Tue or Wed 9-3 to find out more, leave us a message at other times, or leave details with the Shop Staff in Biggin Street, Loughborough and we will get back in touch shortly.