

## Volunteering Opportunity

Please quote: WVB228

# Activities Helper

## Guild Care

Details valid from 31 Mar 2009 to 31 Mar 2010 - Mon-Fri day

Location: Worthing

Healthy Living Centre for the elderly - activities on a daily basis

Ashdown Children's Club for children with special needs

Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Guild Care is seeking volunteers to help with activities at its care homes - Ashmount, Caer Gwent, Irene House & Lingfield

Volunteers support the activity staff and care staff, helping with general duties such as supporting residents at mealtimes and serving refreshments, as well as helping to deliver one-to-one and group activities. Examples of these may include reading with a resident, helping residents with e-mail and IT activities, organising bingo sessions or helping with a hobby / craft.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB354

# Ad Hoc Cover - Coffee Shop

## St.Barnabas

Details valid from 22 Apr 2009 to 22 Apr 2010 - Mon-Fri day

### Palliative care

Coffee Shop helper required to serve light refreshments. Ad -hoc cover is occasionally required during the weekday

### If interested please contact:

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB383

# Admin

## Partnership for Growth (Link Romania)

Details valid from 18 Mar 2009 to 18 Mar 2010 - Time Flexible

### Main activities of organisation

#### In the UK

" Operating the Annual Shoebox Appeal - sending 43,000 shoeboxes filled with Christmas gifts to Romania, Albania & Moldova each year

admin role and computer literate

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB337

# Administraton Volunteer

## Ferring County Centre

Details valid from 2 Feb 2009 to 2 Feb 2010 - Time Flexible

FERRING COUNTRY CENTRE has been established to provide work and training experience for adults with learning difficulties. Our Clients, develop work and social skills by assisting us with operating a Riding Therapy School that, each month, provides riding lessons for just over six hundred disabled children and adults from the area and through our Horticultural Unit providing plants and produce that are sold to the local community.

We also run Brook Lane Workshop, which offers a more one-to-one placement in woodworking and crafts. The work ethos applied at the Centre enables our clients to move on to work in the community or paid employment. If you are interested in any of the above areas, wish to help out in administration please call us.

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB464

# Adult Unit Helper

## 1st Northbrook Rainbows and Brownies

Details valid from 2 Nov 2009 to 2 Nov 2010 - Wed eve

Location: Durrington

**The aim of guiding is to help girls and young women develop emotionally, mentally, physically and spiritually so that they can make a positive contribution to their community and the wider world.**

We need volunteers to help with the weekly running of a small but lively Rainbow Unit, followed by Brownies. Rainbows are age between 5 and 7 and would require help with basic craft skills and reading. Brownies are aged 7-10, they need less supervision. We currently have one qualified Adult leader, a young leader and Unit Helper, so the volunteer would become part of a friendly and enthusiastic team. Volunteers are encouraged to share their own ideas for activities and given the opportunity to carry them out, as well as participate in adult activities and special event.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB426

# Animal Lovers Who Love to Help

## People's Dispensary for Sick Animals (P.D.S.A)

Details valid from 29 Jun 2009 to 29 Jun 2010 - Mon-Fri day Sat day

Location: Worthing

**We are an Animal Charity that helps people have the ability to have their animals looked at and help by vets, keeping the animals healthy and happy, and their owners too. Our retail shops are enabling us to fund our Animal Hospitals and vet practices.**

We need people to come and join our friendly team. If you like animals and people then come and learn new skills or share your existing ones. You can work on the Shop floor and some of our volunteers have even become Managers of PDSA Shops, so there are chances to go further if you want. We also need 2 key volunteers who are able to do some more advanced things like opening and closing the shop, cash up etc. If you don't want to work on the Shop floor we have lots of jobs to do to enable us to give our costumers nice things to buy. Additionally, you can always find things for you to try, so come and join our Team - IT'S REALLY FUN TO DO.

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB161

# Appropriate Adult

## West Sussex Youth Offending Team

Details valid from 27 Jan 2009 to 27 Jan 2010 - Time Flexible

**Volunteer mentors - providing one-to-one support**

**Youth panel members - community panels supporting young people who have attended court (1st offence)**

**Appropriate Adult - supporting young people in custody suites when interviewed by the police.**

The Appropriate Adult Service aims to safeguard the rights and welfare of 10 - 17 year olds while they are held in police custody. When a young person is arrested, the police cannot proceed without the presence of an Appropriate Adult. The service meets this need by training volunteers willing to help vulnerable young people, so reducing their time in custody.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB412

# Arts Initiatives Helper

## Sunny Worthing Art Group

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

Location: Worthing

**Activities include a monthly writer's open mic meeting, on-going art exhibitions in cafes, offices, entertainment centre etc, organising and providing a variety of events for the Worthing Fringe Festival and other occasional festivities.**

Can you help us develop local arts initiatives in Worthing. This is a good opportunity for someone interested in the arts scene in the Worthing area, and its development alongside a variety of partners (in business, other arts groups, Worthing Arts Council). A chance to use your creativity, both artistic and organisational (having links with writers, musicians, actors and performers, artists and dancers in and about Worthing) in our busy organisation.

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB392

# Ashdown Children's Club Volunteer

## Guild Care

**Details valid from 31 Mar 2009 to 31 Mar 2010 - Wed eve Sat all day**

**Location: Worthing**

**Healthy Living Centre for the elderly - activities on a daily basis**

**Ashdown Children's Club for children with special needs**

**Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc**

Volunteers help with the provision of play activities for children and young people with a range of special needs, during club sessions.

Youth Club - Wednesday evenings.

Children's Club - Saturdays & school holiday's

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB441

# Assistant Rota Secretary

## Samaritans

**Details valid from 28 Sep 2009 to 28 Sep 2010 - Time Flexible**

**The branch maintains a commitment for callers to be able to contact Samaritans by telephone, letter and email 24 hours a day. callers can also visit the branch for face to face visits during the daytime.**

To assist our Rota Secretary in ensuring our Duty Rota is covered. A friendly and confident telephone manner is needed as you will be contacting our Listening Volunteers by phone to arrange duty times.

Email and texting ability would also be useful but not essential.

Home telephone expenses incurred in carrying out the role will be reimbursed.

There are not set hours, duties can be carried out from home at times convenient to the volunteer.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB155

# Befriender

## Good Neighbour Volunteer Service

Details valid from 7 Apr 2009 to 7 Apr 2010 - Time Flexible

Location: Worthing

**Befriending service**  
**Help after Hospital service**

The Good Neighbour Volunteer Service is seeking volunteers of all ages 18+ to join our lively team providing regular befriending visits to people who are without other regular support and have become lonely and isolated in their own homes. The service now has a waiting list of people who would love some volunteer companionship, and have a range of backgrounds and experiences that can be fascinating to find out about in conversation. If you could offer to share weekly a couple of hours for visits to chat, listen and support someone, please contact us.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB368

# Befriender

## Leonard Cheshire Disability - Ashwood

Details valid from 1 Apr 2009 to 22 Apr 2010 - Time Flexible

Leonard Cheshire Disability. Ashwood is a small home in Worthing for adults with learning disability. We require volunteers to work along side our staff to enable and enhance individuals to live their lives to the full. Befrienders could enable and support individuals or a group with social activities, leisure activities, educational outings, reading information books and magazines. Are you interested and willing to share your hobbies in art, sailing, animals, photography, pubs and clubs? Could this be you? Do you have any spare time?

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

# Befriender

## Leonard Cheshire Disability - Fethneys

**Details valid from 1 Apr 2009 to 1 Apr 2010 - Time Flexible**

Leonard Cheshire Disability. Fethneys is a small home in Worthing for young adults with a physical disability. We require volunteers to work along side our staff to enable and enhance individuals to live their lives to the full. Befrienders could enable and support individuals or a group with social activities, leisure activities, educational outings, reading information books and magazines. Are you interested and willing to share your hobbies in art, sailing, animals, photography, pubs and clubs? Could this be you? Do you have any spare time? Remember no commitment is too small.

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# BENfriend - Welfare Visitor

## BEN-The Automotive Industry Charity

**Details valid from 5 May 2009 to 5 May 2010 - Time Flexible**

**BEN currently helps and supports over 15 000 people, who are linked to the automotive and related industries either directly or as a dependent, in their homes across the UK through a network of welfare officers and voluntary visitors (BENfriends). BEN has four nursing and residential centres across t...**

Volunteers will visit people of all ages in their own homes, listening, befriending, assessing their circumstances and reporting findings back to the Welfare Department in writing, observing strict confidentiality at all times. You will be given a caseload to suit you, for you to manage within our guidelines. Volunteers will initially carry out visits with one of BEN's Welfare staff; support will always be available by telephone once making visits on your own.

### If interested please contact:

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## Volunteering Opportunity

Please quote: WVB243

# Box Wardens

## 4SIGHT

Details valid from 30 Mar 2009 to 28 Mar 2010 - Time Flexible

Location: Worthing

clubs, befriending, fundraising,

4SIGHT (West Sussex Association for the Blind) is seeking volunteers aged 18+ to become Box-Wardens who are urgently required to maintain collection boxes in their care - to drive to local shops and businesses collecting full boxes and returning to our Bognor office for counting. Time commitment - a few hours every 6 weeks or so. Travel expenses paid.

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB437

# Branch Website Assistant

## Worthing Multiple Sclerosis Society

Details valid from 8 Jul 2009 to 8 Jul 2010 - Mon-Fri day Mon-Fri eve

Information and support if you are newly diagnosed.  
Support for everyone affected by MS (family, friends and carers).  
Financial support where required which is not available through other sources.  
Information about MS and local services.

Using the simple system provided by the MS Society the branch website Assistant will be required to maintain existing branch website pages, as well as help create new branch website pages.  
Following training, this position should require less than two hours per week to achieve.  
Tasks and responsibilities:

" Keep 'live' branch website pages up to date with the latest branch news and events.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB421

# Breathe Easy Group Assistant

## British Lung Foundation

Details valid from 29 Apr 2009 to 29 Apr 2010 - Fri pm

Location: Durrington

Breathe Easy Worthing is a friendly, locally run support group for people with lung conditions who meet once a month for informative talks about living with their lung condition or other local interests. They also meet up socially outside of the group for meals and outings throughout of the year.

The committee is looking for someone who can help organise the room and assist with serving teas and coffees to the group members. This would take place at their monthly meeting, which is every 2nd Friday of the month, 2.30-4.30 pm. there would be also an opportunity to help with other events such as fundraising and outings throughout of the year.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB303

# Cafe Helper

## Worthing Mencap - Buddys

Details valid from 14 Nov 2008 to 2 Nov 2010 - Wed Day Wed eve Sat all day

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB455

# Caring with Confidence Volunteer

Worthing and District Alzheimer's Society

Details valid from 29 Oct 2009 to 29 Oct 2010 - Mon-Fri day Mon-Fri eve

**Giving information and support to the carers and friends of people with dementia or who show signs of confusion.**

Carers information programmes make a positive difference to carers of people with dementia and to the people they care for. Carers value high quality information and support. Alzheimer's Society is delivering carers information programmes in partnership with Caring with Confidence. Carers information programmes make a positive difference to carers of people with dementia and to the people they care for. . What will you be doing? Meet carers as they arrive at venues, greet and welcome them, paying particular attention to carers attending for the first time

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB264

# Case Worker

The Royal British Legion

Details valid from 12 Nov 2008 to 2 Nov 2010 - Mon-Fri day Mon-Fri eve Weekend day

Location: Worthing

**Branch meetings 4th Wednesday of every month at 2.30pm.**

As an RBL Caseworker you will provide the Field Welfare Office with a vital link to the serving and ex-service community in your local area. Visiting people in their homes, you will identify and assess the need for assistance and eligibility for help. Reporting to the Field Welfare Officer, the work you do is crucial to how the RBL can proceed with the case. You will support clients throughout their application and ongoing case, by providing information, advice and sometimes emotional support.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB114

# Caseworker

## SSAFA Forces Help

Details valid from 9 Feb 2009 to 9 Feb 2010 - Mon-Fri day Mon-Fri eve

Location: Worthing

Case working, friendship visiting, fundraising etc

SSAFA Forces Help is looking to recruit caseworkers in the area to support service and ex-service personnel and their families. Responsible to the local secretary, a caseworker would need to visit clients and assess their problems, offering personal support through advice and counselling, activate and co-ordinate outside resources on their clients' behalf, and where financial support is needed, put forward cases to local charities or appropriate Forces Benevolent Funds. Volunteers need to have a mature approach, sensitivity and common sense. A Forces background is not essential. The 4-day training, out of pocket expenses, team work and job satisfaction are

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB404

# Cat Rescuer

## Worthing Cat Welfare

Details valid from 2 Mar 2009 to 1 Apr 2010 - Time Flexible

Location: Worthing

Worthing Cat Welfare Trust has spent the past 13 years caring for abandoned, sick and distressed cats, organising veterinary treatment, neutering, fostering, re-homing, lost cats etc. all throughout the Worthing district. In order to support these activities, the charity relies solely on donations, le...

Worthing Cat Welfare requires a volunteer to help with its rescue and rehoming services. A clean driving licence for a "manual" vehicle (supplied) is required together with the ability to work very flexible hours and a love of cats is imperative. You will have to do some lifting to collect cats, take them to and from vets and foster carers. Occasional cleaning out of pens for rescued cats may fall to you as well.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB435

# CCTV Viewers

## Sussex Police Volunteer Programme

Details valid from 6 Jul 2009 to 6 Jul 2010 - Time Flexible

Location: Durrington

Increasing community participation through volunteering clearly fits the neighbourhood policing agenda and given that key indicators for crime and reassurance are considered of equal importance, the involvement of volunteers provides a platform for long term positive community engagement, partnership

...

We are seeking volunteers to view CCTV footage taken from areas around crime scenes to identify potential suspects. The CCTV sources will include council and police operated systems and private/ business premises. The volunteers will provide a service to compliment the investigator and not replace with an assessment carried out on the suitability of any CCTV footage to be viewed before any work is undertaken by the volunteer. No sexually explicit or serious violence cases will be reviewed by the volunteers.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB162

# Charity Shop Helper

## St.Barnabas

Details valid from 17 Nov 2008 to 2 Nov 2010 - Mon-Fri day Sat day

Location: Worthing

### Palliative care

We have vacancies for volunteers to help in our thirteen charity shops and at our Distribution Centre, which raise much needed funding for the adult and children's hospices. This may involve operation of the till, dealing with customers, tidying the sales floor, cleaning and sorting donated goods etc.

Full training given, come and meet people, make new friends and have great fun whilst helping a great cause.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB288

# Charity Shop Assistant

Oxfam

Details valid from 7 Apr 2009 to 7 Apr 2010 - Time Flexible

Computer Literate volunteer wanted to help refugees and 3rd world peoples

We need volunteers to work in our charity shop in the centre of Worthing.

**If interested please contact:**

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB293

# Charity Shop Helper

Partnership for Growth (Link Romania)

Details valid from 18 Mar 2009 to 18 Mar 2010 - Time Flexible

**Main activities of organisation**

**In the UK**

" Operating the Annual Shoebox Appeal - sending 43,000 shoeboxes filled with Christmas gifts to Romania, Albania & Moldova each year

is a charity based in Worthing established since 1991 whose main work is to bring humanitarian aid to the poor of Romania. The projects we are involved in, in Romania, range from soup kitchens, children's projects, working in shanty towns, building a learning skill centre, working with subsistence farmers to grow crops, and refurbishing a hospital.

We fund these projects by fundraising activity in the UK, which includes CHARITY SHOPS - we have 3 charity shops in Broadwater, Rustington and Goring-by-Sea that look for volunteers to help with the

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB232

# Charity Shop Helpers

## Guild Care

Details valid from 31 Mar 2009 to 31 Mar 2010 - Mon-Fri day Sat day

Location: Worthing

Healthy Living Centre for the elderly - activities on a daily basis

Ashdown Children's Club for children with special needs

Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Guild Care's charity shops in Worthing town centre, Broadwater, Durrington and Rustington are important fundraising units for Guild Care with proceeds of the sales going to help fund the services they provide for the local community. The shops sell a variety of goods, including a wide selection of furniture, clothing and bric-a-brac. Volunteers are required to help in the shops in a variety of ways eg selling, sorting items, displaying goods etc. Training will be provided. Hours are flexible.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB353

# Coffee Shop/ Receptionist

## St.Barnabas

Details valid from 22 Apr 2009 to 22 Apr 2010 - All Weekend

### Palliative care

We are currently looking at extending the coffee shop hours to open at weekends. The role will include meeting and greeting visitors & answering the telephone as well as serving light refreshments.

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB415

# Community Ambassador

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...

We are looking for volunteers to represent and raise the profile of Sue Ryder Care in the community. Linking with new and existing supporters and businesses alike. To represent Sue Ryder Care developing links within the community to raise vital funds and raise awareness of the charity.

To identify and develop new opportunities for events and fundraising in your community.

What will I be doing?

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB294

# Community Fundraiser

## Partnership for Growth (Link Romania)

Details valid from 18 Mar 2009 to 18 Mar 2010 - Time Flexible

### Main activities of organisation

In the UK

" Operating the Annual Shoebox Appeal - sending 43,000 shoeboxes filled with Christmas gifts to Romania, Albania & Moldova each year

is a locally based charity working in Eastern Europe which needs a Local Community fund-raiser. Can you generate and maintain enthusiasm within support groups from local schools, churches, clubs and individuals, encourage them to participate in fundraising initiatives and generally raise the profile of the charity locally? If so give us a call, we want your help

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB151

# Community Panel Members

## West Sussex Youth Offending Team

Details valid from 27 Jan 2009 to 27 Jan 2010 - Time Flexible

Location: Worthing

**Volunteer mentors - providing one-to-one support**

**Youth panel members - community panels supporting young people who have attended court (1st offence)**

**Appropriate Adult - supporting young people in custody suites when interviewed by the police.**

West Sussex Youth Offending Team is looking to recruit Community Panel Members who will meet with young offender, their family and whenever possible, the victim of the crime. The panel will talk with and listen to these young people and then agree plan of action with the young offender. This plan will be designed to put right the harm already done to prevent further offending.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB393

# Community Prevention Team Volunteer

## Guild Care

Details valid from 1 Apr 2009 to 1 Apr 2010 - Time Flexible

Location: Worthing

**Healthy Living Centre for the elderly - activities on a daily basis**

**Ashdown Children's Club for children with special needs**

**Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc**

This is a short term support service for vulnerable, older people living at home in the community. Volunteers provide practical and emotional support to people, promoting independence and introducing them to other services where appropriate.

This service is delivered 7 days a week. Visits to clients are by appointment.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB419

# Community Speaker

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...

We are looking for volunteers from, to represent and raise the profile of Sue Ryder Care in the community. Linking with new and existing supporters and businesses alike. To represent Sue Ryder Care developing links within the community to raise vital funds and raise awareness of the charity.

To identify and develop new opportunities for events and fundraising in your community.

What will I be doing?

Approaching schools and local organisations (Rotary, WI etc) throughout your local area to offer presentations on

### If interested please contact:

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Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB397

# Computer Assistant

## Leonard Cheshire Disability - Fethneys

Details valid from 30 Mar 2009 to 1 Apr 2010 - Time Flexible

Location: Worthing

Leonard Cheshire Disability - Fethneys needs a volunteer who has a good understanding of how to use a computer to assist a resident with using an adapted computer programme which helps them to check and read their e-mails. Training will be given.

Time commitment needed at least once a week for an hour day/s to be agreed.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB305

# Computer Volunteer

Oxfam

Details valid from 7 Apr 2009 to 7 Apr 2010 - Mon-Fri day Mon-Fri eve Sat all day

**Computer Literate volunteer wanted to help refugees and 3rd world peoples**

Computer Literate Volunteer wanted for new Oxfam initiative for refugees and 3rd world people.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB168

# Conservation Helper

West Sussex County Council

Details valid from 2 Feb 2009 to 2 Feb 2010 - Fri Day

**The Low Weald Countryside team is one of the area teams which aims to conserve and protect the countryside of West Sussex by:**

**- day to day management of WSCC recreation sites, in particular the Downs Link Long Distance Leisure Route.**

If you are interested in voluntary conservation work, but practical tasks are not for you, then there are many other opportunities available depending on the time of the year. There are opportunities to help, not just on Fridays (our normal volunteer day) but also other days of the week. Tasks range from helping with biological surveys (no prior knowledge needed, just a curious mind!) to manning our information centre housed in a renovated railway carriage or helping with guided walks.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB166

# Conservation Volunteer

## Sussex Wildlife Trust

**Details valid from 7 Oct 2009 to 29 Oct 2010 - Time Flexible**

Practical conservation work, education projects, Hit Squad to work on various reserves around Sussex, fundraising, guided walks, talks ,events etc.

The Sussex Wildlife Trust is looking for volunteers to help with a large variety of tasks, including the Hit Squad which meets at Woods Mill on various days subject to availability and travels to various reserves around Sussex. Volunteers needed to get involved in practical conservation work near to the Worthing Area all year  
Transport services available from Woods Mill

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB366

# Cook / Trainer

## Leonard Cheshire Disability - Fethneys

**Details valid from 1 Apr 2009 to 1 Apr 2010 - Time Flexible**

Leonard Cheshire Disability . Fethneys in Worthing is a small transitional home for young adults with a physical disability. Do you have any spare time to share your cooking skills? Are you great at making those nutritious meals? If so, the residents would love to learn and develop their cooking skills and knowledge.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB367

# Cook / Trainer

## Leonard Cheshire Disability - Ashwood

**Details valid from 1 Apr 2009 to 1 Apr 2010 - Time Flexible**

Leonard Cheshire Disability - Ashwood is a small home in Worthing for adults with learning disability. Can you spare some time to share your cooking skills? Do you make great cakes, biscuits or do you have a flare for cooking something special? If so, residents would love to learn and develop their cooking skills and knowledge.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB295

# Cooking Assistant

## Rainer - West Sussex Supported Accommodation

**Details valid from 20 Nov 2008 to 20 Nov 2010 - Tue, Wed pm Tue, Wed eve**

**We provide mentors for young people who have left local authority care and are moving into independent living. We also provide help and support for young people who are at risk/or already been in trouble with the police. We work alongside West Sussex Probation Service offering support and accommodatio...**

Cooking Assistant required to help young people aged 18-25 to develop cooking skills and encourage healthy eating. Would you like to work with vulnerable young people aged 18-25 to develop their cooking skills to help them eat healthily and aid independence? Do you enjoy cooking and have an understanding of food hygiene requirements? Could you spare 2/3 hours per fortnight wed evenings? then Rainer is looking for you. Rainer is starting a cookery project which involves working with groups of up to 10 people at a venue in Littlehampton. There is an

### If interested please contact:

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Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB401

# Craft Assistant

## WSSC Coastal Enterprises

Details valid from 8 Feb 2009 to 1 Apr 2010 - Mon am Tue am Thurs am/pm Fri am/pm

Location: Worthing

Leisure, education and work opportunities both at the Centre and in the community.

We need an enthusiastic person to help our busy craft instructor. The craft assistant will support clients who have learning difficulties to complete various craft projects. Our instructor also needs help to pot up and water plants.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB417

# Cultural Ambassador

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...

We are looking for volunteers from different cultural and ethnic backgrounds to represent Sue Ryder Care in local communities. To raise the awareness of Sue Ryder Care, its purpose in local communities and how it encompasses all cultures within it. By spreading the word about the work of Sue Ryder Care we can hope to continue to raise the funds needed to ensure that we continue to support all our families in the community.

You will be:

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB456

# Customer Service

## Worthing Shopmobility

Details valid from 29 Oct 2009 to 29 Oct 2010 - Mon-Fri day Sat day

Location: Worthing

The loan of wheelchairs (manual and powered) and powered scooters to assist the less able to access Worthing town centre.

We are looking for someone who is good with the general public to take on the role at reception to deal with customers face to face but also on the phone. Some general admin work will also be involved.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB390

# Customer Service Adviser

## British Heart Foundation

Details valid from 19 Sep 2008 to 2 Nov 2010 - Mon-Fri day Weekend day

Location: Worthing

We have many events running - some are national and some are organised by our volunteer groups. these are made up of sponsored walks, cycle rides, swims and various smaller events such as coffee mornings and fetes. We have a national schools event called a jump rope for heart which is a skipping progr...

Are you interested in furniture and electrical gadgets? We need someone like you to welcome and assist the costumers in our shop. This role includes pricing and presentation of goods, maintaining high street standards. We also need someone with 'helping hands' to provide assistance loading/unloading delivery vans, moving furniture to and from shop floor; building furniture and making small repairs.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

# Daffodil Box Coordinator

## Marie Curie Cancer Care

Details valid from 12 Oct 2009 to 12 Oct 2010 - Time Flexible

Location: Worthing

Marie Curie Cancer Care is working for people with cancer by:

- offering a unique service, with a nationwide network of Marie Curie Nurses giving practical nursing care at home to people with cancer, free of charge.
- providing specialist care in ten Marie curie hospices for in-patien...

To help co-ordinate the local daffodil box campaign for the Great Daffodil Appeal in your local community. To distribute and collect in the daffodil boxes and then count, bank and record all monies from them. Main Tasks: Receive delivery of boxes of daffodils and associated materials including box labels and posters  
Deliver boxes of daffodils, a poster and leaflet to agreed sites in line with guidance provided.  
Ensure all boxes are correctly labelled and secured as necessary at each site.  
Record any changes to the list, reporting back to the local fundraising office.

**If interested please contact:**

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

# Daffodil Box Organiser

## Marie Curie Cancer Care

Details valid from 12 Oct 2009 to 12 Oct 2010 - Time Flexible

Location: Worthing

Marie Curie Cancer Care is working for people with cancer by:

- offering a unique service, with a nationwide network of Marie Curie Nurses giving practical nursing care at home to people with cancer, free of charge.
- providing specialist care in ten Marie curie hospices for in-patien...

To organise and co-ordinate the local daffodil box campaign for the Great Daffodil Appeal in your local community. To recruit new sites to display boxes (eg in shops), distribute and collect in the daffodil boxes and the count, bank and record all monies from them.

Main Tasks:

Help the local team with recruitment by identifying potential new sites for the display of daffodil boxes and request

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Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

# Daffodil Collection Host

## Marie Curie Cancer Care

Details valid from 12 Oct 2009 to 12 Oct 2010 - Time Flexible

Marie Curie Cancer Care is working for people with cancer by:

- offering a unique service, with a nationwide network of Marie Curie Nurses giving practical nursing care at home to people with cancer, free of charge.
- providing specialist care in ten Marie curie hospices for in-patien...

To welcome collectors to their Great Daffodil Appeal collection, co-ordinate the distribution of collecting tins and collection trays, and count and bank the monies raised.

Main Tasks:

Take delivery of the collection stock and materials. Set up the depot on the day of the collection. Host the collection on the day (set up the depot on the day of the collection, meet with volunteers on arrival to welcome them, thank them for coming, introduce yourself and brief them so that they feel at home.

**If interested please contact:**

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

# Daffodil Collection Organiser

## Marie Curie Cancer Care

Details valid from 12 Oct 2009 to 12 Oct 2010 - Time Flexible

Location: Worthing

Marie Curie Cancer Care is working for people with cancer by:

- offering a unique service, with a nationwide network of Marie Curie Nurses giving practical nursing care at home to people with cancer, free of charge.
- providing specialist care in ten Marie curie hospices for in-patien...

To organise a local street or store collection for the Great Daffodil Appeal.

Includes recruiting collectors, planning the rota, hosting the collection and banking the money collected. Main Tasks:

Help the local team in the organisation of the collection rota iV including the recruitment of volunteer collectors from your own network as well as securing leads provided by MCCC. Secure the meeting point for the collection. Where possible, look for additional ways to boost collection income and look after volunteers eg recruitment of

**If interested please contact:**

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Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

## Volunteering Opportunity

Please quote: WVB231

# Day Centre Volunteers

## Guild Care

Details valid from 31 Mar 2009 to 31 Mar 2010 - Mon-Fri day

Location: Worthing

Healthy Living Centre for the elderly - activities on a daily basis

Ashdown Children's Club for children with special needs

Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Guild Care's "Healthy Living Centre" in Methold House, and "Lovett Retirement Club" in Maybridge Square, Goring, are seeking volunteers to help support their day care services for older people and carers.

Volunteers are needed to help with:

- befriending and co-ordinating simple activities with small groups
- the coffee bar and serving meals
- welcoming new users and helping them enjoy their time in the centre

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB359

# DIY/ General Maintenance Volunteer

## St.Barnabas

Details valid from 22 Apr 2009 to 22 Apr 2010 - Time Flexible

### Palliative care

People with specific skills to assist with maintaining the building.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB399

# Driver Assistant

## St.Barnabas

**Details valid from 20 Mar 2009 to 1 Apr 2010 - Mon-Fri day**

**Location: West Sussex**

### Palliative care

St. Barnabas House is a local independent charitable hospice that offers palliative care for patients with advanced cancer and other advanced life-limiting diseases. Chestnut Tree House is the only children's hospice in Sussex and cares for children and young adults from 0-19 years of age with progressive life-limiting and life-threatening illnesses. Both our hospices rely on charitable donations which are sorted at our Distribution Centre in Water Lane, Storrington. We need volunteers to help our drivers collect & deliver furniture. This may involve heavy lifting, this would be from 8.30am until 4.30pm Monday to Friday.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB169

# Drivers

## Adur Cars And Companions

**Details valid from 22 Apr 2009 to 22 Apr 2010 - Time Flexible**

**Location: Adur**

**Social events plus meetings at least twice a year.**

Drivers residing in the Adur district are needed to use their own cars to take clients to their medical appointments, shopping, visiting friends and other social events.  
Days and times to suit.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

# Drivers

## St.Barnabas

**Details valid from 22 Apr 2009 to 22 Apr 2010 - Time Flexible**

### Palliative care

Drivers needed to use their own vehicles to transport patients to and from the day hospice for which a mileage allowance will be paid. Patients are brought in at about 10 a.m. and return home at about 3.00 p.m. Also some ad-hoc driving duties, including driving patients and visitors.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

# Drivers

## Leonard Cheshire Disability - Ashwood

**Details valid from 13 Mar 2008 to 13 Mar 2010 - Time Flexible**

Leonard Cheshire Disability. Ashwood is a small home in Worthing for adults with learning disability. They have many varied interests and require assistance to get there by way of drivers/escorts.

They like going to the pub, shopping, theatre, music to name a few. Could you help with driving? Do you have any spare time? No commitment is too small: Are you physically fit? Do you have good communication skills? If this is you then we would love to hear from you

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

# Drivers

## Leonard Cheshire Disability - Fethneys

**Details valid from 1 Apr 2009 to 1 Apr 2010 - Time Flexible**

Fethneys is a small home in Worthing for young adults with physical disabilities. They have many varied interests, music, college, cinema, theatres, shopping to name a few. To be able to gain the most from their interests they often require assistance from drivers. Could this be you? Do you have any spare time? No commitment is too small.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

# Drivers and Escorts

## Worthing Society for the Blind

**Details valid from 17 Nov 2008 to 2 Nov 2010 - Time Flexible**

requires drivers and escorts for their minibus. Escorts needed to assist members on and off the bus - no driving licence necessary. Drivers must be under 75 with a clean licence. Full training will be provided. The minibus is used to bring members to various clubs/classes, ½ day trips, shopping trips and theatre trips.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

## Volunteering Opportunity

Please quote: WVB410

# Education Volunteers

## Sussex Wildlife Trust

**Details valid from 12 Dec 2008 to 27 Apr 2010 - Time Flexible**

**Location: West Sussex**

**Practical conservation work, education projects, Hit Squad to work on various reserves around Sussex, fundraising, guided walks, talks ,events etc.**

During term time from March through to October the Trust hosts school visits, mainly for primary aged children 5-11 years of age. These take place at Woods Mill in Henfield, and Seven Sisters Country Park in Seaford. School groups, which are lead by a Schools Leader, take part in activities such as pond dipping, bug hunts and guided walks and education volunteers help to set up equipment, and assist with supervising the group during activities. Education volunteers should enjoy working with children, have an interest in nature and the outdoors and lots of enthusiasm.

### **If interested please contact:**

**Worthing Volunteer Centre**

**Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH**

**Tel: 01903 528622**

**Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB370

# Events / Fundraiser

## Leonard Cheshire Disability - Ashwood

**Details valid from 31 Mar 2009 to 1 Apr 2010 - Time Flexible**

Leonard Cheshire Disability has a number of services in an around Worthing. We are looking for volunteers to assist us throughout the year with events and fundraising. We are looking for enthusiastic, committed volunteers. Events and fundraisers are great social events for all and to be enjoyed by many. Do you have the flare for inspiring ideas? Are you able to take on a project big or small? Do you have any spare time to assist with advertising, gaining publicity, organising, running events to make the events the best ever? Could you organise trips to the theatre, cinema shopping trips, events in the home like quiz nights, fish and chip supper etc? Any money raised goes straight back to the amenities fund which directly assists all residents with outings/activities that they enjoy.

### **If interested please contact:**

**Worthing Volunteer Centre**

**Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH**

**Tel: 01903 528622**

**Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB416

# Events Organiser (Midnight Walks)

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...

Sue Ryder Care holds sponsored Midnight Walk events all over the UK to raise money enabling people living with life-limiting illnesses such as cancer, stroke and Huntingdon's to receive specialist care and support.

Our walks are becoming increasingly popular.

We are now looking for an individual or groups of individuals to help organise a Midnight Walk in your local area.

Your role will be to assist in the organisation of the walk, which will involve:

" Planning the route, start and finishing points

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB411

# Family Events/Holiday Clubs Volunteers

## Sussex Wildlife Trust

Details valid from 27 Apr 2009 to 27 Apr 2010 - Mon-Fri day Mon-Fri eve

Location: West Sussex

Practical conservation work, education projects, Hit Squad to work on various reserves around Sussex, fundraising, guided walks, talks, events etc.

Family events may include helping with activities such as pond dipping, bug hunts, art/craft or helping out at our annual family fun day.

Holiday clubs take place weekdays during school summer holidays, providing various fun activities for children at Woods Mill, Seven Sisters and Stanmer Park, Brighton.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB185

# Family Group Volunteers

## HomeStart Worthing And Adur

Details valid from 11 May 2009 to 11 May 2010 - Mon am Fri am

Location: Worthing

Volunteers are trained and supported to home-visit families who are experiencing difficulties with at least one child under five years of age.

Home-Start runs two Family Groups, one in Worthing and the other in Lancing. These are for isolated families who want to meet other parents. Children under 5 years are welcome as we have a creche facility. Volunteers help with refreshments, childcare, and being friendly and caring.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB265

# Fundraiser

## Rainer - West Sussex Supported Accommodation

Details valid from 20 Nov 2008 to 20 Nov 2010 - Time Flexible

We provide mentors for young people who have left local authority care and are moving into independent living. We also provide help and support for young people who are at risk/or already been in trouble with the police. We work alongside West Sussex Probation Service offering support and accommodatio...

Opportunity to be involved in servicing new areas of funding for supporting underprivileged young people; to make a real difference to peoples lives. Office based, corporate contacts etc. not sweet collections.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB334

# Fundraiser

## Ferring County Centre

**Details valid from 2 Feb 2009 to 2 Feb 2010 - Time Flexible**

The Worthing Animal Clinic requires volunteers to:

A - act as become involved with PR efforts (newsletter, website, membership, other local animal organisations) and corporate fund raising (companies, Trusts, solicitors (probate). Volunteers are also needed to organise or staff collections and to generally help out (eg tidying our sale goods store, driving volunteers to and from collections etc).

There are also opportunities for committee secretary and membership secretary.

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB361

# Fundraiser

## St.Barnabas

**Details valid from 22 Apr 2009 to 22 Apr 2010 - Time Flexible**

### Palliative care

Can you help with external fundraising events throughout our area. Various activities.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB446

# Fundraiser

## Worthing Animal Clinic

Details valid from 28 Sep 2009 to 28 Sep 2010 - Time Flexible

Location: Worthing

Provision of the veterinary clinic  
Store and street collections, stalls at local animal events  
Links with other local animal organisations  
PR - website, newsletter, membership

Worthing Animal Clinic require volunteers to act as fundraiser, organising the collections and stalls. To liaise with the local community, helping us develop our relationships with local businesses and community groups.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB348

# Fundraising Events Volunteer

## Guild Care

Details valid from 31 Mar 2009 to 31 Mar 2010 - Time Flexible

Healthy Living Centre for the elderly - activities on a daily basis  
Ashdown Children's Club for children with special needs  
Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Special Events (Promotions & Fundraising) - based at Methold House  
Volunteers work with our fundraising and PR teams to plan, organise and run events in the community such as Carnivals, Festivals, Coffee Mornings, Summer & Christmas Fayre's, Charity Market etc. There may also be an opportunity for volunteers to assist with raising the profile of Guild Care's work in the community by giving talks to youth and community groups.  
This role won't require a regular commitment and will be very ad-hoc. Training and support will be provided.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB144

# Fundraising Volunteers

Cancer Research U.K.

Details valid from 30 Jun 2009 to 30 Jun 2010 - Time Flexible

Location: Worthing

Our fundraising events are organised through a group of friendly people getting together and include local fetes, car boot sales, sponsored swim/walks, flag days, - anything that will raise money for Cancer Research UK.

The Worthing committee of Cancer Research UK would like to hear from anyone who could help at fundraising events locally throughout the year. We are a caring and friendly committee, members and helpers. Please help us find cure for all.

**If interested please contact:**

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB356

# Gardener

St.Barnabas

Details valid from 22 Apr 2009 to 22 Apr 2010 - Tue am

**Palliative care**

You are invited to join our dedicated gardening volunteers, working in our beautiful and well established grounds - HOUSE invites you join our dedicated gardening volunteers, working in our beautiful and well established grounds - Tuesday 9am - 12 noon.

**If interested please contact:**

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB222

### Gardner / trainee

#### Roots Community Garden

Details valid from 3 Feb 2009 to 3 Feb 2010 - Sun all day

offer facility for growing food hope to become a family oriented space where kids have a safe space and hopefully a lively venue for workshops, talks, coffee mornings

Community garden - ideal opportunity for those with no experience to learn the skills of organic gardening and to share skills . Hope this will also be a lively venue for workshops etc

#### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB445

### General Help

#### Worthing Animal Clinic

Details valid from 28 Sep 2009 to 28 Sep 2010 - Mon-Fri day Mon-Fri eve

Provision of the veterinary clinic  
Store and street collections, stalls at local animal events  
Links with other local animal organisations  
PR - website, newsletter, membership

Worthing Animal Clinic requires volunteers to generally help out behind the scenes e.g. sending out newsletters, tidying the Clinic's cellar (where we keep the goods donated for stalls and raffles), collecting donated goods, driving volunteers to and from collections. Or use any other skills that may help the Clinic.

#### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB268

# Girl Guide Helper

## Heene District Girl Guiding

Details valid from 3 Feb 2009 to 3 Feb 2010 - Tue pm Wed pm Fri pm Tue, Wed, Fri eve

Heene District is part of Girl Guiding UK. We aim to enable girls and young women to have fun and grow through multi-cultural, drama, games, and cooking, outdoor activities to name but a few.

Volunteer advocate needed to give support to people with learning difficulties. If you have 3-Feb hours a week available to meet up with someone who has difficulties saying what they want to the people that need to hear, you could make a big difference to someone's life. You will have a belief that people with learning difficulties have equal rights and be willing to speak up about what they want.

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB287

# Good Neighbour

## Age Concern West Sussex

Details valid from 7 Apr 2009 to 7 Apr 2010 - Time Flexible

Information and Advice Service - County wide  
Advocacy Service (mental health)  
Neighbourhood Care Volunteers Scheme (Midhurst)  
Neighbourhood Socialisation Project (Bersted Green)

West Sussex, Littlehampton and Bognor Regis Good Neighbours Scheme would like friendly volunteers to assist older people who are recently home from hospital with shopping or by visiting older people who are lonely and isolated on planned outings, help with correspondence and most importantly listen to the needs of the client.

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB420

# Hairdresser Assistant

## Guild Care

Details valid from 29 Apr 2009 to 29 Apr 2010 - Wed Day

Location: Worthing

Healthy Living Centre for the elderly - activities on a daily basis

Ashdown Children's Club for children with special needs

Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

We have an opportunity for someone to work with our hairdresser and beauty therapists on a Wednesday in the Therapy Room at Methold House. This would be from approx 9.30am until approx 3.30pm. The volunteer in this role would be a general assistant in the therapy room.

- " welcoming customers and offering / serving them with drinks
- " helping to prepare the room for customers (getting towels ready etc)

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB267

# Handyman/woman

## Rainer - West Sussex Supported Accommodation

Details valid from 20 Nov 2008 to 20 Nov 2010 - Mon-Fri day

Location: Worthing

We provide mentors for young people who have left local authority care and are moving into independent living. We also provide help and support for young people who are at risk/or already been in trouble with the police. We work alongside West Sussex Probation Service offering support and accommodatio...

Opportunity to be involved in supporting underprivileged young people; to make a real difference to peoples lives. To assist young people in their own flats to develop basic maintance skills

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB156

# Help After Hospital Volunteer

## Good Neighbour Volunteer Service

Details valid from 21 Nov 2008 to 21 Nov 2010 - Time Flexible

Location: Worthing

Befriending service  
Help after Hospital service

No matter how much, or how little time you are able to give, we would like to hear from you. We are looking for volunteers to work with vulnerable and elderly members of the community. Help after Hospital entails just popping in to see a frail older person who has recently come out of hospital, getting a little light shopping, picking up a prescription etc, or having a chat over a cuppa! No personal care or housework involved.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB454

# Help with delivery and minor maintenance

## Worthing Shopmobility

Details valid from 13 Oct 2009 to 13 Oct 2010 - Mon-Fri day Sat day

Location: Worthing

The loan of wheelchairs (manual and powered) and powered scooters to assist the less able to access Worthing town centre.

We are a charity that is giving freedom to people with mobility problems. if this sounds like something you would like to get involved in then please contact us. The position involves looking after scooters and wheelchairs, delivering them to customer.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB143

# Home Visiting Volunteers

## HomeStart Worthing And Adur

Details valid from 11 May 2009 to 11 May 2010 - Time Flexible

Location: Worthing

Volunteers are trained and supported to home-visit families who are experiencing difficulties with at least one child under five years of age.

We are looking for volunteers who have parenting experience to visit families in their own homes, giving practical and emotional support in times of difficulty or crisis. Each visit lasts 2 - 3 hours per week and the average length of support is 6 - 9 months. All volunteers complete a Preparation Course before being matched up with a family.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB242

# Home Visitor

## 4SIGHT

Details valid from 30 Mar 2009 to 30 Mar 2010 - Time Flexible

Location: Worthing

clubs, befriending, fundraising,

4SIGHT (West Sussex Association for the Blind) is seeking volunteers aged 18+ to become Home Visitors to visit blind and partially sighted people in their own homes. Time commitment - 1 hour per week. Travel expenses paid.

### If interested please contact:

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Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB335

# Horticulturist

## Ferring County Centre

**Details valid from 2 Feb 2009 to 2 Feb 2010 - Time Flexible**

FERRING COUNTRY CENTRE provides training for people with special needs.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB122

# Housebound Volunteers

## Worthing Library

**Details valid from 12 Nov 2008 to 12 Nov 2010 - Time Flexible**

**Location: Worthing**

**Lending books and other materials.**

Would you be interested in choosing and delivering books for housebound people in the Worthing area? If you are able to become a volunteer, then ring us for a chat.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB433

# Human Resources Assistants

## Sussex Police Volunteer Programme

Details valid from 6 Jul 2009 to 6 Jul 2010 - Mon-Fri day

Location: Durrington

**Increasing community participation through volunteering clearly fits the neighbourhood policing agenda and given that key indicators for crime and reassurance are considered of equal importance, the involvement of volunteers provides a platform for long term positive community engagement, partnership**

...

We are seeking volunteers to assist the HR team with the planning and organising of attendance at local community events in relation to recruitment of individuals from under represented groups of the community within West Downs Division.

You will also be assisting in the planning and organising of attendance at local career/job fairs/conventions held within schools/colleges/universities in the local area. We are also looking for someone who can assist the HR team with the co-ordination of the Volunteers across the Division, including the processing of application forms, vetting,

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB414

# In Memory Ambassador

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

**At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...**

We are looking for someone to represent Sue Ryder Care in the community as an In Memoriam Ambassador (donations in memory of loved ones.)To maximise funds raised for Sue Ryder Care through In Memoriam donations.

To develop the Lights of Love appeal in your area.

What will I be doing?

" Acting as Sue Ryder Care's local representative responsible for encouraging and thanking In Memoriam

### If interested please contact:

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

# Independent Parental Supporters

## Parent Partnership Service

**Details valid from 2 Nov 2009 to 2 Nov 2010 - Time Flexible**

**Location: West Sussex**

**A service for West Sussex parents and carers of children with special educational needs. provides advice and information on educational issues via a telephone helpline. Can provide a volunteer to help parents put forward their views when their child's needs are being discussed or assessed. Produces te...**

A volunteer scheme which offers support and assistance to parents/carers of children with special educational needs. Volunteers (independent parental supporters) guide parents/carers through the range of special educational needs support and provision, which includes statutory assessments and statements of special educational needs. They also help with the completion of forms and letters, help parents give their views on professional reports, accompany parents to meetings or on visits to schools where necessary, help parents think about options and talk through decision etc. Volunteers will be also required to visit parents/carers at home.

### **If interested please contact:**

**Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk**

# Independent Visitor

## The Children's Society

**Details valid from 28 Jan 2009 to 28 Jan 2010 - Time Flexible**

**Location: Worthing**

**West Sussex Par project runs a befriending/mentoring scheme to advise and assist young people.**

Independent Visitors (aged 21+) befriend, advise and assist a young person with whom they are matched in order to promote their welfare. This will involve spending time with the young person perhaps through social, leisure or sports activities. The frequency of visits is agreed between the volunteer and the young person.

### **If interested please contact:**

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk**

## Volunteering Opportunity

Please quote: WVB468

# Lead Volunteer

## British Heart Foundation

**Details valid from 9 Nov 2009 to 9 Nov 2010 - Time Flexible**

**Location: Worthing**

**We have many events running - some are national and some are organised by our volunteer groups. these are made up of sponsored walks, cycle rides, swims and various smaller events such as coffee mornings and fetes. We have a national schools event called a jump rope for heart which is a skipping progr...**

As a lead volunteer, you will help us to bring more volunteers on board and you will lead and inspire those volunteers to raise funds. You will make contact with people in your local area - acting as a local BHF ambassador - and encourage them to get involved in fundraising for the charity. Some will bring specific skills and experience, whilst others will be looking for personal development.

In summary, your main function as a lead volunteer is to take a supervisory role in relation to other volunteers. At various times you will be involved in:

### **If interested please contact:**

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**Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH**

**Tel: 01903 528622**

**Email: worthingvb@freenet.co.uk**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB204

# Leaders

## Heene District Girl Guiding

**Details valid from 3 Feb 2009 to 3 Feb 2010 - Tue pm Wed pm Fri pm Tue, Wed, Fri eve**

**Location: Worthing**

**Heene District is part of Girl Guiding UK. We aim to enable girls and young women to have fun and grow through multi-cultural, drama, games, and cooking, outdoor activities to name but a few.**

There can't be many things more rewarding than watching children grow in confidence to become fulfilled young people with a positive awareness of their surroundings and fellow humans. However, in Girlguiding Heene District we're not selfish about that and we'd be delighted to help you to share in the rewards we see week by week.

We're looking for adult female helpers for Rainbows (aged 5 - 7) and Brownies (aged 7 - 10) on Tuesdays from 5.30 pm, Wednesdays from 5.45 pm and Fridays from 4.30 pm. You can come along and see what goes on - visit

### **If interested please contact:**

**Worthing Volunteer Centre**

**Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH**

**Tel: 01903 528622**

**Email: worthingvb@freenet.co.uk**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB388

# Learner Support

## Asphaleia

Details valid from 10 Nov 2008 to 10 Nov 2010 - Time Flexible

Location: Worthing

Asphaleia training delivers a range of training programmes to adults and young people, which provide qualifications and support to find work or further training opportunities.

We run a number of projects:

- E2E project - works with 16 - 19 year olds. Providing literacy, numeracy, IT classes as well...

Do you enjoy working with young people and adults? Can you volunteer to support our learners in their training programmes? Asphaleia training delivers a range of training programmes to adults and young people, which provide qualifications and support to find work or further training opportunities.

Volunteers will provide learning support in-class, accompanying activities, engaging with young people and adults at break and lunch times.

**If interested please contact:**

Worthing Volunteer Centre

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB423

# Local Charity Events Organiser

## BEN-The Automotive Industry Charity

Details valid from 5 May 2009 to 5 May 2010 - Mon-Fri day Weekend day

**BEN currently helps and supports over 15 000 people, who are linked to the automotive and related industries either directly or as a dependent, in their homes across the UK through a network of welfare officers and voluntary visitors (BENfriends). BEN has four nursing and residential centres across t...**

A local events organiser is needed to raise awareness of BEN and fundraising amongst local automotive businesses. Applicants must be mature and experienced in events and sales management. The duties will include: Organise, promote, sell and run local events. Ideas include challenge events, such as walks, ten-pin bowling, sports etc.

Generate awareness of BEN amongst local community, and in particular, local automotive businesses,.  
Generate fundraising from the ticket sales, sponsorship and other on-the-day fundraising.

**If interested please contact:**

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB467

# 'Make It Happen' Volunteer

## British Heart Foundation

Details valid from 9 Nov 2009 to 9 Nov 2010 - Time Flexible

Location: Worthing

We have many events running - some are national and some are organised by our volunteer groups. these are made up of sponsored walks, cycle rides, swims and various smaller events such as coffee mornings and fetes. We have a national schools event called a jump rope for heart which is a skipping progr...

Learn how to organise and promote campaigns, events and collections locally for the nation's heart charity, guided by a professional fundraiser. Could represent a one-off or short-term project for one person or a group of people, and may suit a local company who are willing to allow staff a limited amount of time to support a charity.

Examples of activities to be undertaken:

Help to organise a Jingle Jog, Santa Saunter or street/supermarket collection

Promote our Red for Heart campaign (throughout Feb) locally

### If interested please contact:

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB463

# Management Board Member

## West Tarring Young People's Club

Details valid from 2 Nov 2009 to 2 Nov 2010 - Wed eve

Location: Tarring

Activities sessions every Tuesday 6.30-8.30pm for Juniors (10 - 13), including pool, basketball, indoor football, bar billiards, table tennis, computer games, archery etc. Session every Wednesday evening dedicated to archery. Senior session on a Thursday (14 -18).

We need a member of the Management board to oversee the day to day running of the facilities, health and safety, human resources. Fundraising skills are very welcome.

### If interested please contact:

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB418

# Media Volunteer

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...

To gain excellent press coverage for the activities of Sue Ryder Care in your local area in order to publicise our events and encourage more people to support the charity.

What will I be doing?

- " Working with local fundraising staff to develop relationships with all types of media in your community
- " Writing and distributing press releases about upcoming Sue Ryder Care fundraising events
- " Thinking up ideas for PR stories and events

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB387

# Membership Assistant (front office)

## West Sussex Credit Union

Details valid from 7 Oct 2009 to 7 Oct 2010 - Mon-Fri day Mon-Fri eve

Location: Worthing

Do you need help for rainy days? Credit Unions are financial co-operatives that either re-invest their profits back into the business, or share them on an equitable basis with their members. Benefits to our members include safe savings and affordable loans. We can also put you in touch with debt advis...

To assist with the smooth running of the credit union by meeting, welcoming members and prospective members as they attend the office or make contact by telephone or email. The role involves: taking financial deposits, recording them, issue receipts and prepare monies for banking; supplying accurate information to members; collating, distributing and processing membership and Loan Application packs. Also the person will be asked to maintain computer and paper based records, to complete end of day reconciliations (e.g. banking), and to provide basic information and advice in relation to members money concerns.

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB363

# MiniBus Driver

## Chestnut Tree House

**Details valid from 4 Feb 2009 to 4 Feb 2010 - Time Flexible**

Varied hours and days. To drive our full size 18 seater minibus or our fully adapted small bus.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB443

# Minute Secretary

## Worthing Animal Clinic

**Details valid from 28 Sep 2009 to 28 Sep 2010 - Mon-Fri day Mon-Fri eve**

**Location: Worthing**

Provision of the veterinary clinic  
Store and street collections, stalls at local animal events  
Links with other local animal organisations  
PR - website, newsletter, membership

Worthing Animal clinic requires a volunteer to act as a minute secretary helping the Trustees to keep track of charitable business.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB436

# MS Support Volunteer

## Worthing Multiple Sclerosis Society

Details valid from 8 Jul 2009 to 8 Jul 2010 - Mon-Fri day Mon-Fri eve

**Information and support if you are newly diagnosed.**  
**Support for everyone affected by MS (family, friends and carers).**  
**Financial support where required which is not available through other sources.**  
**Information about MS and local services.**

You can help people affected by MS by providing information and emotional support whilst working as part of a team in your local branch. You will find it a rewarding role, with plenty of opportunities for developing your own skills and knowledge, as well as meeting other people. Your role includes:  
Signposting people to local statutory and voluntary services that can help  
Providing emotional support face-to-face and over the telephone, to people affected by MS and those who are newly diagnosed

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB428

# NCA Volunteer

## Worthing Neighbourhood Care Alliance

Details valid from 1 Jul 2009 to 1 Jul 2010 - Time Flexible

Location: Worthing

**Our team is helping to support and develop new and existing groups, so that the services older people require are provided. It is encouraging like-minded people to come together, enabling them to help others. It is also working with individuals, linking them with local services and neighbourly volunte...**

Volunteers needed to help/befriend local older people:  
help with day-to-day activities - shopping, gardening, odd jobs, form-filling ect.  
Be a 'buddy' for trips out - to cinema, garden centre, coffee shop, on walks...  
Home visits for a chat... and a cup of tea!  
Trips to Doctors  
Just an hour or two a week can make all the difference!

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB434

# Neighbourhood Response & Policing

## Sussex Police Volunteer Programme

Details valid from 6 Jul 2009 to 6 Jul 2010 - Mon-Fri day

Location: Durrington

Increasing community participation through volunteering clearly fits the neighbourhood policing agenda and given that key indicators for crime and reassurance are considered of equal importance, the involvement of volunteers provides a platform for long term positive community engagement, partnership

...

We are seeking volunteers to conduct over the telephone Quality of Service Checks, Victim Contracts updates to assist Officers on Neighbourhood Response Teams (NRT) and admin support to Neighbourhood Policing Teams (NPT) to assist with Neighbourhood Panels, support to community groups and organisations, background research to assist NPT's to identify and target those individuals and areas needing intervention by both the Police and Partners and support with the completion of newsletters and blogs.

In addition to the above, other duties would include filing, photocopying, typing and inputting data onto various

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB395

# Office Support Volunteer

## Guild Care

Details valid from 31 Mar 2009 to 31 Mar 2010 - Mon-Fri day Mon-Fri eve

Location: Worthing

Healthy Living Centre for the elderly - activities on a daily basis

Ashdown Children's Club for children with special needs

Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Volunteers assist our office staff with admin tasks such as data input, filing, producing newsletters and helping with mail-outs.

We can sometimes offer regular sessions for this kind of role, but we are more likely to offer a less frequent opportunity, according to the needs of each service.

### If interested please contact:

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Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB319

# Organiser

## Worthing Citizens Advice Bureau

Details valid from 9 Feb 2009 to 9 Feb 2010 - Tue pm Tue eve

Providing free, confidential advice and information on a wide range of topics, including benefits, housing, employment, debt, family and consumer issues. Open at 11 North Street Monday-Friday 10am-4pm (Tuesdays and Fridays early closing at 1pm) with outreach at Maybridge and Worthing Hospital. Special...

Literary? Talented? Good Organiser? Willing to use your skills for a Good Cause? Then come and join us here at the Bureau. We need the following people to join us now to help with

- " Bureau Social Events
- " Exhibition Events
- " Organise Speakers

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB360

# Painter and Decorator

## St.Barnabas

Details valid from 22 Apr 2009 to 22 Apr 2010 - Time Flexible

### Palliative care

Are you an experienced decorator? We need your skills to freshen-up the Hospice.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB425

# Portage Home Visitor

## Worthing Portage Service

Details valid from 8 Jun 2009 to 8 Jun 2010 - Mon-Fri day Mon-Fri eve

Location: Durrington

Home Visitors visit a family usually once a week for about an hour. They take toys and resources for the child and the family to use to develop the child's skills.

Worthing Portage needs a volunteer to provide a weekly home visiting service to families of pre-school children with additional support needs. Volunteers would help parents to identify and negotiate goals to develop their child's emerging skills and to celebrate their child success.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB459

# Poster, leaflet and collection box

## SPARKS - Children's Medical Research Charity

Details valid from 29 Oct 2009 to 29 Oct 2010 - Time Flexible

We fundraise by organising events, stalls, sporting activities, balls, tin collections. We need committee members, event planners, people willing to do presentations, research.

We need volunteers to put up posters and distribute SPARKS leaflets and collection boxes in the local community.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB130

# Practical Conservation Volunteer

## Worthing Conservation Volunteers

Details valid from 5 May 2009 to 5 May 2010 - Sun day

Location: Worthing

To undertake practical conservation tasks in Worthing and the surrounding area.

Worthing Conservation Volunteers invite individuals and groups to join them with practical conservation tasks eg woodland and downland management in the Worthing and surrounding area.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB466

# Public Relation Person

## Cruse Bereavement Care

Details valid from 2 Nov 2009 to 2 Nov 2010 - Time Flexible

Location: Worthing

Bereavement volunteers visit clients in their homes offering counselling and support to the bereaved, whether via one-to-one sessions, coffee or social groups.

As Cruse in West Sussex expands its service, we need help with publicity to; potential clients, potential funders, general public and people interested in becoming volunteers with Cruse.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB438

# Publicity Officer

## Samaritans

Details valid from 15 Jul 2009 to 15 Jul 2010 - Time Flexible

Location: Worthing

The branch maintains a commitment for callers to be able to contact Samaritans by telephone, letter and email 24 hours a day. Callers can also visit the branch for face to face visits during the daytime.

This role will take 1-2 hours per week and will involve the following tasks:

- Promoting our services within the local community
- Advertising and Editorial
- Radio and Media
- Producing content for website
- Hosting community and volunteer events

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB111

# Reception Work

## Worthing Citizens Advice Bureau

Details valid from 9 Feb 2009 to 9 Feb 2010 - Mon-Fri day Tue eve

Location: Worthing

Providing free, confidential advice and information on a wide range of topics, including benefits, housing, employment, debt, family and consumer issues. Open at 11 North Street Monday-Friday 10am-4pm (Tuesdays and Fridays early closing at 1pm) with outreach at Maybridge and Worthing Hospital. Special...

Worthing CAB requires additional assistance for their reception desk for one or two half days a week. Duties will include meeting/greeting clients, advising clients of likely waiting times, answering the telephone and using the filing system. Opportunity to move onto other work in the Bureau.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB372

# Receptionist

## The As You Are Centre

Details valid from 27 Apr 2009 to 27 Apr 2010 - Sat am

Counselling  
Groupwork  
Outreach  
Training

We would like to add a receptionist to our team. Working closely with our team of counsellors and psychotherapists, you will be an integral part of this community organisation providing affordable counselling to a varied client group

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB465

# Regular Drivers

## Adur Older Persons' Network

Details valid from 2 Nov 2009 to 2 Nov 2010 - Wed am

Location: West Sussex

We give social information on local groups and services, assisting these to develop. Individual assistance and advice on health issues is available to local residents.

A cheerful drivers for a minibus are needed to help isolated, older people in Sompting area to attend a weekly social at the coffee morning.

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB396

# Reparation Volunteer

## West Sussex Youth Offending Team

Details valid from 31 Mar 2009 to 31 Mar 2010 - Time Flexible

Location: West Sussex

**Volunteer mentors - providing one-to-one support**

**Youth panel members - community panels supporting young people who have attended court (1st offence)**

**Appropriate Adult - supporting young people in custody suites when interviewed by the police.**

Do you want to do something about youth crime? People like you could be a volunteer with Youth Offending Service. It is an opportunity to do something positive about youth crime in your community. We need a volunteer to go out in the community with a young offender on reparation (community service).

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB152

# Request Collectors/Presenters

## Seaside Hospital Radio

Details valid from 17 Mar 2009 to 17 Mar 2010 - Mon-Fri pm Mon-Fri eve All Weekend

Location: Worthing

To produce and present radio programmes to Worthing and Southlands Hospitals, visit patients to collect requests, do various fund raising activities throughout the year.

Seaside Hospital Radio needs volunteers to visit wards in either Worthing or Southlands Hospital, collect music requests from patients, and then pass to the radio presenter. There could also be an opportunity to train to become a presenter as well.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB431

# Residential Volunteering Opportunity

One World Health Foundation CIC

Details valid from 6 Jul 2009 to 6 Jul 2010 - Time Flexible

The One World Health Foundation presents every year two residential Festivals, one in Scotland at the end of May, and another in August in England, now in its 14th year. We welcome individuals and families from all over the world. We also have ongoing residential programmes.

Every year we recruit app...

One World Festival, Monkton Combe, 7th-18th August

The One World Camp is a week-long summer festival focusing on workshops and lectures on a range of therapies, natural movement and dance forms, exercise for physical and spiritual development, holistic health, arts, crafts, music and sports, as well as specialist areas such as natural cookery. Around 850 people are expected to take part in the event. This event is a wonderful opportunity to meet like-minded people, make new friends and broaden the horizons. The volunteers that come from all over the world will make up a team of 120 volunteers helping to set

**If interested please contact:**

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Tel: 01903 528622

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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB195

# Samaritans Volunteer

Samaritans

Details valid from 23 Feb 2009 to 23 Feb 2010 - Time Flexible

Location: Worthing

The branch maintains a commitment for callers to be able to contact Samaritans by telephone, letter and email 24 hours a day. callers can also visit the branch for face to face visits during the daytime.

Samaritans need volunteers to help at our centre in Lennox Road. If you can spare 3 - 4 hours a week , any day to suit you please contact us. We offer full training and ongoing support to enable you to become part of the team fulfilling this worthwhile role.

**If interested please contact:**

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB448

# Saturday Club Volunteer

## Worthing and District Scope

Details valid from 28 Sep 2009 to 28 Sep 2010 - Sat am

**Providing services to disabled people, their families and their carers.  
Day services.  
Supported living housing. Children's club.**

The Saturday Club runs on the last Saturday of every month. It provides regular art & craft, play and sensory opportunities for children with cerebral palsy and like disabilities and their siblings. Parents and carers use the group as an opportunity for social networking and support.

This service is managed by the Community Liaison Worker, run by a coordinator and supported by volunteers. Our volunteers are vital to the success of the Saturday Club. They get to know families, promote a comfortable and open atmosphere and support children of all ages in supervised play.

### **If interested please contact:**

**Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB440

# Secretary

## Greek Cat Welfare Society

Details valid from 28 Sep 2009 to 28 Sep 2010 - Time Flexible

**Neutering programme for humane control of stray cats in Greece. We send vets to Greece for neutering most months of the year. We are also building a cat sanctuary in Greece.**

Greek Cat Welfare Society is at present run by Marilyn and Angela, both working from own homes. Extra help is required for basic secretarial work. It is very interesting and varied work. We are looking for someone to share the load. We send UK vets (volunteers) to Greece and we fundraise. We are looking for a secretary who can work on her/his own, but to liaise with Angela and Marilyn by telephone and once a week on meeting in our homes. cat lover is very essential as we have contact with many Greek animal welfare groups and help them with food donation etc. Join us and never have a dull moment.

### **If interested please contact:**

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB432

# Share your experience of long-term

## Expert Patients Programme

**Details valid from 6 Jul 2009 to 6 Jul 2010 - Time Flexible**

**Location: East Sussex**

The Expert Patients Programme Community Interest Company (EPP CIC) is a national organisation that exists to support people living with long-term conditions and their carers. We do this by running courses in self-management, where people learn tools and skills to manage on a daily basis their own long...

The first is open to volunteers with any long-term health condition(s), or who care for a person with a long-term health condition(s) who want to use their knowledge and experience to train as Volunteer Tutors of Expert Patients Programme courses. Full training and ongoing support will be provided. Upon completion of the all the training element there is the possibility of paid sessional work as a future option.

### **If interested please contact:**

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
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Email: worthingvb@freenet.co.uk**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB307

# Social Group Volunteer

## Sussex Autistic Society

**Details valid from 24 Mar 2009 to 24 Mar 2010 - Time Flexible**

**Two family centres, one at Rustington and one in Eastbourne run on alternate Saturdays  
respite/outreach services for children and adults  
a youth service (funded by the lottery) starting in Worthing in September  
an adult social facilitation group starting soon**

We are also looking for volunteers for the new Youth Group meeting on Saturdays at the Sydney Walter Centre (9:30 to 3pm) for asperger/high functioning young people with autism and a new adult social group also in Worthing on Tuesdays mornings.

The Family Centre is held at The Laurels, Sheepfold Avenue, Rustington (just south of Angmering Station) on the first and third Saturday of each month.

### **If interested please contact:**

**Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk**

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB461

# SPARKS Organiser

## SPARKS - Children's Medical Research Charity

Details valid from 29 Oct 2009 to 29 Oct 2010 - Time Flexible

**We fundraise by organising events, stalls, sporting activities, balls, tin collections. We need committee members, event planners, people willing to do presentations, research.**

We need volunteers to organise fundraising events or activities and recruit new volunteers for us. The volunteers should represent SPARKS in cheque presentations or attend local fundraising events on our behalf.

### If interested please contact:

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Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB460

# SPARKS Promoter

## SPARKS - Children's Medical Research Charity

Details valid from 29 Oct 2009 to 29 Oct 2010 - Time Flexible

**We fundraise by organising events, stalls, sporting activities, balls, tin collections. We need committee members, event planners, people willing to do presentations, research.**

We need volunteers to become involved with local events such as Seafront Fair, Charity Stalls, Garden Centres. The volunteers should attend and maintain our stalls selling raffle tickets, explain what is SPARKS about.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB413

# Student Charity Coordinator

## Sue Ryder Care

Details valid from 28 Apr 2009 to 28 Apr 2010 - Time Flexible

**At Sue Ryder Care, we care for people who are seriously ill, helping them to get the best from life. Our specialist care helps people living with Cancer, Multiple Sclerosis and Brain Injury. In the UK, approximately 11 million people are affected by these complex conditions and 1 in 3 people will be a...**

We need a volunteer to support the local fundraising staff in raising maximum awareness and funds for Sue Ryder Care within the student community. Your role will include a range of the following activities:

- Distribute Sue Ryder Care campaign leaflets and posters in your university/college
- Assist local Sue Ryder Care staff to organise events within the university/college or local community
- Promoting Sue Ryder Care events and fundraising campaigns within the university/college
- Assist in recruiting and co-ordinating volunteers within the university/college

### If interested please contact:

Worthing Volunteer Centre  
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Tel: 01903 528622  
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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB403

# Supervisory Committee Member

## West Sussex Credit Union

Details valid from 1 Apr 2009 to 1 Apr 2010 - Mon-Fri day Mon-Fri eve

Location: Worthing

**Do you need help for rainy days? Credit Unions are financial co-operatives that either re-invest their profits back into the business, or share them on an equitable basis with their members. Benefits to our members include safe savings and affordable loans. We can also put you in touch with debt advis...**

West Sussex Credit Union is a saving and loans co-operative providing easy to access savings account and affordable flexible loans. We need a volunteer to take part in the supervisory committee once per month. The committee is responsible for overseeing the running of the credit union and making sure that it operates within the law regulation, rules and policies and in the interest of the members. A committee member will be responsible to audit the credit union system and procedures on a regular basis; ensure internal controls are in place and implemented. The person should have a working knowledge of the relevant sections of the law that effect the

### If interested please contact:

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Tel: 01903 528622  
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Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB357

# Volunteer Housekeeping Assistant

St.Barnabas

Details valid from 22 Apr 2009 to 22 Apr 2010 - Tue am Wed am Fri am

### Palliative care

To assist with ironing, collecting washing from the wards, putting clean washing away, tidying lockers etc.  
Tuesday, Wednesday, Friday mornings.

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB439

# Volunteer Legacy Advocate

Royal National Lifeboat Institution

Details valid from 19 Aug 2009 to 19 Aug 2010 - Time Flexible

The RNLI is a charity that saves lives at sea, and needs your support to train and equip our volunteer lifeboat crews and lifeguards.  
Our lifeboat service is funded by voluntary donations not HM Government. Please help us weather the storm. The RNLI is an independent charity reliant upon volunteers. ...

A Volunteer Legacy Advocate is responsible for promoting the importance of legacies to the RNLI.

Responsibilities:

- To establish contact with solicitors in a given geographical area
- To deliver calendars and take one's at relevant times of the year to solicitors' offices by hand
- To support activity at any professional or pledger days held locally
- To attend training for legacy fundraising including delivery of presentations

### If interested please contact:

Worthing Volunteer Centre  
Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH  
Tel: 01903 528622  
Email: worthingvb@freenet.co.uk

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB109

# Volunteer Mentor

## West Sussex Youth Offending Team

Details valid from 27 Jan 2009 to 27 Jan 2010 - Time Flexible

Location: Worthing

**Volunteer mentors - providing one-to-one support**

**Youth panel members - community panels supporting young people who have attended court (1st offence)**

**Appropriate Adult - supporting young people in custody suites when interviewed by the police.**

West Sussex YOT is looking for volunteer mentors to support young people (aged 10 - 17) in the community, to improve their life skills and increase their employment and education prospects. An excellent reimbursement of all costs provided.

### If interested please contact:

Worthing Volunteer Centre

Council for Voluntary Service, Colonnade House, Warwick Street, Worthing, West Sussex, BN11 3DH

Tel: 01903 528622

Email: [worthingvb@freenet.co.uk](mailto:worthingvb@freenet.co.uk)

Printed on 10 November 2009

Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB252

# Volunteer Mentors

## Rethink

Details valid from 23 Feb 2009 to 23 Feb 2010 - Time Flexible

Location: Worthing

**To support young people leaving care. An opportunity for care leavers to be offered a trained volunteer mentor to establish a supportive relationship, to aid their transition from "being in care" to living independently.**

Rethink - Mentoring for Care Leavers - is currently seeking volunteer mentors to support young people leaving care. We are asking for a commitment of minimum 2 hours per week. We offer comprehensive training, ongoing support and supervision. Be a part of Rethink - one of the largest mental health charities.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB220

# Volunteer receptionist/admin assistant

## Age Concern West Sussex

Details valid from 7 Apr 2009 to 7 Apr 2010 - Mon-Fri day

Location: Arun

Information and Advice Service - County wide  
Advocacy Service (mental health)  
Neighbourhood Care Volunteers Scheme (Midhurst)  
Neighbourhood Socialisation Project (Bersted Green)

Volunteers would be required to provide reception services for Age Concern; to maintain mailing lists and other databases for the Director and other team members in the County Office; to provide typing and administrative support to the Director and other team members. Hours to be arranged (office open Monday - Friday 9am - 5pm), and training and on-going support will be provided. Travel expenses paid.

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## Volunteering Opportunity

Please quote: WVB458

# Volunteer Sitter

## Sitting Service

Details valid from 29 Oct 2009 to 29 Oct 2010 - Time Flexible

The service aims to provide a family with support for about four hours every fortnight, at a time that has been agreed between the family and the volunteer.

The Sitting Service recruits and trains volunteers to provide short breaks for disabled children and their families. You are asked to give four hours per fortnight which can be used in many ways; to take child out, maybe assessing local amenities e.g. swimming pool and library, to play football, go to the shops or just stay in the child's home, spending time with them and possibly siblings, whilst parents have a break themselves. The time is flexible and arranged between the volunteer and the family.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB236

# Volunteer Support Worker - Time Out

## Guild Care

Details valid from 26 Apr 2006 to 31 Mar 2010 - Mon, Thurs Day

Location: Worthing

Healthy Living Centre for the elderly - activities on a daily basis  
Ashdown Children's Club for children with special needs  
Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Volunteers are needed to work under the guidance of the Co-ordinator to provide a respite service for carers who are caring for someone at home with dementia. Sessions are on a Thursday between the hours of 9.30am - 3.30pm (volunteer hours as required within this period). Duties include making tea and coffee, laying and clearing of tables for lunch and serving meals, set up equipment for activities, and encouraging service users to make the most of the facilities available at the Healthy Living Centre.

Volunteers need to have patience to work with this particular client group and be prepared to undertake any

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB430

# Volunteer Treasurer

## Partnership for Growth (Link Romania)

Details valid from 6 Jul 2009 to 6 Jul 2010 - Mon-Fri day

### Main activities of organisation

#### In the UK

" Operating the Annual Shoebox Appeal - sending 43,000 shoeboxes filled with Christmas gifts to Romania, Albania & Moldova each year

The role is for the management and supervision of the accounting procedures of the charity providing financial reports to the General Manager and Trustees and ensuring cash flow for the day to day running of the charity. There are currently two part time AAT trained volunteer bookkeepers reporting to the treasurer. The current incumbent works for up to 2 working days per week (average 10 hours per wk). Detailed handover and initial support will be provided.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB462

# Volunteer Youth Worker

## West Tarring Young People's Club

Details valid from 2 Nov 2009 to 2 Nov 2010 - Wed eve

Location: Tarring

Activities sessions every Tuesday 6.30-8.30pm for Juniors (10 - 13), including pool, basketball, indoor football, bar billiards, table tennis, computer games, archery etc. Session every Wednesday evening dedicated to archery. Senior session on a Thursday (14 -18).

We need volunteer youth workers to help build a new club on a Wednesday evening. To engage with young people, both boys and girls age 13-16 years. Any topic or area of interest is welcome.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB322

# Ward Volunteer

## Worthing and Southlands Hospitals NHS Trust

Details valid from 25 Mar 2009 to 25 Mar 2010 - Time Flexible

NHS care.

WORTHING & SOUTHLANDS HOSPITALS NHS TRUST needs volunteers to help on the wards and in medical and surgical departments one morning or afternoon a week, complementing and augmenting the work being done by the professional staff. Volunteers would spend time with patients and help to make their stay in hospital as comfortable and pleasant as possible.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB398

# Warehouse Operative

St.Barnabas

Details valid from 20 Mar 2009 to 1 Apr 2010 - Mon am Wed am Fri am

Location: West Sussex

**Palliative care**

St. Barnabas House is a local independent charitable hospice that offers palliative care for patients with advanced cancer and other advanced life-limiting diseases. Chestnut Tree House is the only children's hospice in Sussex and cares for children and young adults from 0-19 years of age with progressive life-limiting and life-threatening illnesses. Both our hospices rely on charitable donations which are sorted at our Distribution Centre in Water Lane, Storrington. We are looking for volunteers to work at our Retail Distribution Centre on either Monday's Wednesdays or Friday mornings. The times are fairly flexible either from 9am until 12:00 or even just a couple of

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB442

# Youth Support Worker Volunteer

The Information Shop For Young People

Details valid from 28 Sep 2009 to 28 Sep 2010 - Tue pm Wed pm Fri pm

Location: Worthing

**Offers free confidential advice, information and counselling on a wide range of issues to young people aged 13 - 25. Also offers computer/internet use, pregnancy testing and safer sex packs.**

Interested in working with young people? Are you approachable, friendly and non-judgmental? Can you spare a couple of afternoon a week?

The information shop for Young People offers information, advice, support and counselling on a variety of issues that affect 13-25 year olds.

Young people say they use Information Shop's because they offer confidentiality, are neutral, are relaxed and informal and that workers are friendly, don't judge, really listen and give you time.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB394

# Telephone Support Volunteer

## Emotional Support for Carers

Details valid from 31 Mar 2009 to 31 Mar 2010 - Mon-Fri day

Location: Worthing

Emotional Support for Carers is part of the Carers Support Service and can offer:

Face to face, confidential, free counselling with volunteer counsellors, all of whom have professional supervision

Individual telephone support, through Phone Support for Carers - a trained volunteer makes a regular p...

Phone Support offers a listening ear to carers in their own home. We are looking for volunteers who are good at listening and able to support people in a non-directive manner. We provide our volunteers with training and support, and quarterly meetings; and we pay travel expenses. If you would like to find out more about supporting carers in the community then please contact either Gill or Ian at the address above for a chat.

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## Volunteering Opportunity

Please quote: WVB447

# To Support Disabled People Towards

## Worthing and District Scope

Details valid from 28 Sep 2009 to 28 Sep 2010 - Mon-Fri day

Providing services to disabled people, their families and their carers.

Day services.

Supported living housing. Children's club.

To engage with disabled adults in a range of activities both at the day centre and in the local community, under the guidance of trained staff.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB402

# Treasurer

## West Sussex Credit Union

Details valid from 1 Apr 2009 to 1 Apr 2010 - Mon-Fri day Mon-Fri eve

Location: Worthing

**Do you need help for rainy days? Credit Unions are financial co-operatives that either re-invest their profits back into the business, or share them on an equitable basis with their members. Benefits to our members include safe savings and affordable loans. We can also put you in touch with debt advis...**

West Sussex Credit Union is a saving and loans co-operative providing easy to access savings account and affordable flexible loans. We need a treasurer for one day per month. The treasurer will oversee credit union finance and ensure a satisfactory system of control of the books, cash and receipts and remittances is maintained. Also the person will ensure that credit union staff correctly manages cash, prepare accounts and reports on the credit union's performance for the directors' board. They should ensure that financial information is transparent and understood by the Board.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB444

# Treasurer

## Worthing Animal Clinic

Details valid from 28 Sep 2009 to 28 Sep 2010 - Mon-Fri day Mon-Fri eve

**Provision of the veterinary clinic  
Store and street collections, stalls at local animal events  
Links with other local animal organisations  
PR - website, newsletter, membership**

Worthing Animal Clinic needs a volunteer to act as a treasurer, monitoring income, expenditure and bank balance, and reporting to committee at 2 monthly intervals, liaising with bookkeeper and auditor; attending to financial matters as they arise.

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Information Provided By Worthing Volunteer Centre

## Volunteering Opportunity

Please quote: WVB110

# Voluntary Advisers

## Worthing Citizens Advice Bureau

Details valid from 9 Feb 2009 to 9 Feb 2010 - Mon-Fri day

Location: Worthing

Providing free, confidential advice and information on a wide range of topics, including benefits, housing, employment, debt, family and consumer issues. Open at 11 North Street Monday-Friday 10am-4pm (Tuesdays and Fridays early closing at 1pm) with outreach at Maybridge and Worthing Hospital. Special...

Worthing CAB is looking for voluntary Advisers to offer free and confidential advice to the public on a wide range of topics. These include housing, benefits, employment, family matters, immigration, law and debt. You will not need any special qualifications, just a reasonable standard of education and sound common sense. We will supply full training with a nationally recognised certificate on completion, as well as travel expenses. You must be able to commit a minimum of 8 hours per week (excluding holidays etc). The work is challenging and stimulating. we aim for a professional standard of work, but you will find that there is no shortage of support. Above all, you will find the

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## Volunteering Opportunity

Please quote: WVB126

# Volunteer Advocate

## Impact Advocacy Service

Details valid from 23 Feb 2009 to 23 Feb 2010 - Mon-Fri day

Location: West Sussex

**Crisis (short-term issue-based advocacy).**  
**Support for self-advocacy groups. Volunteer and paid advocates.**

Volunteer advocate needed to give support to people with learning difficulties. If you have 3-4 hours a week available to meet up with someone who has difficulties saying what they want to the people that need to hear, you could make a big difference to someone's life. You will have a belief that people with learning difficulties have equal rights and be willing to speak up about what they want.

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## Volunteering Opportunity

Please quote: WVB389

# Volunteer Befriender

## Options Community Alcohol Team

**Details valid from 17 Nov 2008 to 17 Nov 2010 - Time Flexible**

**Location: Worthing**

Options Community Alcohol Team - a part of West Sussex Health and Social Care Trust) Seeks Volunteer Befrienders aged 25 and over to visit women and men undergoing managed alcohol withdrawal ( previously known as "de-tox") in Littlehampton Community Hospital. They seek real people to chat, to go for walks or plat cards with our clients who are adults usually-but not entirely- in their 40s and 50s.

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## Volunteering Opportunity

Please quote: WVB386

# Volunteer Befrienders

## 4SIGHT

**Details valid from 30 Mar 2009 to 30 Mar 2010 - Time Flexible**

**clubs, befriending, fundraising,**

Befrienders needed in All areas - for a couple of hours every month  
social visit, tea and chat, sharing a game of scrabble/chess  
Assistance with forms/correspondence/reading/  
Finding list items in the house

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# Volunteer Befrienders

## SPURGEONS-Space Young Carers

**Details valid from 2 Feb 2009 to 27 Apr 2010 - Time Flexible**

**Location: Arun**

Become a volunteer befriender - make a real difference to a young carer's life. Space Young Carers Befriending Projects are seeking to recruit volunteer as befrienders for young carers aged between 8 and 21 in West Sussex. We are seeking to recruit volunteers from all walks of life. You will need to be able to visit the young carer regularly at least once a month and to commit to at least a year.

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# Volunteer Collector

## The Royal Blind Society

**Details valid from 28 Feb 2009 to 31 Jan 2010 - Time Flexible**

**Location: Arun**

**The Royal Blind Society is perhaps best known in West Sussex for its Bradbury Hotel in East Preston. The Bradbury is a specialised hotel providing safe and enjoyable breaks for over 800 visually impaired people each year. Our specially trained and caring staff ensure that guests receiving a caring and...**

This year, the Royal Blind Society is arranging charitable collection days at supermarkets and other venues locally, to help us raise much-needed funds that will ensure the future of such vital services as the Bradbury Hotel.

We therefore need a team of volunteer collectors.

We know that everyone has so many calls on their time these days and therefore we are not asking for a long term commitment.

However, if you can spare one or two hours at one or more of our collection days, we would love to hear from you.

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## Volunteering Opportunity

Please quote: WVB167

# Volunteer Countryside Rangers

West Sussex County Council

Details valid from 7 Apr 2009 to 7 Apr 2010 - Fri Day

The Low Weald Countryside team is one of the area teams which aims to conserve and protect the countryside of West Sussex by:

- day to day management of WSCC recreation sites, in particular the Downs Link Long Distance Leisure Route.

Based at West Grinstead, the Rangers are looking for enthusiastic and committed individuals who are free on Fridays to help them with practical countryside management tasks in their area. A wide range of tasks is carried out, including habitat management/ maintenance of the Downs link long leisure route, and providing practical help for local community projects. No experience is necessary, just an interest in protecting and conserving the countryside.

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## Volunteering Opportunity

Please quote: WVB391

# Volunteer Custodian at Marlipins

The Shoreham Society

Details valid from 25 Mar 2009 to 25 Mar 2010 - Tue-Fri day Sat day

Location: Shoreham

- liaison with ADC, WSCC and SEERA on planning and development
- running Marlipins Museum with and for the Sussex Archaeological Society
- holding social and educational events

Marlipins Museum is a property of the Sussex Archaeological Society, but operated by local volunteers under the supervision of a professional member of staff (attending on a part time basis). The museum has local and maritime exhibitions.

The custodian (one or two or more on duty) welcomes visitors, mans the desk and shop and answers queries. Custodians normally work 10:30-13:30 or 13:30-16:30, one session a week although there is no reason why a volunteer could not do two sessions.

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## Volunteering Opportunity

Please quote: WVB345

# Volunteer Driver and Escort

## Guild Care

Details valid from 16 Feb 2009 to 16 Feb 2010 - Time Flexible

Healthy Living Centre for the elderly - activities on a daily basis

Ashdown Children's Club for children with special needs

Carers Liaison working with local carers - providing information, counselling, Time Out for Carers sessions etc

Community Transport this vital service provides accessible transport 7 days a week. To maintain the level of service required our small staff team needs to be supported by a large number of committed volunteer minibus drivers and escorts. This happy team has a lot of fun providing daily transport to our centres and a wide variety of outings, both locally and further a field.

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## Volunteering Opportunity

Please quote: WVB290

# Volunteer Helper

## Wey and Arun Canal

Details valid from 31 Mar 2009 to 31 Mar 2010 - Time Flexible

is looking for volunteers to fill the following roles:

A - manning the canal barge

B - Fundraising

C - Publicity

D - Restoration of the canal - Pallingham to Bramley, near Guildford ( 25 miles). This role involves manual work such as cleaning grass, brick work ect

If you are interested in any of the above, please contact us.

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