

Volunteer Vision



November 2010 Issue

Keeping you up-to-date with the latest volunteering opportunities in the South Hams.

Just an hour or two a week could change their life...volunteers urgently needed

In the South Hams, there are large numbers of disabled or elderly people who experience isolation, loneliness and difficulty getting to the support services and social opportunities designed to help them. There are a number of voluntary organisations across the South Hams working hard to address these issues and provide much-needed support not normally available from statutory services. These organisations rely on the fantastic work of their volunteers, but many are in great need of more volunteers to meet the increasing demand for this support.

Could you spare some time to help elderly or disabled people to re-gain independence, improve their quality of life or simply provide some companionship for people who may otherwise be housebound?



There are a variety of volunteering roles available to you including befriending, providing practical support with DIY or gardening for example, helping with social or lunch clubs. There is a particularly urgent need for drivers (either car or minibus) to help provide essential support in getting people to appointments and helping to alleviate their isolation they experience by driving them to social groups and activities (expenses are reimbursed).

If you think you could spare just an hour or two a week, please get in touch.

(Organisations currently recruiting include: Saltstone Caring (Kingsbridge), Totnes Caring, Time for Life (Kingsbridge), Dartmouth Caring and Ivybridge Caring).

Volunteer Centre South Hams

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Keeping you up-to-date with the latest volunteering opportunities in the South Hams.

We're recruiting too!

Inspire others – Are you passionate about volunteering? Could you inspire others to get involved? At the Volunteer Centre we are looking for volunteers to help us expand our outreach work, getting out into the community to help more people to make a difference. This is a great opportunity to meet lots of different people and learn more about different projects in your area. If you want to build your communication skills, confidence and experience working with the public and/or the community, this could be just the opportunity for you. You don't need any specific skills or experience, just an enthusiasm for volunteering and be happy to talk to a range of different people. Outreach work takes place across South Hams, so you can choose where you want to volunteer.

Office Angel Needed - we are looking for a volunteer to help in our small, friendly, but busy office in Totnes. We would really appreciate a volunteer who could offer some time each week on a short or long-term basis. Volunteers could help with tasks such as updating our database information and website, making displays, re-designing leaflets, general admin tasks and helping to organise our forums and other events. No specific experience or skills are needed, as in-house training will be available for all of these tasks as well as access to further training as required. This could be a great opportunity for someone to gain broad experience in office work and administration.

Inspire your community to eat better at these delicious workshops

Think Global, Taste Local is a new project holding a series of workshops across South Hams introducing people to climate friendly food that simply tastes good and helps them make food choices that benefit our environment, our communities and our economies. The project is committed to encouraging people who do not or cannot normally make choices to eat local, healthy, climate friendly food to experience all of the above. Everyone deserves quality, not just those who can afford it.

The events will showcase not only the season's harvest and the tastiest local foods but they are an exercise in community building, to help us become aware that local food really does taste better and makes good carbon sense.

Volunteers are needed to help at these delicious workshops. Are you a good cook or someone with an interest in local organic produce? Or would you like the opportunity to help cooks at these events by preparing ingredients or serving up the delicious foods prepared? The project also need volunteers to help organise the events by visiting local food producers, designing and distributing publicity.

This is great opportunity to not only learn more about cookery, get new ideas, and learn about the advantages of local organic produce but also a chance to help your community make a difference to the environment, economy and public health.

If you are interested in any of these volunteering opportunities, please contact Sarah Davies.

Email: volunteering@southhamscvs.org.uk or telephone: 01803 862266

Volunteer Centre South Hams