

## Exciting New Volunteering Opportunities for July 2017



### Eager Beavers

Scout groups are a great way for children to develop and learn new skills while having a lot of fun. If you love the company of young people and watching them flourish, this is a rewarding and enjoyable role. This Southend group meets every Wednesday from 5pm to 6pm and the boys and girls are aged between 6 and 8.

This is an ideal role for a friendly, outgoing, enthusiastic person. Help the kids with arts, crafts, games and more and, if you're up for it, there's also the chance to join them at weekend events. Who knows where you may go? Start the journey now by calling the Volunteer Centre on 01702 356000.



### Foundations of Recovery

A local Drug and Alcohol Recovery service does fantastic work helping people affected by substance misuse on their journey through treatment and recovery. If you're looking for a chance to make a difference to people's life chances, this is a truly interesting and substantial role, involving meeting clients, contributing to group meetings, providing support and much more.

You need to be a good communicator, respect confidentiality and, ideally, be able to attend twice a week but you'll be very much involved. Would you like to know more? Call the Volunteer Centre on 01702 356000.



### Computers for All

Are you confident using technology? You don't need to be a computer expert for this, it's more about wanting to help people and just being comfortable using computers, smartphones, tablets etc. A community hub needs people like you to help local residents find out how to use the internet and other technology. People need help in all sorts of ways, from using online job searching or applying for council services online to digital photos or Skype.

If you can spare a few hours a week, this is a rewarding role as part of a friendly team and training will be given. To find out how to apply, call us on 01702 356000.

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### Helper Outers

A friendly Southchurch community centre needs a bit of extra help. Could you lend a hand putting out and tidying away chairs and toys for the toddler and pre-school groups on a Monday or Friday? You need to be fairly fit but you'll be helping a lovely group who will make you feel at home. Or perhaps you're green fingered and could help keep the garden tidy? Just two hours a week at a time to suit in the growing season to trim and tidy the garden and car park areas. Enjoy some time outdoors and watch the garden blossom.

Your time will be really appreciated. If you can help, please call the Volunteer Centre 01702 356000.



### Relay for Life

One amazing day and night! The Southend Relay for Life on 29th/30th July is an inspiring overnight event of celebration and commemoration, raising funds for cancer research. It can't happen without a lot of help though. Can you support this great event by helping with setting up on the Friday or manning the gate or attractions on Saturday?

Your help will be invaluable. No special skills are needed just a willingness to help out. If you're helping on Friday, you just need a bit of strength for some of the tasks, such as erecting the marquee. Please help if you can. Call us on 01702 356000.



### Lead from the Front

A homelessness charity works hard to help people on their road to living independently again. Groups run every week teaching new skills and boosting confidence and need people who can help share their skill or knowledge with others? Whether you are a whizz at IT, or love art or yoga, or even Maths, we would love to hear from you. The main thing is being able to communicate well in a group setting.

If you can share your expertise to inspire someone on the next step of their life journey, please call the Volunteer Centre on 01702 356000 to find out how you can help.