

St Alban's Celebrating Volunteers



Volunteer Market Place

Main Hall

12.45—13.15 Sixth Form only

13.15—14.00 All Students welcome

#VolunteerSuffolk
BE AMAZING. BE A VOLUNTEER.

QUESTIONS YOU MIGHT LIKE TO ASK ABOUT VOLUNTEERING

- How do I become a volunteer?
- What if I don't think I have enough time to volunteer?
 - Which of my gifts and talents can I share?
 - How can I show love to those around me?
 - What skills do I need?

Things to consider before you volunteer

What are my interests?

Whether you're interested in a volunteer position that will fit with your intended field of study/career ideas? or you want to focus your volunteer efforts on a particular cause? Maybe you love animals, or do you have life experiences that you could bring to the organisation? Do you have love and compassion that you can bring to others? There are volunteer opportunities out there for almost any interest area you'll be able to think of, so take some time to think about what is motivating you to volunteer in the first place.

What are my skills?

Certain volunteer positions will ask applicants for a certain skill set -you may have skills and talents that God has blessed you with that may be valuable to a particular organisation. For example you may be gifted musically- you could then be a great resource for a local music therapy programme!

What do I most want to learn from the experience?

Think about the kinds of things you want to learn from your time volunteering, because you may not only end up learning about yourself, but learning useful skills for the future, as well. Remember that your talents could change the lives of others too.

What will I gain from volunteer work?

Giving of our time and skills is a way to show love to others and make ourselves better people, with a greater understanding of the world around us. It is a great addition to your CV, and if you apply to university it would be a positive addition to your personal statement! Qualities that allow us to be of service to others is what we are called to do.

Think about what you want to get from your volunteer experience, as everyone's end goals differ when it comes to volunteering.

Will my volunteering affect my other commitments?

Consider whether a volunteer position will make it hard for you to keep up with your schoolwork, if you have a part time job or other commitments you may already have. We could volunteer in the smallest of ways. Every kind word or deed that we do counts.

How much time do I have?

It's always better to wait until you know you have the time for some community service. That way, you won't risk leaving the person or organisation you'd be working with in the lurch and in need of a last-minute replacement for you. It's also important to consider how many hours per day, per week, or per month you have to dedicate to a volunteer job. Be realistic, but don't forget to challenge yourself.

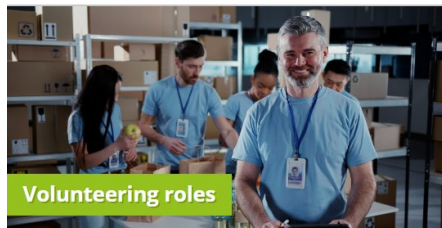
Do I want an ongoing commitment, a short-term commitment, or a one-time commitment?

Depending on the organisation or individual you'll be volunteering with, you may have the option of choosing how long you'd like your volunteer work to last. Other charities may not be so flexible, and require you for a specific period of time. Make sure you know what's expected of you before applying to a volunteer position, as you may want to tailor your search to how much time you're willing to offer a cause.

Remember that Jesus was the greatest and most humble servant of all. Let's try to follow in his footsteps.

#VolunteerSuffolk

BE AMAZING. BE A VOLUNTEER.



Top tips to getting what you want from volunteering

People volunteer for a wide variety of reasons, especially wanting to help others. But it's also fine to want some benefits for yourself.

You can view it as an exchange, you give your time, energy and knowledge but in return you can get something back such as to build your CV and explore a career, keep busy, feel needed, proud and worthwhile – volunteering is a two way process.

Starting out in volunteering can feel daunting, so we have answered some of the questions that might be on your mind.

But if you're still wondering about anything, just get in touch, we'll be happy to help!

Volunteer Suffolk has partnered with Be Collective to provide a dedicated online platform for volunteering in Suffolk. Community Action Suffolk provides the website which connects Volunteers with Volunteer Co-ordinators. Volunteers can register their interest and apply for volunteering roles and organisations can advertise their opportunities for free. It also provides support on Employer Supported Volunteering roles so that you can volunteer as a team or individually through a work place.

Search and apply for volunteer roles <https://volunteersuffolk.org.uk/get-involved/>



Emmaus Suffolk has been an active part of the local community in Ipswich since 2016.

We started with a charity shop in Dales road, Ipswich, offering retail opportunities to people who are long term unemployed, at risk of homeless and in need of meaningful activity. We have grown quite substantially in the last 6 years and have expanded our social enterprises across the town and into Felixstowe. In 2020 we opened a community café. At the café based in Felixstowe road we offer on a Thursday a “One Pot Wonder”, this is a meal that can be eaten in or taken away for an amazing £2.50. We also hold a kids and carers group on a Thursday morning, offering a free meal to the carer attending and a cooking club too.

We run community hubs in Sailmakers in Ipswich. This is a free drop-in service where anyone over the age of 18 years can come in for a cuppa and take part in arts and crafts, play board games or just have a chat and meet others. We offer opportunities for people to upcycle old furniture at Sailmakers also.

We have a supported housing offer for 7 people based in two properties in Ipswich. Our housing offer entails our companions (the term used for our residents), to be an active part of the community by volunteering with us and helping to give something back. Last but not least we also have refillable cleaning products for sale to help reduce plastic waste.

Make Your Mark and Volunteer with Suffolk Archives

Home to 900 years of Suffolk's history, become part of Suffolk's story and start your volunteering journey with Suffolk Archives. We offer a range of roles that suit different interests and skills. Whether you're building on skills you already have or are looking to gain new experiences, everyone is welcome.

To discover new opportunities to volunteer, email volunteer.archives@suffolk.gov.uk

or visit our website:

www.suffolkarchives.co.uk/volunteering



**SUFFOLK
ARCHIVES**

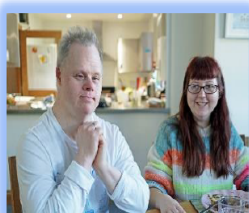
 **Suffolk**
County Council

 **University
of Suffolk**

 **HERITAGE
FUND**



Volunteering - We are different together



Every day, we grow extraordinary friendships through ordinary activities

- Would you like to join our amazing team of volunteers?
- Could you contribute to the well-being of a person with learning disabilities?
- Are you able to provide support for a person to participate in individual activities, or perhaps as part of an organised project group?

L'Arche in Ipswich was established in 2006, we have 3 supported living homes located on Woodbridge Road (The Ark), Warrington Road (The Cornerstone) and Bolton Lane (The Lantern). We have 15 core members and 19 employees (this includes care assistants both living in our homes and living out, and support staff). Each of our core members with a learning disability has a personal support plan developed by listening to their hopes and dreams, choices and goals, and tailored to the level of independence and support they need. Our services all meet or exceed Government standards.

Our volunteers work alongside our teams to help enhance the lives of our core members by providing much needed individual and project activities. The activities are wide and varied according to the needs of our core members. It could be playing chess, walking to town for a coffee, going to the Library, shopping, or walking in the park. You may have a particular skill that is of interest to our core member that you enjoy doing together, perhaps art work, fishing, crafts or music etc. You may prefer to work as part of a team with a project such as planning, planting and maintaining a garden, decorating a room, music or art groups etc. Our volunteering opportunities are:

- Work Placements -** Typically people studying for a Health and Social Care Qualification, a supervised experience, typically 1 hour per week for 6 months.
- Work Experience -** 18+ specific role or support for an individual core member, usually 2 hours plus per week for 6 months.
- Outreach -** 18+ specific role, activity, project, or support for an individual core member, hours agreed according to role.

We help each other live full and empowered lives and to reach our full potential, including our need for friendship, for a home, for creativity, kindness, voice and spirituality.

We invite you to join our community of volunteers!

Please visit our website L'Arche Ipswich (www.larcheipswich.org.uk) - Volunteering



Ipswich Community Media was launched in 2015 by a group of people with a shared vision to serve the local community through music, media, the creative arts and language learning.

ICM's focus is rooted in a deep belief in fairness and social justice to work with those at the very margins of society to make Ipswich a better place for all.

All of our offerings are free at the point of access because we passionately believe that open access for the most disadvantaged in our community is vital for a healthy inclusive society.

We are based just off Norwich Road in Ipswich, one of the most diverse and exciting areas of our town. It is also an area with many challenges, as Westgate Ward is one of the most deprived wards in the country. But with around a third of local residents from migrant and refugee communities we

P.H.♀.E.B.E

PHOEBE is a registered charity organization that offers psycho-social support services to underprivileged women and children. It is our mission to eliminate stress, anxiety, depression and low self-esteem amongst women and children. As part of our mandate and close to our hearts is putting in place support systems that provide simple and practical solutions which enhance well-being, self-confidence and child development.

Phoebe is committed to providing psycho-social support to underprivileged children and mothers to alleviate the socio-economic determinants that inhibit them from accessing basic social security services, easing vulnerability to domestic violence and child abuse. We also provide support to domestic violence survivors through our Family Support Worker who provides individual and group counselling sessions to affected women and children. Being the only specialist women's organisation offering support to domestic survivors in Suffolk, we aim to create partnerships with relevant organisations to provide and extend our support in a holistic manner to improve their mental well-being and quality of life. Thus enabling the women and children to lead healthy, fulfilling lives that provide conducive environments for adequate child development.

With almost 15 years of experience working in the Suffolk community, our trained community champions who have extensive ties to the Ipswich community bring their own specific local and cultural knowledge which resonates with BME and migrant women providing a valuable bridge for us and our partners in implementing programs in the area. It also creates trust such that the mothers entrust their children to be beneficiaries and participate in our child-friendly projects.

PHOEBE relies on dedicated volunteers who donate their time and energy to help us deliver the crucial services across Suffolk. Our volunteers contribute to the planning, delivery and monitoring of our services and help our staff with social media, administration, writing, and others.

Whatever your knowledge, experience, or abilities, getting involved with PHOEBE is a great way to make friends, develop your skills and confidence, try new things and support the local community.



I volunteer for FIND.

We have a monthly rota where I turn up and bag up food and then deliver it to whoever needs it on the list organised by Maureen who has been running FIND for many years now.

It is very humbling to see the way some people live, to see the poverty and need that some people in our community have.

Mrs Hind

findipswich.org.uk

How We Help

Food parcels

Each week our volunteers regularly give their time freely to check and sort donated food, collect items from local stores, make up the food parcels and deliver them to individuals and families who are in crisis. We also provide toiletries and personal care items.

Some of the people in crisis whom we support with food parcels need our help for many weeks until their benefits, wages, or health are restored.

Furniture and household items

Sometimes people have nothing and FIND regularly steps in to help individuals and families with no money for even the most basic personal and household items they need.

FIND has a furniture store and every week our volunteers will pick up items from our store and deliver them to individuals or families in need.

Support for rough sleepers

There are many ways in which FIND helps rough sleepers. We provide footwear, clothing, warm coats, and sleeping bags, pay for prescriptions, help with travel and with food parcels. We also have a small fund that enables us to help in paying for emergency accommodation for rough sleepers.



We are a Christian charity which enables families to develop their capacity in supporting themselves and find solutions to the challenges that impact their lives through a network of volunteers.

All our roles are flexible and only require an average of one to two hours a week. In order to meet the continuing demand for our service, our volunteer roles are always open to applicants. We offer full training and support both before you start and throughout your time with us including regular supervision.

Positions available include

Family Mentors:

Could you make a difference to a family's life by giving them an hour a week of your time. Full training and ongoing support is given for this incredibly rewarding role.

Creative Communications:

Do you have the skills to help us increase our social media presence and help us to increase opportunities to engage with our potential supporters, families and referrers? We need someone with the drive and desire to help us boost our profile. This role could be flexible and fit around your existing commitments.

Fundraising Help:

There are a vast number of roles for grants in this field. Could you do a one off event to raise money for us, help with our fundraising events in person on the night or behind the scenes? We rely solely on grants and donations to survive. Do you have the skills to apply for grants for us?

If you are interested in any of the above roles or feel you can offer support in another way we would LOVE to hear from you



A21 a global organisation aimed at abolishing human trafficking, and walks took place across the World.

I run 'Walk for Freedom' in Ipswich every year. This is a peaceful walk that happens all over the world to raise awareness about Human Trafficking - I run the Ipswich one. We wear black and walk silently around the town.

Mrs Marcus

Love Ipswich - I run this charity and it focuses on valuing people within our town who maybe more vulnerable.

It runs all year and covers a number of initiatives including; running self-esteem courses for teenage girls in local high schools, supporting practical needs such as gardening, tidying, painting and building in charity organisations, sheltered housing and shelters, visiting people in old people's homes and our Christmas hamper appeal.



Our Christmas Hamper Appeal is our biggest project of the year and this involves making Christmas dinner in a box for vulnerable families - we receive referrals from organisations, schools and social services and we prepare the hampers and deliver them. Last year we delivered 260 hampers.





We are lucky to have more than 1,500 volunteers ranging in age from 4 to 95, contributing their skills and time to support the hospice.

There are many ways you can support the hospice by volunteering, whether it's in one of our shops, our Inpatient Unit, Day Services or our events team, to name but a few. Our current volunteer vacancies provide more details on the variety of roles; if you have a skill you'd like to offer us, please contact us and we might find just the role for you.

Voluntary work at the hospice offers many opportunities including:

- A worthwhile and rewarding role
- The ability to contribute to the quality of patients' care
- The chance to feel valued
- Useful experience towards further training and career choices
- Increased confidence and people skills

Zest supports young adults aged 14 and upwards with progressive and incurable illnesses to ensure that they get the specialist care, tailored treatment and services they need to be able to enjoy life to the full.

Through this specialist care, young adults with challenging conditions are able to fulfil their aspirations, whether this is to manage their symptoms, access opportunities in the community and reduce loneliness by enabling them to meet and have fun with friends.

Zest is also about engaging with young adults through volunteering and fundraising through our shops and unique events - including fashion shows, auctions and attending festivals, such as Latitude.



Help strengthen your local community and gain valuable skills by getting involved with one of our many volunteering opportunities.

Volunteering for Suffolk Libraries is very rewarding and social experience.

Our volunteers play a vital part in supporting the library service and the services and activities we provide to local people. They do not replace paid staff, but work alongside them in a wide range of roles.

What do volunteers do at Suffolk Libraries

There are many volunteering opportunities to get involved with, including:

- Helping to reduce social isolation through our Phone a Friend service
- Supporting children's literacy by helping run the Summer Reading Challenge every year
- Getting involved with our libraries' community or their 'Friends' groups by helping to run fundraising events and community outreach projects
- Supporting many of our events and activities
- Deliver books to elderly or disabled people in their homes through our Home Library Service

Benefits of volunteering with Suffolk Libraries

Research shows that when you give your time to others, there are benefits for you as well.

You'll meet dynamic, friendly people, make new friends and help inspire and support others.

Choose from a diverse range of opportunities and activities
Learn new skills and get great experience for your CV
Help strengthen your local community



East Suffolk and North Essex NHS Foundation Trust

Volunteers support our patients and their carers, as well as our staff. Our aim is to improve the hospital experience for all.

Whether part of ESNEFT or a voluntary organisation, our volunteers play an important role in a patient's experience.

Our volunteers are from all walks of life and make a genuine, lasting difference to the people we serve.

Together we can make a difference.

We champion volunteers from all backgrounds and ages - everyone volunteers for their own reasons

Think about volunteering and complete the following

Name	Tutor Group
I am currently a volunteer for	
The thing I enjoy most about volunteering is	
Reasons I would like to volunteer	Reasons I would not like to volunteer
Organisations I would like to go and talk to next week	
Questions I would like to ask about volunteering	

