

Volunteering Opportunities in the Wakefield District

VOLUNTEER CENTRE WAKEFIELD DISTRICT

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What are you doing today?

Are you looking for something to do with your spare time? Are you interested in doing something positive for yourself and the community and being able to have fun and enjoy yourself at the same time?

Volunteering has got lots to offer. You can...

- Build your self-confidence
- Gain some real skills and experience
- Improve your career prospects
- Update your references
- Get involved in a cause or issue that concerns you
- Share your interests and hobbies with other people
- Meet new people and have some fun
- Gain a sense of satisfaction
- Become a part of something that really makes a difference

What could you be doing today..?

Volunteering is extremely varied and flexible; there is usually something to suit everyone's interests. In Wakefield District there is a

wide variety of volunteering available, with small community groups, local and national charities, the Council, NHS Trust and local schools.

Some of the things you could try include:

- Conservation projects
- Befriending schemes
- Driving
- Health projects
- Fundraising
- Women's issues
- Charity shops
- Working with children
- Office/administration work
- Sport
- Management committee work
- Giving advice and information
- Working with the elderly
- Youth work

How can the Volunteer Centre Wakefield District help you?

We can...

- Give you information on the wide variety of volunteering opportunities available
- Help you decide on the kind of volunteering you may want to try
- Give you details (names, addresses, phone numbers) of organisations looking for volunteers and explain more about their work
- Outline what you should expect as a volunteer and what's expected of you.

What do I do now?

If you would like more details about any of the opportunities in this booklet, or would like to know what else is available, please phone us on **01924 367418** or e-mail us at **volunteering@vawd.org.uk**

Office hours are 9 am to 5 pm Monday to Friday, and an answerphone is available at other times.

You could also look at the following website: www.do-it.org.uk where you can search all our local volunteering opportunities.

If you would like to make an appointment to visit the Centre and discuss volunteering, please phone us. Appointments are available on weekdays, and a confidential meeting room is available if required. The building has disabled access and toilets.

We will have an informal chat about what you think you might like to do, and look through various opportunities that are available.

All the information we have on the opportunities you are interested in will be printed out for you to take away, so you can look at it at home and choose which organisations you want to contact. Each organisation has its own method of recruiting volunteers, which we can talk through with you.



Some questions you may be asking yourself



What have I got to offer?

Everyone has got skills to offer even though you may not realise it. As a volunteer some of the important things you can offer are your enthusiasm, time and energy, and your desire to get involved and make a difference.

What's in it for me?

Volunteering is a two-way thing - you give some of your time and energy and in return you should be getting something out of it. Whatever your reasons for volunteering, you are more likely to enjoy yourself if you know what you want to achieve. It is also useful to think about what new skills you might want to learn.

How much time can I give?

It's entirely up to you - whatever fits in your lifestyle. It may be just a few hours once a month or more regularly a few times a week. Volunteering opportunities are available in the day, during the evenings or at weekends.

Will it cost me anything to volunteer?

Nobody should be out of pocket as a result of volunteering. Many organisations will refund your out-of-pocket expenses, including travel to and from the place of

your volunteering activity. Remember to ask the organisation about this.

Would I get any training as a volunteer?

Most organisations do provide some sort of training or preparation to make sure that you are able to do the tasks involved. They should also offer you ongoing support to help you carry on volunteering. Some organisations also offer accredited training for volunteers in specific areas of activity.

What about my benefits?

If you are on benefits you can be a volunteer and, in nearly all cases, your benefits will not be affected. You must always talk to Jobcentre Plus before you start any volunteering. As they are aware that volunteering can give you a much better chance of finding paid work, you can volunteer for as many hours as you like, as long as you still meet the requirements for getting your benefits. You can also receive out-of-pocket expenses for your volunteering, but it is a good idea to keep a record of them.

For more information contact Jobcentre Plus at www.jobcentreplus.gov.uk, find their details from the phone book or ask at the Volunteer Centre for a booklet called 'Volunteering while receiving benefits'.

Volunteering Opportunities

Outlined below are some of the many opportunities available in the Wakefield District. Please contact Wakefield Volunteer Centre for details about the opportunities listed. If you don't find anything here that interests you, don't give up - there are many more opportunities to explore - just get in touch!



Age Concern Wakefield District

Age Concern is a local charity that promotes the well being of older people in the Wakefield District and helps to make later life a fulfilling and enjoyable experience. They are looking for volunteers for a variety of roles including befriending people who live in their own homes, or supporting people who live in sheltered housing or residential care. They also want people to help with fundraising, to help in their bookshop, and to be Customer Service Associates, providing information on all Age Concern products, which will improve the lives of older people while generating an income for Age Concern Wakefield District.

LOCATION: ACROSS WAKEFIELD DISTRICT

Airedale Computer Recycling

This innovative social enterprise is based in Airedale, Castleford. The organisation collects redundant computers, which prevents unwanted equipment going into landfill and provides raw materials for recycling and reuse. Volunteers are needed to dismantle computer base units and to help in all aspects of computer repairs and refurbishment to prepare the computers for resale in their shop. Volunteers work alongside a computer technician, and learn how to install operating systems and software.

LOCATION: AIREDALE, CASTLEFORD



BTCV (British Trust for Conservation Volunteers)

If you want to improve your local environment, meet new people, learn practical skills, get out into the countryside, and keep active in your spare time, then volunteering with the Wakefield and Dewsbury conservation volunteers could be for you. The group undertakes all sorts of practical projects from hedge-laying, woodland management and tree planting, to footpath repair and stile building. No experience is needed as all projects are led by trained staff. BTCV also run the Green Gym Community Allotment Project which is turning previously unused allotment plots into fruit, vegetable and flower gardens.

LOCATION: ACROSS WAKEFIELD DISTRICT



Charity Shops

There are many charity shops throughout Wakefield District which raise much needed funds for local and national charities and rely heavily on volunteers. Activities include pricing and sorting stock, working on the till, displaying goods in the windows and helping customers on the shop floor. This is an excellent way to gain retail experience.

LOCATION: ACROSS WAKEFIELD DISTRICT



Citizens Advice

The Citizens Advice Bureau gives advice to the general public free of charge on any issue of concern. Volunteers are needed to train as Generalist Advisers, who provide a full advice and options service to their clients on areas including debt, benefits, housing, employment, and legal issues. They are also looking for Gateway Advisers who provide the initial Gateway assessment interviews for clients and decide on the appropriate next steps in terms of service provision for them. If you do not want to train as an Adviser, volunteers can help on a busy reception desk, dealing with clients in the waiting room, giving numbers out, answering the telephone, and taking messages.

LOCATION: ACROSS WAKEFIELD DISTRICT

Community Awareness Programme (C.A.P.)

C.A.P. runs a drop-in day support centre in Wakefield, providing practical and emotional support for disadvantaged and homeless people through the provision of food, clothing, advice and access to training. Volunteers assist with the practical running of the centre and support to clients.

LOCATION: WAKEFIELD CITY



D.I.A.L. Wood Carriage Driving for the Disabled

This organisation provides carriage driving sessions for people with special needs. They are looking for volunteers to assist with preparing the ponies for work and help with the drive. Familiarity with horses would be helpful but not essential as full training will be given.

LOCATION: FLOCKTON AREA

Dominion Employment Training Services

Dominion Employment Training Services offers free literacy, numeracy and IT training to people with no or very low ability in these areas to develop their employability skills. They are looking for volunteers who can teach and provide training for their clients at their centre in Wakefield city. They are also looking for volunteers to support the tutors by registering and assessing the students and supporting their learning.

LOCATION: WAKEFIELD

Hospital Volunteering

The Mid-Yorkshire NHS Trust exists to treat illness and promote health. The hospitals in the Trust involve volunteers in a variety of roles, including Ward Helpers, Escorts/Guides who help patients or visitors to find their way around the hospital, Hospital Radio volunteers - and, at Dewsbury Hospital, people to help in the shop and coffee shop.

LOCATION: PINDERFIELDS GENERAL HOSPITAL, PONTEFRACT GENERAL INFIRMARY AND DEWSBURY & DISTRICT HOSPITAL



Management Committees

There are many organisations who are looking for people to help them on their management committees. If you have business or management skills you could put them to good use by helping a local charity. They are particularly looking for people with experience in finance and human resources.

LOCATION: ACROSS WAKEFIELD DISTRICT

Pontefract Family Centre

Pontefract Family Centre is a friendly social centre for people with learning difficulties. Volunteers are needed to assist in all aspects of running the centre. Working alongside paid staff and other volunteers they will assist people who have disabilities to participate fully in society. Activities include swimming, pool, music, arts and crafts, and drama.

LOCATION: PONTEFRACT



Pontefract Live At Home Scheme

This scheme offers support to isolated older people in their own homes. This is done mainly through matching volunteer befrienders to individual members to help with tasks such as collecting prescriptions, reading letters, and accompanying clients to appointments. Volunteers are also needed for their telephone befriending scheme, and to help with driving people to activities.

LOCATION: PONTEFRACT, ALTOFTS AND NORMANTON AREAS



Prince of Wales Hospice

The hospice provides care for those with cancer or other life-threatening illnesses, enhancing the quality of life for patients and supporting their families. There are various roles for volunteers which support the day-to-day running of the organisation, including receptionists, ward clerks, and drivers, as well as an essential need for fundraisers. They also need volunteers to help in their charity shops and warehouse

LOCATION: PONTEFRACT

Re-Connect

Re-Connect helps people over the age of 50, who live in West Wakefield, to improve their lives. They offer support, advice and other services to assist them in their independent living, relieve their social isolation, promote their good health and improve their quality of life. They are looking for volunteers to get involved in many areas of their work, including befrienders, coffee club helpers, drivers or escorts, shopping assistants, and DIY and Oddjob volunteers.

LOCATION: WEST WAKEFIELD

RSPB Fairburns Ings Nature Reserve

If you've got a passion for wildlife and are good with people then why not come and volunteer as a ranger at Fairburn Ings. This role involves being out and about on the reserve, talking to people about wildlife and the work of the RSPB as well as gaining membership support for the RSPB, filling the bird feeders and lending a hand in the Visitor Centre. There is also the opportunity to be involved in a new and exciting nature park at St Aidan's where you will be assisting with all aspects of habitat management such as scrub control in reedbed and grassland, and assisting with maintenance such as footpaths and fence repair.

LOCATION: LEDSTON, CASTLEFORD



Riding for the Disabled

There are 2 organisations that provide riding lessons for disabled people, for therapy and pleasure; they are based in Ackworth and Chapelthorpe, Wakefield. They are both looking for volunteers who like being outdoors, are willing to do physical tasks and are able to help people with disabilities. Experience of working with horses would also be desirable.

LOCATION: ACKWORTH OR CHAPELTHORPE, WAKEFIELD



Rothwell and District Live at Home Scheme

This scheme offers support to older people who are isolated in their own homes. It offers befriending, drop-in sessions for members, activity afternoons, coffee mornings, luncheon clubs, shopping trips and visits to places of interest. Volunteers are required for all areas of the scheme including befriending people in their own homes and helping at the activities sessions which are run at community centres or church halls. Activities include arts and crafts, gentle exercise classes, sing-a-longs and quizzes. Volunteers are also needed to paint and decorate and carry out minor repairs.

LOCATION: ROTHWELL AND DISTRICT

Samaritans of Wakefield and District

The main aim of the Samaritans is to be available 24 hours a day to befriend people going through personal crisis and those in imminent danger of taking their own lives. The Samaritans need volunteers to cover the telephone helpline and to provide face-to-face sessions. Full training will be given; however, a general sensitivity around working with people is necessary and an understanding of how difficult this role can be.

LOCATION: WAKEFIELD CITY AND ACROSS THE DISTRICT



St John Ambulance

Could you be the difference between a life lost and a life saved? St John Ambulance need volunteers to help them reduce unnecessary deaths. They train volunteers in first aid to treat all sorts of injuries ranging from headaches to heart attacks, who then use these skills to provide first aid treatment at a wide variety of public events. Volunteers often arrange further medical assistance and transport for patients, or provide comfort and rest to people in need of more prolonged care.

LOCATION: EVENTS ACROSS WAKEFIELD DISTRICT. COUNTY HEADQUARTERS BASED IN OSSETT

St Swithun's Community Centre / Eastmoor Community Project Ltd

St Swithun's is a community centre based on the Eastmoor estate in Wakefield, which aims to provide high quality activities for the local community based on identified needs. They are looking for volunteers to help out with the Eastmoor Job Club, offering support to people who are looking for employment or seeking to change employment. Activities will include support with CV writing and advice on interview techniques as well as practical support and encouragement with job hunting..

LOCATION: WAKEFIELD

Theatre Royal Wakefield

Your moment in the spotlight is closer than you think - you can become one of Theatre Royal Wakefield's STARS! By volunteering for their 'STewards And Raising Support' team you can become a vital part of their increasing success. Whether you can give an hour a week or an hour a month they have an opportunity to suit you in their marketing, PR and Front of House teams. You'll work alongside their other volunteers, enjoy a sociable, welcoming atmosphere, and meet like-minded new friends.

LOCATION: WAKEFIELD CITY



Victim Support

Victim Support volunteers offer free practical and emotional help and support to victims of crime, in their own homes, following crimes ranging from burglary and assault to rape and murder. They are looking for volunteers who are understanding and good listeners and who can get on with people of all ages, cultures and backgrounds.

LOCATION: ACROSS WAKEFIELD DISTRICT

Wakefield Hospice

Volunteers can do many different things at Wakefield Hospice, for example, working on reception, helping with administrative duties, serving food and drink to patients and relatives, helping with day care patients or gardening. They are also looking for volunteers to help with fundraising through various means, including their charity shops.

LOCATION: ACROSS WAKEFIELD DISTRICT



Wakefield MDC Sport and Active Lifestyles

There are hundreds of sports clubs and activities supported by Wakefield MDC and many would cease to exist without the involvement of volunteers as coaches, officials, organisers and other vital helpers. The Council acts as an agency for volunteers, placing them with community organisations who are registered with them, enabling them to access quality training and updates, and encouraging them to attend courses that it organises. There are also opportunities within other Council services, such as the Tourist Information Office.

LOCATION: ACROSS WAKEFIELD DISTRICT

West Yorkshire Community Chaplaincy Project (WYCCP)

The WYCC Project helps offenders from Leeds prison resettle into the community, engaging faith communities in this process, but open to people of all faiths and no faith. Volunteer befrienders support ex-offenders with practical skills, eg helping them with housing, employment, training, and drug and alcohol issues.

LOCATION: ACROSS WAKEFIELD DISTRICT



Yorkshire Sculpture Park

The Sculpture Park at Bretton offers numerous activities including education workshops, sculpture workshops, school trips, and exhibitions of sculpture. Opportunities for volunteers include heritage interpretation, gallery invigilation, landscape conservation, education for people of all ages and abilities, research, and many more tasks and roles.

LOCATION: WEST BRETTON, WAKEFIELD

What you can do as a Volunteer

Listed below are some of the areas of activity that volunteers can get involved in...

- | | |
|-------------------------|--------------------------|
| Administration | Finance |
| Advice/Advocacy | First Aid |
| Art and Culture | Fundraising |
| Befriending | Hospitals/Hospices |
| Business and Management | Gardening |
| Caring | Information Technology |
| Catering | Media/Marketing |
| Charity Shops | Mental/Emotional Health |
| Children | Mentoring |
| Committee Work | Offenders/Ex Offenders |
| Community Work | Older People |
| Conservation | Overseas Volunteering |
| Disability | Practical/DIY |
| Driving | Residential Volunteering |
| Education | Sport |
| Environment | Welfare |
| Families | Youth |

