

VOLUNTEER OPPORTUNITIES – LONG TERM

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Volunteering Activity	Details	Date, times & Duration	Location	Other information	Staff contact	Apply by
BEST START IN LIFE PLAY CHAMPION (CHILDREN CENTRE AND EARLY YEARS SETTINGS – 0-5 OFFER)	Early Start offer a variety of opportunities to volunteer in early years settings, mainly within Children’s Centres. We offer a FREE bespoke training package and Free DBS check. We ask you to commit to up to 3 hours a week supporting one of the universal services, which includes sessions such as Stay & Play, Messy Play, Baby group etc.	Minimum of 3 hours a week	Borough Wide	Criteria: <ul style="list-style-type: none"> - Be a Newham Resident - Be able to complete an enhanced DBS - Have the ‘Right to Work’ in UK and show evidence. - Complete our core training package. 	Kolsuma Miah Kolsuma.miah@activenewham.org.uk	Ongoing
SRC ARTS & CRAFTS/LEGO CLUB	You will be assisting the neighbourhood staff in setting up/promoting the clubs, sourcing a variety of products for arts and craft events. You will also be assisting customers to make arts and craft paraphernalia and support Lego building.	Saturdays starting from Saturday 23rd February 2019 1pm-3pm	Green Street	Lunch will not be provided and travel expenses will not be re-imbursed	Kolsuma Miah Kolsuma.miah@activenewham.org.uk	20 th February 2019
RECEPTION ASSISTANT	As a Receptionist you will act as a first point of contact for visitors. You’ll welcome people, inform them of the services, have a friendly chat and signpost them to other events/groups of interest.	Mondays, Tuesdays and Fridays (You can volunteer for 1 or more days)	Forest Gate	There will be an application form to complete followed by an interview. Travel and lunch expenses can be re-imbursed	Kolsuma Miah Kolsuma.miah@activenewham.org.uk	ASAP

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	<p>You will be helping to engage people with their work, ensuring people feel welcomed, valued and informed. You will need to have skills in basic administration.</p> <p>The role includes responsibilities such as:</p> <ul style="list-style-type: none"> • Handling telephone queries and sign posting • Assisting with office administration • Supporting room and hall hire administration • Ensure the reception area is kept presentable, tidy and safe at all times. 	1pm -6pm				
PARKINSON'S UK – LOCAL FUNDRAISING VOLUNTEER	<p>Would you be interested in supporting and helping to fundraise for Parkinson's UK? If so read on! We have an exciting new role for a local fundraising volunteer to assist with the following:</p> <ul style="list-style-type: none"> • Organising fundraising events and activities • Developing ideas to bring each event to life 	The group meet every 3rd Monday from 11.00am – 1.00pm	Stratford	<p>You should have the following skills:</p> <ul style="list-style-type: none"> • A reliable and honest approach • Good organisational and IT skills • Strong communication and interpersonal skills • A friendly and enthusiastic manner and a proactive approach. <p>Through this role you will:</p>	<p>Alison Mitchell Alison.mitchell@activenewham.org.uk</p>	31 st January 2019

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	<ul style="list-style-type: none"> • Researching new fundraising opportunities • Liaising with relevant Parkinson's UK staff and volunteers to help plan, promote and run fundraising events in the region • Attending local group / committee meetings 			<ul style="list-style-type: none"> • Make a difference to those affected by Parkinson's • Develop IT, event and organisational skills • Meet new people, get involved in events and activities and contribute to your local community • Learn about the work of a major health charity and be an important part of the wider community 		
BIKEWORKS CIC – INCLUSIVE CYCLING VOLUNTEER ALL ABILITY CYCLING CLUB	<p>Bikeworks CIC run a weekly all ability cycling club which is FREE to access and open to people of all ages, abilities and experience levels. They can cycle on specially adapted bikes for people with a disability and also able bodied people. They are looking for a couple of volunteers to help set up the bikes and pack away, and also to assist with the running of the session.</p>	<p>Every Tuesday 10.00am - 2.00pm</p>	<p>Lee Valley VeloPark</p>	<p>Description of the role:</p> <ul style="list-style-type: none"> • Meet and greet service users (mostly these are people with disabilities, so you should feel comfortable around people with a disability) • Moving the bikes from the storage area • Checking the bikes are in good working order by performing basic checks. • Fitting helmets on service users • Fitting appropriate bikes to service users in line with their size and ability • Marshalling mini rides within the Olympic park 	<p>Alison Mitchell Alison.mitchell@activenewham.org.uk</p>	<p>Ongoing opportunity</p>
RIPPLEWAY AFC GRASSROOTS FOOTBALL CLUB	<p>Are you passionate about football? Would you like to gain some</p>	<p>Every Wednesday</p>	<p>Capel Road Forest Gate</p>	<p>Volunteers would be required to assist with training on Wednesday evenings from 5.30 –</p>	<p>Alison Mitchell Alison.mitchell@activenewham.org.uk</p>	<p>Ongoing</p>

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	<p>coaching skills and volunteer for a well-established football club?</p> <p>Rippleway FC are looking for some volunteers to assist with coaching and management of a grassroots football team where the current age groups are U8's and U11's.</p> <p>Roles will also include planning and delivering training sessions, managing match day requirements, and reporting back to the club secretary.</p>	<p>5.30 – 7.00pm</p> <p>Match days Every Sunday</p>		<p>7.00pm and on match days which take place on Sundays.</p> <p>Volunteers who show a regular commitment to the club, will be offered to be put through an FA level 1 coaching award and a DBS check.</p>		
FOREST GATE COMMUNITY NEIGHBOURHOOD TEAM – ESOL READING ASSISTANT	<p>We are looking for volunteers interested in supporting Forest Gate library to deliver a reading session to English learners. You will be helping a small group of students by reading through a simple book with them, assisting with word pronunciation and word meanings.</p>	<p>Monday 10.30 - 11.30am & 12.30-1.30pm</p> <p>Tuesday 11.00am-12.00pm</p> <p>Friday 9.30-10.30am</p>	Forest Gate	<p>Training will be provided.</p> <ul style="list-style-type: none"> • You should speak good English • Have people skills • Confidence to assist others with English 	<p>Alison Mitchell Alison.mitchell@activenewham.org.uk</p>	Ongoing
NAMASTE CARE SERVICE VOLUNTEER	<p>Namaste Care is a person centred approach. It supports people with dementia to engage in meaningful</p>	<p>1-2 hours per week</p>	Newham	<p>Full training provided.</p> <p>You don't need any previous experience, just good communication</p>	<p>Hannah Martindale Hannah.martindale@activenewham.org.uk</p>	20 October 2018

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	activity to promote an improved quality of life. Namaste Care is delivered by volunteers using a combination of multisensory techniques and personalised resources. Examples of activities you may undertake include reading a favourite book, listening to favourite songs, using fragrances, hand massage and hair brushing.	Minimum 6 months commitment		and listening skills, empathy and flexibility You must be 18 or over to apply for this role. Travel expenses provided. Refreshments provided during all training sessions. As the sessions take place in people's homes, you will require to undergo a DBS check.		
ACTIVENEWHAM SATALITE SPORTS PROGRAMME	activeNewham's sports development team are running a series of multi-sports sessions to engage young people through sports such as basketball, tapeball cricket, football and handball. We are looking for volunteers who enjoy sports and working with young children and can offer some support to the coaches with set up and down and running of the sessions.	From 10th September 2018 for 30 weeks <u>Wallball</u> Monday's 4.30-5.30pm <u>Multi-Sports</u> Tuesday's 4.00-5.00pm <u>Multi-Sports</u>	Plaistow library Shipman Centre	<ul style="list-style-type: none"> • You should have a DBS check, however if you are interested and do not have one, activeNewham will process one for you for FREE. • You should be friendly, approachable and interested in sports delivery. • We are looking for one volunteer to support each session • Gain some coaching skills, 	Alison Mitchell Alison.mitchell@activenewham.org.uk	ASAP

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		<p>Tuesday's 5.00-6.30pm</p> <p>Multi-Sports Wednesday's 4.00-5.30pm</p> <p>Football Thursday's 5.00-6.00pm</p> <p>Multi-Sports Thursday's 5.00-6.30pm</p> <p>Football Friday's 4.00 – 5.30pm</p> <p>Football Friday's 5.00 – 6.30pm</p>	<p>Little Ilford Park</p> <p>Britannia Village</p> <p>Jack Cornwell Centre</p> <p>Priory Park</p>	<ul style="list-style-type: none"> • Gain valuable skills working with young children • Develop your leadership skills and working as part of a team 		
NEW WAY SHELTER HOME	We are working with this shelter home to provide support to the homeless people living in Newham. The shelter home works with 14 Churches in Newham to support homeless people with providing food, place to stay overnight and	<p>Morning shift – 7am to 8.30am</p> <p>Evening shift – 6pm to 9.30pm</p>		<p>- Please send email us with your interest and we will email you with further details.</p> <p>PLEASE NOTE: You may be asked by the organisers to assist with the night shift which involves you staying over at the shelter homes. Please note we are not supporting this shift</p>	<p>Kolsuma Miah Kolsuma.Miah@activenewham.org.uk</p>	ASAP

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	<p>help maintain the shelter homes by tidying up and keeping the shelter homes nice and clean.</p> <p>There are 2 shifts available which are supporting: Morning shift consists of preparing and serving breakfast, clearing away beds and beddings. Evening shift requires you to set up the beds and beddings, serve dinner, wash away dishes and tidying up afterwards.</p>			therefore if you decide to support the homes with the night shift, it will be at your own risk.		
CAFÉ ASSISTANT	<p>A great opportunity has risen for anyone looking to gain some customer service skills and obtain some experience in working in the food industry. We are looking for café assistant to help a local church and centre to run their café. This opportunity will require a screening process which is a basic meeting with the café manager who will have a formal chat with you.</p>	<p>2 Days a week</p> <p>11.30am to 3.30am</p>	East Ham	<ul style="list-style-type: none"> - Meal and refreshments whilst on duty. - Development of catering skills awareness and training on food hygiene. - On line certification for Basic food hygiene certificate after three months. - Preparation and presentation of simple menu items - Travel expenses will be paid in cash the end of shift. - A good level of communication is required as you will be serving customers 	<p>Kolsuma Miah</p> <p>Kolsuma.miah@activenewham.org.uk</p>	ASAP
BLACK ARROWS BADMINTON CLUB	<p>Black Arrows is a well established junior badminton club, providing structured coaching to young people aged 8-17 years. We are</p>	<p>Every Saturday morning</p>	East Ham	<ul style="list-style-type: none"> • Learn valuable coaching skills in badminton • Learn good communication and delivery skills 	<p>Alison Mitchell</p> <p>Alison.mitchell@activenewham.org.uk</p>	Ongoing

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	looking for volunteers who have an interest in badminton and working with young people and would like to support the club on a regular basis. You will be assisting qualified coaches, supervising small groups, helping with setting up and down and fun games.	10.00am – 12.00pm		<ul style="list-style-type: none"> Working as part of a team No training is required for this role, however you will be inducted by the head coach to ensure you are suitable for this role A DBS check is not required for this role, however DBS checks can be carried out by Badminton England. 		
ESOL READING AHEAD PROJECT	Do you have excellent reading and communication skills? Are you confident in listening to ESOL learners read? Are you able to support ESOL tutors across 10 libraries and encourage ESOL students to read for 30 minutes? If you are then please get in touch, as soon as you can, to take part in this ever so popular project. You will be able to choose your preferred library and will be	Negotiable depending on the library	Plaistow, Canning Town, Manor Park and Beckton	<ul style="list-style-type: none"> Interviews will be scheduled in 2 weeks after your details have been forwarded on Training will be provided Timetable for your preferred library will be provided once you have been interviewed Need to be available for a minimum of 6 weeks 	Kolsuma Miah Kolsuma.miah@activenewham.org.uk	ASAP
BECKTON GLOBE LIBRARY – COMMUNITY NEIGHBOURHOOD TEAM	Beckton Globe library are looking for some ongoing support with a variety of activities. There are also a variety of volunteer roles depending on the activity you will be supporting.	Stay and Play – Every Saturday 10.50am - 12.15pm Chatterbox reading club – Every Monday 4.00 - 4.45pm	Beckton Globe	You should enjoy working with members of the public, children, adults, plus be enthusiastic and reliable.	Alison Mitchell Alison.mitchell@activenewham.org.uk	Ongoing

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		<p>Basic English club – TBC with volunteer</p> <p>Jazz night – Every Saturday 5.30 – 7.00pm</p> <p>Get Connected – TBC with volunteer</p> <p>Art Club Every Saturday 2.00 – 3.00pm</p> <p>Table tennis table top games Every Saturday 11.00am – 1.00pm</p>				
EAST HAM COMMUNITY NEIGHBORHOOD TEAM - ARTS AND CRAFTS (Children and adults)	East Ham Community neighbourhood team are looking for volunteer support for their ongoing arts and crafts sessions. They ideally would like 1 volunteer to support a member of the team with	Every Tuesday 10.00am – 1.00pm (Adults)	East Ham	<p>You should be welcoming, friendly, have good communication skills, and be reliable, and comfortable working with children.</p> <p>This is a great opportunity if you are looking to start a career working with children.</p>	Alison Mitchell Alison.mitchell@activenewham.org.uk	Ongoing

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	the delivery of the sessions, engaging with customers and children, and promoting up and coming activities in the library.	Every Friday 4.30 – 7.30pm (Children)				
EAST HAM COMMUNITY NEIGHBOURHOOD TEAM – PIT – STOP GARDENING	East ham community neighbourhood team are looking for 1 volunteer to assist them with their gardening sessions for young children. You should enjoy working with young children and have a friendly approach.	Every Friday from the 27th July until further notice 2.00 - 4.00pm	East Ham	Benefits: <ul style="list-style-type: none"> • Developing skills in communication • Working as part of a team • Working with children • Experience in supervision • Time management experience 	Alison Mitchell Alison.mitchell@activenewham.org.uk	Ongoing
CHILDREN'S AFTER SCHOOL CLUB – MANOR PARK	Manor Park Community neighbourhood team are looking for 3 volunteers to support their homework club which runs daily. You should enjoy working with children and roles include helping children to read, doing craft based activities based on reading, playing word games and helping with chess and Lego.	Every Monday – Saturday 3.15 – 5.00pm	Manor Park	You should be child friendly, creative and have a passion for teaching children to read. Refreshments will be provided.	Alison Mitchell Alison.mitchell@activenewham.org.uk	ASAP
MAINTENANCE OF MEMORIAL GARDEN WOODGRANGE PARK	Any plans for 2018? This is for those Volunteers who have a warm heart and an interest in Gardening and helping an elderly orientated support group in need of 3 to 4 Volunteers ½ day a week. The role of maintenance will consist of light Gardening, weeding, and a general tidy up.	Ongoing	Forest Gate	Tea and Coffee is also provided along with refreshment facilities if you choose to use. This willing and warm hearted project needs Volunteers who our passionate about gardening and supporting the upkeep of the memorial Garden. Travel expenses are also provided	Kolsuma Miah Kolsuma.Miah@activenewham.org.uk	Spring 2018

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BECKTON GLOBE COMMUNITY NEIGHBOURHOOD TEAM – VARIOUS ACTIVITIES	Beckton Globe community neighbourhood team are looking for some volunteers to support a number of various activities including: <ul style="list-style-type: none"> • Toy Library • Get Connected • Knit & Natter • Chess club • Popcorn Film club 	Various days and times:	Beckton Globe	If you require any more details on the days and times of the activities, then please contact Alison Mitchell. You should be friendly and enjoy working with the public and have good customer care skills No experience is necessary	Alison Mitchell Alison.mitchell@activenewham.org.uk	ASAP
FOREST GATE COMMUNITY NEIGHBOURHOOD TEAM – HOMEWORK CLUB	Forest Gate community neighbourhood team are looking for some volunteers to assist with their homework club. You will be helping children with their homework, reading and general education.	Every Saturday 10.30am - 12.30pm	Forest Gate	You should enjoy working with young children and be approachable.	Alison Mitchell Alison.mitchell@activenewham.org.uk	ASAP
CREATING A COMMUNITY GARDEN	A new outdoor classroom, sensory zone and community garden have been designed for Plashet Park. We are looking for volunteers to assist with weaving new grow beds, digging flower patches, installing a spiral herb garden and planting an array of dye plants and herbs over the coming months.	Thursday 11am-2pm	Manor Park	This is an outdoor role and involves physical tasks therefore we require volunteers who are happy to get stuck in and get a bit mucky! Previous gardening experience is not essential as you will be supervised. Volunteers who are interested in the environment and gardening will best enjoy this role. Light refreshments and travel expenses provided.	Hannah Martindale Hannah.martindale@activenewham.org.uk	ASAP
BECKTON CREEKSIDE CONSERVATION VOLUNTEER	Thames Water are establishing a project to maintain the best possible habitats for wildlife and an enjoyable experience for visitors	Occurs the Last Friday of Every Month	Beckton	No experience is necessary; there is something for all ages and abilities.	volunteers@activenewham.org.uk Kolsuma Miah	ASAP

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	going along to Beckton Creek. Volunteers will assist with a range of tasks at this new nature reserve in East London. Tasks will depend on the season but could include: Coppicing scrub using tools such as bow saws and loppers litter picking.	10.00-2.30pm		All that is needed is an interest in the local environment and a desire to help look after it. A friendly, positive attitude and an ability to work as part of a team is also important You can either sign up for one session, a few sessions or all – it is up to you!	Kolsuma.Miah@activenewham.org.uk	
NCV CONSERVATION DAY	The Conservation Volunteers would love your help in Ham Creek Wood. Have fun whilst litter picking, carrying out general maintenance tasks, path clearance, possible tree clearance and a trim and cut of the wild meadow.	Occurs the Second Sunday of Every Month 10.00-3.30pm	West Beckton	No experience required so all abilities are welcome as you will be supported by the Newham Conservation Volunteers This is a wonderful opportunity to learn some new skills whilst having fun and helping improve the environment Unfortunately, as the NCV is a very small charity, travel expenses are not covered	Kolsuma Miah Kolsuma.Miah@activenewham.org.uk	ASAP
PROPERTY GUARDIANS	Dot Dot Dot lets people who do great volunteering live as property guardians in buildings that would otherwise be empty. We turn empty buildings from a blight into an asset for property owners, guardians and local communities.	Various	Various	As a Property Guardian, there is an eligibility criteria and application process. You must also undertake regular volunteering as part of the conditions of taking on the property guardian role. For more info, please contact Habs.	Habebur.rahman@activenewham.org.uk	
SUPPORTING OLDER, VULNERABLE OR ISOLATED RESIDENTS 'BEFRIENDING'	Whether you would like to befriend an elderly person, support someone to go shopping, help at the local day centre or deliver books to someone that finds it difficult to leave their	Minimum requirement of 1 hour per week – great if your spare time is limited!!	Across Newham	The role benefits from a learning support package which includes adults safeguarding, lone working and confidentiality. You will be required to undergo a DBS (formerly CRB) check. You will need to be 18+ to apply for this role.	Hannah Martindale Hannah.martindale@activenewham.org.uk	ASAP

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	<p>home, we have a number of exciting and challenging roles to suit you.</p> <p>This is an ideal role if you are looking to gain experience in a health and social care setting or simply want to help or offer company to a vulnerable/isolated person.</p>					
<p>VOLUNTEER SUPPORT AT THE POWERHOUSE</p> <p>WOMEN ONLY TO APPLY</p>	<p>Volunteers will be assisting with sessions for women with learning disabilities.</p> <p>Duties will involve making/assisting to make drinks, talking to members, participating and assisting in sessions including art, dance, music, drama, group discussions, gardening, cooking, learn project, ICT, reporting to the session leader, any incidents or issues' issuing information packs to new referrals, representing the organisation at community meeting forums & support the users.</p> <p>The Powerhouse for Women Charity exists to provide advocacy support that promotes the rights and choices of women with learning difficulties in the society and to raise</p>	<p>Each:</p> <p>Monday 10am – 3pm</p> <p>Wednesday 10am – 3pm</p> <p>Friday 12pm – 1pm</p>	<p>Canning Town</p> <p>East Ham</p>	<p>As a volunteer you should have:</p> <ul style="list-style-type: none"> • Good communication skills (written and verbal). • A commitment to a service which provides support to vulnerable individuals, and which is respectful and according to the individuals needs • Computer literacy skills, including Microsoft Office, Outlook and internet • Discretion and confidentiality • Excellent facilitative and verbal communication skills • Excellent phone manner <p>This is a truly rewarding role that will benefit a great organisation. Volunteers will gain experience in an admin and support role. This will look great on your CV.</p> <p>You will also get travel and lunch expenses and a reference.</p>	<p>volunteers@activenevham.org.uk</p>	<p>ASAP</p> <p>If you are only able to do 1 day a week please still get in touch as we can be flexible.</p> <p>All those who apply will have their contact details shared so an informal chat can take place prior to be taken on</p>

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	awareness of issue that affect their lives					
VARIOUS LIBRARY OPPORTUNITIES ACROSS THE BOROUGH	How would you like to support your local library? There are 10 libraries in Newham and they all run a series of different and exciting activities and sessions, which run during the day, in the evenings and on the weekends. Most require volunteer support. They range from: Homework clubs, chess club, do it online, storytelling, book club, stay and play, arts and crafts, family film club & movie nights, games club, English conversation club, toy library, community champion, get connected, basic computer skills, and so much more.	Various days and times	Newham borough wide	<p>These opportunities are a fantastic way to gain a variety of different skills, increase your confidence levels, leadership skills and work as part of a team.</p> <p>This is also a great way to help engage the community and inspire them to become more active. No experience is necessary, just a smile on your face and lots of enthusiasm.</p> <p>If you require specific details on any sessions in any of the libraries, please email Alison Mitchell.</p>	<p>Alison Mitchell</p> <p>Alison.mitchell@activenewham.org.uk</p>	Ongoing long term opportunities
EAST LONDON FOOTBALL ACADEMY	ELFA are a long established football academy and are looking for volunteers to support them by assisting with the coaching and mentoring of young people, refereeing matches, registration of club members and general support. Also to assist with the large number	Every Saturday Time: 11.00am – 12.30pm	Manor Park	<p>If you have an interest in football and supporting a local club, then this role is for you.</p> <p>Your role will be fun, rewarding and you will have the opportunity to develop your coaching skills, working as part of a team and leadership skills.</p>	<p>Alison Mitchell</p> <p>Alison.mitchell@activenewham.org.uk</p>	N/A Ongoing

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	of matches they have during the weekends.			Desirable to have some experience in coaching but not essential Desirable to have a DBS check or willing to undergo one		
NEWHAM CRICKET CLUB	Newham cricket club are a long established club and are looking for volunteers, with some cricket experience to support them with the coaching, mentoring of young people, umpiring, scoring, registration of club members and keeping an inventory of the kit merchandise. Also, managing and coaching colts' teams and helping to get them to matches.	Every Sunday Time: 10.00am-12.00pm Every Tuesday evening from 5pm	East Ham	If you have an interest in cricket and would like to support a local sports club, then this role is for you. Desirable to have some experience in cricket.	Alison Mitchell Alison.mitchell@activenewham.org.uk	N/A Ongoing