Let's make Charnwood a better place for all of us. Become a donor today. Scan the QR code or visit www.jsc.charity/donate and join our community of caring people.

Volunteer with us

May/June 2024

"How can I join in?"

John Storer Charnwood

Volunteering with John Storer Charnwood

At John Storer Charnwood we value the contribution our volunteers make and want you to enjoy volunteering with us.
You can make a unique contribution by giving time and support to our customers, service users and visitors and helping us to tell the story of what we do, what a difference we make in people's lives.
We are proud to have over 140 volunteers who provide over 19,000 hours of help a year!

Benefits of volunteering with us

We offer:

- free training relevant to your role and an induction
- support from Louise, our Volunteer Coordinator
- a sense of purpose as you help other people in your community
- a reference (if needed) when you leave us
- an invitation to two 'Thank You' events a year

and more!

Would you like to join us?

Read about the current volunteering opportunities with us and let us know you're interested by completing our **'Expression of Interest'** form - see page seven.

Current volunteering vacancies

Cafe Volunteers

Our excellent and busy Café is open to the public and generates income to support our charitable services. We operate with volunteers working alongside paid staff. We serve lunches cooked to order, hot and cold drinks, snacks, and home baked cakes. We are recognized as a safe space. This is a space where people can feel confident that they will not be exposed to discrimination, criticism, harassment, or any other emotional or physical harm.
During the week, volunteers help in sessions, from 9.30am-12noon or from 12noon to 3pm. On Saturdays, we also have younger volunteers who are gaining work experience or working towards a Duke of Edinburgh Award, who typically help for 1.5 hours.
There are two roles in the Café: Counter/Tea bar Assistant and Kitchen Assistant. Some volunteers perform both roles at different times and are flexible in which role they perform. Volunteers do not help with food preparation.

Skills and Qualities You must be able to follow instructions and hygiene and safety practices. For till work you'll need to be able to operate the till (we train you) and handle money.

We currently need volunteers on: Wednesday - 10am to 12 and 12 to 2pm. **Saturday** - Serving at the till, 9.30am to 12 and 12 to 2pm.

DIAL A RIDE (DAR) Drivers

Our Community Transport is a lifeline to so many people, it means getting out and about and maintaining independence, it reduces isolation, helping people to stay active in their community. As a volunteer driver you enable vulnerable people in Charnwood to attend their leisure activities and appointments. It's a great way to get out and meet new people. We pay up to 50p per mile fuel allowance.

Skills and qualities You need to be over 25 years of age and have held a driving licence for two years, plus have access to your own car, or be happy to drive our fleet vehicle.

Dial A Ride drivers need to be friendly, patient and caring, alert to difficulties faced by your passenger. To drive safely and assist some customers with mobility issues. Many customers also have learning disabilities and or memory loss.

Availability The DAR service operates Monday to Friday 8am to 4 pm. We are currently looking for drivers on various days.

Garden Volunteers

Our THYME (Therapeutic Horticulture for You, Me & Everyone) sessions are held at our Mountfield Allotment site all year round. Activities are focused on nature, growing produce and maintaining the allotments, on wet days it may include board games, quizzes and crafts. You'd be working alongside active adults with additional needs, helping them to get the most from the sessions.

Availability We are currently looking for Garden volunteers on Thursdays 9:30 am until 3.00 pm.

Wellbeing volunteers and participants enjoying parachute games.

John Storer Charnwood is a charity driving community activity and well-being. We are: John Storer House - a fully accessible community centre and Safe Place, Shepshed Volunteer Centre, Wellbeing Allotments, Wellbeing Groups, Community Transport, Your Store social supermarket and much much more!

Wellbeing Volunteers

We provide a range of Well-being activities for people with learning and physical disabilities, for people with memory loss and dementia, and for people with mental health issues.
We employ a Lead Activity Worker to devise and lead the running of activities, Activity Assistants and volunteers support them. Our Well-being groups are very popular as they provide a safe, welcoming and inclusive space for participants to learn and engage. By giving extra time and help to the participants, volunteers help them to engage in meaningful activities. Most participants attend each week, which gives you the opportunity to chat and get to know each other.

Skills and Qualities You'll enable participants to engage in, and get the most from sessions. You'll need to be patient and caring, to be able to follow instructions, keep to safeguarding, hygiene and safety practices. We will carry out a DBS check and offer you training. You will not be required to do any personal care or hygiene.

We currently need volunteers for:

Wednesdays & Thursday afternoons WAMM 9.30 am – 3 pm. A range of activities, games and discussions that are designed to stimulate the mind, encourage movement and socialisation, and always include lots of fun and laughter. These sessions are designed around older people living with dementia or who are socially isolated.

Thursday Drama session each week from 9.30am to 12.30 pm. Sessions are for people with additional needs, involving entertaining drama games, improvisations, rehearsals for the two annual shows and eating lunch together. They encourage independent creative thought, self-esteem and self-confidence.

Fridays Craft & Sewing 9.30am to 12.30pm. Supporting older people with additional needs with simple sewing and creative craft projects to make and take home. Ideal for crafty volunteers!

Short of time to volunteer, why not donate instead?
www.jsc.charity/donate
Give what you can and join our cause now.

New roles!

eBay Seller

You can help us to make money from donated goods! Generous people give us a lot of stuff which we sell in our shop for just a pound or two. Sometime people donate items worth tens or hundreds of pounds. Our eBay Seller will search the web to find a realistic price, take pictures and list the items on eBay. They will follow through to sending of the item making sure that the buyer is happy and asking for positive feedback.

Skills and Qualities Have the skills to research, value, photograph, and upload to eBay items for sale.

Availability A lot of this role can be done at times to suit you and eBay bidders. We keep the items safe here at JSHouse, you can come in to photograph and check out new items.

Storyteller

You will love listening to people, listening to people's stories. Not just getting a bunch of facts, our Storyteller will seek out emotions. You will translate emotions into words. Weave a story with an ark that takes us through the emotional journey of the subject. Readers will feel what it was like to be in their shoes. At the same time, you will be to guiding the reader to take action, then being explicit in your instructions. If you can take pictures and record video to illustrate your stories that would be even more awesome.

Availability This role can be done at times to suit you.

Digital Marketer

Help us get our stories out, and so attract volunteers, donations and grants, get more people hiring rooms and eating in the cafe. And ultimately help us help more people who might otherwise suffer from loneliness and food insecurity, help us help people to live fuller independent lives longer. You may be a student or returner to work looking to help us by using your skills and looking to get a reference from a work environment in return. Or perhaps you're well set up in your career and don't need anything from us except the feelings that come from helping people.

Availability This role can be done at times to suit you.

Painter

You might be a professional, winding down or retired. Or still incredibly busy and just looking to help others. Or a good DIYer who (unlike me) gets more paint on the walls than their hands, clothes and carpets. We have a "Forth Bridge" of a building - don't worry you can work at your own pace - and you'll get to see how much better you've made it every time you visit.

Handyperson

You might be a professional, winding down or retired yet missing getting out and about. Or still incredibly busy and just looking to help others. We have a "Forth Bridge" of a building - don't worry you can work at your own pace - and you'll get to see how much better you've made it every time you visit, every time you notice people noticing your work.

Making order out of chaos

You, lovely person, have a strong desire to bring order out of chaos. This could be, for example, keeping waiting lists and inviting people to join our Gentle Exercise classes that help people live long independent lives, systematically matching keys to locks and labelling them, and making systems for storing health and safety data. You'll know that your work helps keep people from tearing their hair out and make our lives easier and more productive.

Next steps!

Complete the **'Expression of Interest'** form available at **www.jsc.charity/volunteer**,
Pick up a form in John Storer House or use the QR code

Our Volunteer Coordinator, Louise is available Monday, Wednesday and Thursday. Call 01509 631 766, Email **louise@jscharnwood.org.uk**

Check out updates on our website:

VOLUNTEERING - John Storer Charnwood

John Storer Charnwood is

Open to all

We have been at the heart of the community for 58 years.

- We help people through community and volunteer-led activities such as gentle keep fit and lunch clubs.
- We deliver wellbeing activities in house and at our allotments that support older people and those with learning disabilities and additional needs.
- Our Community Transport service enables vulnerable people to get to where they need to be.
- Your Store provides affordable grocery shopping for people with food instability.
- Our Café is bright and spacious and offers a warm welcome, great food and great prices.
- And much, much more.

Looking at setting up a community group/activity?

Do you feel there is a need for a community group or activity? We would love to hear from you and want to help you deliver this project.

Contact Matt Tarrant about how we can help you with rooms and more.
Louise Hall can signpost you to useful resources/ training.

matt@jscharnwood.org.uk
louise@jscharnwood.org.uk

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