

# Vmail

from **CVS Cheshire East**

t. 01270 763100

w. [www.cvsce.org.uk](http://www.cvsce.org.uk)

e. [volunteeringteam@cvsce.org.uk](mailto:volunteeringteam@cvsce.org.uk)

 @cvsce

 CVS Cheshire East

**September 2015**

## Want to Volunteer and Need Inspiration?

Volunteering can be a great way to meet new people, learn new skills and gain useful experience. You will gain the satisfaction of time and effort well spent and it should also be fun!

Everybody has something to offer, whether it is experience of life, a caring personality or a useful skill. Organisations rely on the help provided by their volunteers and they really value and appreciate their contribution.

Listed below are some *volunteer opportunities* available in Cheshire East. If you are interested in any of these or would like to speak to one of our Volunteering Team about volunteering, then please do get in touch using the methods above.

Browse all current opportunities in Cheshire East at [www.cvsce.org.uk](http://www.cvsce.org.uk)

CVS Cheshire East's Volunteering Service is sponsored by:



---

## Across Cheshire East

*Please note that although these opportunities take place in towns across the whole of Cheshire East, you would only be expected to volunteer at one location.*

### The Sandstone Ridge: Trustee

Are you interested in a new challenge? Do you want to play a leading role in protecting the special character of the Cheshire Sandstone Ridge? Are you passionate about improving public enjoyment and understanding of its rich natural, historical, archaeological and cultural inheritance? The Sandstone Ridge Trust is looking to recruit at least four Trustees who have the commitment and enthusiasm to make a difference to this outstanding part of rural Cheshire.

## **Home-Start East Cheshire**

### **Trustee**

Home-Start East Cheshire seeks additional volunteers to join the Board of Trustees. We are currently looking for a Chairperson along with additional Trustees to the Board

### **Home Visiting Volunteers**

Offer regular support and friendship to a young family (at least one child under 5) experiencing difficulties. Volunteers visit families in their own homes to develop a friendship and help with issues like diet and play.

## **Age UK Cheshire East**

### **Day Care Buddy:** *One day per week 9:00am -3.30pm*

We are looking for enthusiastic, reliable volunteers to help at our day care groups which support older people who are physically frail or who have memory problems. Six community venues host weekly groups to support older people who are physically frail or who have memory problems. Group members can choose to attend mornings, afternoons or all day if they prefer. A hot meal is also an option. Led by volunteers, numbers at the group are kept small to ensure everyone's needs are met and that all-important social contact is maintained.

### **Retail Assistant:** *3-4 hour per week*

We are looking for volunteers to assist in the smooth running of AUKCE charity shops which help to raise independent income to provide vital services for older people 50+.

Volunteers will assist in the running of the shop, from stock preparation to customer service.

### **Volunteer Healthy Lifestyle Helper:**

We would love volunteers to share their time, skills and expertise to help older people to stay physically and mentally active for as long as possible. Lead a walk, yoga, Pilates, tai chi or dance session, tutor an art, craft, writing, or choral class, or whatever you enjoy doing and can share. We would ideally like to find volunteers who can commit to 1.5 hours per week at the same activity.

Monday to Friday,

## **Timebank Cheshire East: member**

*'Give an hour', to help others in your community in a skills exchange scheme.*

Time Bank volunteers earn credits by providing general support to members of their community.

These credits can then be redeemed from fellow Time Bank members.

## **Healthwatch Cheshire East: Scrutiny Volunteer**

*Time flexible - 2 or more days a month*

As part of a Scrutiny Group, scrutinise the quality of public health services, seek the views of people who use those services and, where appropriate, make suggestions for improvement.

## Alderley Edge

### Age UK Cheshire East

#### **Retail Assistant:** *3-4 hour per week*

We are looking for volunteers to assist in the smooth running of AUKCE charity shops which help to raise independent income to provide vital services for older people 50+.

Volunteers will assist in the running of the shop, from stock preparation to customer service.

## Congleton

### Age UK: Wellbeing Buddy

We are looking for volunteers to act as wellbeing buddies to support individuals in managing their health and wellbeing, and encouraging people to stay motivated in achieving behavioural change

### Carers Trust 4all

#### **Volunteer Office Support :** *3-4 hours per week*

If you are looking for a volunteering role that is office based, this is the role for you. We are looking for a volunteer to help support our friendly HR team in our busy head office in Congleton.

Volunteers will be helping out with filing, paperwork, updating databases and photocopying. We would welcome anyone looking to update their administration skills in a modern office environment.

#### **Volunteer Receptionist:** *Tuesday am or pm*

If you are looking for an office based volunteering role and enjoy communicating with other people, this is the role for you. We are looking for a volunteer to help in our head office. You will be volunteering in our reception which is the first port of call for all visitors.

### Home- Start Cheshire East: Family Network Day Volunteer

*10.30-1.30pm 2<sup>nd</sup> Wednesday of each month*

Home-Start are looking for enthusiastic, reliable volunteers to support our Network Days. Family Network Days offer social contact, educational sessions for parents and creative play sessions for children.

### Congleton Disability Information Bureau: Receptionist

*Monday, Tuesdays and Fridays*

Be the first point of contact for all people who either visit or telephone, and carry out basic administrative tasks. Basic IT and administration skills are desirable.

## Crewe

### **What's Happening on North Street Drop in Volunteer**

What's Happening on North Street is a place where people can access a range of information, advice and support services. Many of these will be delivered by external agencies, so the volunteer's role will be to have knowledge of these agencies (provided at induction and ongoing supervision/training) to enable signposting and referring people to the appropriate agencies.

### **Coffee Shop Volunteer**

We are looking for volunteers to help us run our newly installed coffee shop. The coffee shop is open to the public -people may come in for drinks and food, or may use the coffee shop whilst accessing other services in the centre

## Catch22

### **Peer Mentor:**

We are currently looking for young people aged 16 -21 to act as peer mentors for Catch 22. Peer Mentors will provide support and encouragement to children/young people who are receiving support from Project Crewe and it is felt that they would benefit from the support of a Peer Mentor.

### **Family Mentor**

We are currently looking for caring, reliable volunteers to provide one to one support and encouragement to families who have received support from Project Crewe. Family Mentor Volunteers will support families either alongside our Family Practitioners or as part of an exit strategy to provide families with additional support.

### **Looking After the Homeless (LATH): Group Treasurer**

The LATH group is currently looking for a volunteer group treasurer to maintain accounting records, Annual Accounts, and Gift Aid claims. Ideally the candidate will also be interested in becoming a Trustee of the charity.

### **St Lukes/Wishing Well: Community Friend**

*Time Flexible – 1 to 3 hours per week*

We are looking for volunteer befrienders to visit isolated frail elderly people in their community. As a volunteer befriender you would visit a person in their own home on a regular base, ideally weekly for 1-3 hours, offering companionship and help

## Knutsford

### **Age UK: Wellbeing Buddy**

We are looking for volunteers to act as wellbeing buddies to support individuals in managing their health and wellbeing, and encouraging people to stay motivated in achieving behavioural change

## Macclesfield

### **Age UK: Wellbeing Buddy**

We are looking for volunteers to act as wellbeing buddies to support individuals in managing their health and wellbeing, and encouraging people to stay motivated in achieving behavioural change.

### **Macclesfield Community Garden Centre: Supporting Adults who have Learning Disabilities**

*Between 10:00 am and 3:00pm, one or more days per week (Monday - Friday)*

Lead, encourage and inspire people with learning disabilities to achieve specific objectives and learn new skills, across a range of tasks that may include horticulture, woodwork, IT and crafts.

### **Incubation Arts: Art Exhibition Volunteer**

We are looking for enthusiastic and reliable volunteers to meet and greet the public, welcoming visitors and directing them around the building.

### **Just Drop in, Youth Information and Advice: Volunteer Electrician**

We require a volunteer qualified electrician to help with some tasks that have built up over time. Ranging from fitting new plug socket etc. We would ideally build a relationship with the volunteer for any future small jobs

### **Home- Start Cheshire East: Family Network Day Volunteer**

*10.30-1.30pm the last Friday of each month*

Home-Start are looking for enthusiastic, reliable volunteers to support our Network Days. Family Network Days offer social contact, educational sessions for parents and creative play sessions for children

### **Age UK Cheshire East: Furniture Warehouse Assistant**

*3-4 hours per week*

We are looking for volunteers to assist in the smooth running of the Age UK Cheshire East Furniture Warehouse.

## Nantwich

### **South Cheshire CLASP (Christian Link Association For Single Parents): Youth Group Volunteer - 3.30 - 6pm on Monday**

Help CLASP staff run activities at a group for 11-18 year-olds and chat with, and more important listen, to group members.

## St Lukes/Wishing Well: Community Friend

*Time Flexible – 1 to 3 hours per week*

We are looking for volunteer befrienders to visit isolated frail elderly people in their community. As a volunteer befriender you would visit a person in their own home on a regular base, ideally weekly for 1-3 hours, offering companionship and help

## Sandbach

### CVS Cheshire East: Fishing Coordinator

CVS Cheshire East are working with Cheshire and Wirral Partnership NHS Trust to help people in recovery from addiction. We are setting up groups to provide a safe, supportive, inclusive and fun atmosphere to further their recovery. We are looking for someone experienced in fishing who can help train and support participants and work alongside CVS Cheshire East to establish this group. This group will meet once a month to plan a fishing expedition and then meet later that month to fish.

### CVS Cheshire East: Gardener

*Although it will depend on the time of year, we anticipate this will take a few hours, once a month.* Give a bit of TLC to the area around our car park and a small courtyard. Activities would include weeding and pruning of shrubs.

