

# Community Action: Bedfordshire Central Beds Volunteering Newsletter

19th August 2020

## Included in this newsletter:

- Current volunteering opportunities
- Free volunteer training
- Keeping in touch
- Staying safe whilst volunteering
- Additional information – paid job vacancies

**Community Action Bedfordshire is the accredited Volunteer Centre for Central Bedfordshire and Luton.**

*You are receiving this newsletter because you have either registered your interest in volunteering on the CBC website or you have registered on our online volunteering platform, Volunteer Connect, and opted-in to be part of the Volunteer Bank.*

[www.cabeds.org.uk](http://www.cabeds.org.uk) | [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk) | [Facebook](#) | [Twitter](#) | [@CABedfordshire](#)

## Current volunteering opportunities

See below current volunteering opportunities from a variety of organisations across Bedfordshire. Some roles below may be temporary to support organisations or individuals during the current COVID-19 crisis, whilst other opportunities may be ongoing, and therefore may require a regular commitment.

### Organisations currently recruiting volunteers:

- **Barnardo's**
- **Leighton Linlade Helpers**
- **Community Led Initiatives**
- **Respite at Home West Mid Beds and Ivel Valley**
- **Charity Shops**

Please scroll down to find out more!

## Central Bedfordshire volunteering opportunities

### **Barnardo's**

#### **Volunteer Drivers**

Barnardo's is a national children's charity that provides a range of services to protect and support the UK's most vulnerable children and young people. In Houghton Regis Barnardo's run a centre where families can connect with the support from trained professionals.



Barnardos are looking to recruit a team of volunteer drivers across Central Bedfordshire, to assist in bringing children and young people from care placements to meetings with their parents or other family. The meetings might be located in Houghton Regis, or other venues. It might be that, once recruited and given appropriate training, you might not be given an assignment straight away, but it is

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important that Barnardos have a team ready so that a driver can be deployed as soon as needed. A DBS check (arranged by Barnardos) will be required along with vehicle and licence checks. If you are interested in this role please email: [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk)

### **Leighton Linslade Helpers (LLH)**

The Leighton Linslade Helpers is a group of dedicated individuals who formed this new group extremely quickly to support those in need in Leighton Buzzard during the COVID-19 situation. LLH have been and are continuing to demonstrate a fantastic community response to this pandemic at a local level.



LLH are currently looking for volunteers to assist with the following tasks:

**Delivery Driver Volunteer** – LLH operate a delivery service on Monday, Wednesday and Friday afternoon and need volunteer delivery drivers with their own vehicle to deliver food parcels and prescriptions locally. A T-shirt uniform, ID, PPE, hand sanitisers are provided and volunteers will receive a contribution towards petrol costs.

**Warehouse Volunteer** – Help is needed in the LLH warehouse 2 days a week from 9am-5pm to assist with preparing deliveries, planning driver routes, helping with stock rotation, sanitising the work environment, and answering Duty Officer Phones.

If you are interested or would like to find out more about these roles please contact Karen on Tel: 07825 665038 or [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk) before 3pm on Thursday 20<sup>th</sup> August or after this date please email Sarah Cursons at: [help@leightonlinsladehelpers.org.uk](mailto:help@leightonlinsladehelpers.org.uk)

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### **Community Led Initiatives**



#### [Volunteer Mentors](#)

Do you have a positive attitude and non-judgemental approach?

Could you mentor an individual with drug and alcohol issues and help them set and achieve personal goals?

Our clients, some of whom may have multiple/complex needs and multiple challenges e.g. housing, employment, financial, social needs, have reached a point in their recovery where they are motivated to make positive changes in their lives. Our approach is 'person-centred', i.e. tailored to fit the specific needs of the client. As such, each mentor/client relationship will be unique. Volunteer mentors are a crucial part of the CLI team – they are our driving force for helping people to turn their lives around, providing practical support and constructive activities to help our clients make positive lifestyle changes.

No formal qualifications or experience are required to become a Volunteer Mentor however, Mentors would need to be willing/able to ensure clients work progressively and effectively to reach agreed goals. Life experience and/or a strong interest in supporting adults is a real advantage. Volunteers are

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recruited from a wide range of experiences and backgrounds, and the organisation actively welcomes volunteers with lived experience of drug, alcohol, offending, mental health, homelessness and isolation.

Currently we are looking for Volunteers in Leighton Buzzard, who can support our clients over the telephone. 1 day training via zoom will be provided and we hope once Covid 19 restrictions get lifted we can ask you to attend the 3 day Mentor training which will equip you to have face to face contact with the client. The 3-day training session will include safeguarding, risk, confidentiality and how to build an effective mentoring relationship maintaining professional boundaries and setting goals. Group sessions are also held for Mentors and Mentees, which they can attend for a social gathering and support for one another. For more information [click here](#).

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## Respite at Home Volunteers West Mid Beds and Ivel Valley

Respite at Home Volunteers are a charity which have been coming to the rescue of hundreds of families across Central Bedfordshire over the last 21 years. The charity provides a befriending service to families living with life limiting illnesses.



There has never been a better time to help others, so we are calling for new Super Hero Friends everywhere to join our lively team

Our service is limited at the moment due to social distancing, but If you have a phone and enjoy spending time chatting and listening and have a sense of humour then this could be a real life changing opportunity for you

No capes required, but full telephone training and support are given and no prior experience needed, just your extra special powers of warmth and empathy to help others. You could really help to change someone's world for the better at this time, just by a telephoning a family a couple of times a week.

For more information about our Super Friends service, or to make a referral if you are lonely and just want a friendly chat, then we can come to your rescue! Call 01234 743063 or email: [respiteathomevolunteers@aol.co.uk](mailto:respiteathomevolunteers@aol.co.uk)

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## Could you volunteer to support your local charity shops?

With some of the lockdown restrictions beginning to ease, several charity shops have now re-opened and are welcoming new volunteers who would like to help in either the short or longer term. The Charity shops are following Government guidelines on social distancing – limiting the number of customers, staff, and volunteers in the shop at any one time and taking precautions to help keep everyone safe. Read on to find out which shops welcome your support as a volunteer!

Charity shop volunteering is fun, friendly and sociable. It is flexible so you could help for just a few hours a week, or more regularly if you decide you want more! There are a huge variety of tasks for volunteers, depending on your preferences and you can feel good knowing you are supporting a worthy cause.

We have contacted the following shops in Leighton Buzzard, but know that many are opening across Bedfordshire. The best way to find out whether the shops in your area are looking for volunteers is to give the shop a call and have a chat about volunteering.

## Oxfam

Oxfam is a global movement of people working together to build a future where everybody enjoys equal rights and has enough to eat every day. The Oxfam Shop in Leighton Buzzard have opportunities for volunteer Retail Assistants to help in the shop with the processing and selling of donated items. During COVID-19, Oxfam's online sales have increased, and they would be grateful for volunteers to support in the shop as Volunteer Online Specialists. This role involves taking photos of items, writing descriptive text, listing items online and packaging sold items ready for dispatch. All volunteers will receive training for the role.



**For the Leighton Buzzard shop, please phone: 01525 854083 or go to: <https://www.oxfam.org.uk/get-involved>**

## The Salvation Army

The Salvation Army works with some of the most disadvantaged people in our communities, including homeless people, older people, unemployed people and those suffering from drug and alcohol addiction. The Salvation Army Shop in Leighton Buzzard are looking for volunteers to join their friendly team to help with all aspects of stock processing, there are also some temporary roles available to support over the next few weeks. No previous experience is necessary, and training and support is provided.



**For the Leighton Buzzard shop, please phone the shop on 01525 375669.**

## Age UK

Age UK have been working in the community to support older people, their families and carers for over 30 years. The Age UK charity shop in Leighton Buzzard urgently need more volunteers to help them with all aspect of stock processing particularly over the next few weeks whilst many of their regular volunteers are shielding. The shop is currently open Tuesday to Saturday.



**For the Leighton Buzzard shop, please phone: 01525 850289.**

## Free volunteer training

### Alzheimer Society – Free Dementia Friends Information Sessions

**Living with dementia** at any time brings challenges for those with the condition and the people close to them. Many face stigma and isolation in everyday life and the coronavirus pandemic is making things much harder.



Now more than ever, it is important that individuals get the help and support they need. If you are already volunteering and coming into contact with people with dementia then it's important to have an understanding of how it can affect someone and the challenges they and their carers might face, in order to know how to best support them.

Becoming a Dementia Friend simply means finding out more about how dementia affects a person – and then, armed with this understanding, doing small everyday things that help. Anyone can become a Dementia friend so if you would like a better understanding of dementia then you can book onto one of

the new Alzheimer's Society free Dementia Friends online webinar or livestream sessions by [clicking here](#).

For more information please contact Annlouise at: [annlouise.taylor@alzheimers.org.uk](mailto:annlouise.taylor@alzheimers.org.uk)

### Future Learn - Psychological First Aid (PFA) training

Learn how to give practical and emotional support to help people with different needs to cope with the emotional impact of COVID-19. This free course delivered by Future Learn, is aimed at frontline or essential workers and volunteers dealing with the public during the COVID-19 pandemic. You do not have to be a specialist to deliver PFA. Many people in helping roles will already be delivering PFA without realising it. Those who may benefit from this training include: health and social care staff, first responders e.g. police, ambulance, firefighters, frontline public-sector staff e.g. working in housing and employment services, essential workers e.g. those working in food delivery, funeral care, sanitation, community leaders and groups, volunteers, supervisors and managers supporting staff or volunteers. For more information and to register [click here](#).



## Keeping in touch

### Keeping in touch

Please let us know if you have continued volunteering during Covid-19, or whether you have taken on any additional volunteering relating to Covid-19 over the past few months.

The Volunteer Centre team are currently working remotely and providing support via phone and email. Please get in touch if you would like help or advice on any of the following:

- Using Volunteer Connect
- Volunteering during Covid-19
- Searching for volunteer opportunities
- Contacting an organisation for an update
- Any other volunteering-related questions!

*Using Volunteer Connect during Covid-19: Please note that during the current Covid-19 situation, some organisations may take longer to reply. Many organisations may have paused their volunteer recruitment due to working remotely and having to adapt their services. We are working with organisations to try to keep Volunteer Connect as up to date as possible but we thank you for your patience and understanding. If you have any queries, please contact us on [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk).*

Contact us on: [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk)

Kay Henderson – Volunteer Centre Manager | Karen Hall – Volunteering Adviser

## Staying safe

## Keeping Safe whilst Volunteering

Always follow the Government [staying alert and safe social distancing guidance](#) even when you are helping others or volunteering.

If you are returning to a volunteer role, always discuss the individual risks and talk to your volunteer manager about the measures that have been put in place to keep volunteers safe.

If you are helping those who are self-isolating, please remember to follow the government guidelines to ensure you are only spreading kindness and not anything else.

To help keep yourself and others safe, please act as if you are a potential carrier of the virus and take all practical measures to prevent passing it on to others more vulnerable.

### Please remember:

- Only volunteer if you feel well enough, and are not self-isolating
- Always follow [government social distancing guidelines](#)
- Do not place yourself in positions where you may feel unsafe
- Always adhere to the latest government advice - [click here for more details](#)

### Government - Coronavirus (COVID-19): safer travel guidance for passengers

If you are travelling to and from your volunteering then please ensure you are familiar with the latest [Government guidance](#) on how to travel safely during the outbreak including travelling by public transport and other means. Other guidance includes how to wear a face mask, how to make a face mask, who does/does not need to wear a face mask and what to take with you if you are walking or cycling. <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#travel-safely-during-the-coronavirus-outbreak>

The British Red Cross have prepared [short video and quiz](#) to help you volunteer safely.

This newsletter was produced on 19/08/2020 and follows government recommendations correct at this time. Please keep checking the [GOV website](#) for official advice and the latest information.

Additional information

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## Voluntary and Community Sector Job Vacancies

**Mind BLMK** - Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, they offer a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes, and their aim is to make sure that no-one has to face a mental health problem alone.

- **IT & Data Officer Flitwick** – Mind BLMK are looking for an IT and Data Officer who will hold responsibility for running and enabling Mind BLMK's IT and data functions. Closing date 10am Tuesday 25<sup>th</sup> August - for more information [click here](#)
- **Recovery Coordinator** – Mind BLMK is looking for a Recovery Coordinator to coordinate the running of recovery-focused and socially inclusive wellbeing services in Central Bedfordshire and Bedford, and implement a working recovery model. Contract type: Permanent Salary: £21,548.80pa pro rata (actual salary £19,801.60) – £11.20ph Contracted hours: 34.0 per week. . Closing date 10am Tuesday 25<sup>th</sup> August - for more information [click here](#)
- **DBT Peer Support Facilitator, Luton & Bedford (zero hours)** - To use own lived experience of emotional regulation and completion of DBT skills training to operate a DBT Peer Support Service in Luton and Bedford; and provide information and guidance, as well as implement pathways to the wider community. Closing date 10:00am Friday 28<sup>th</sup> August – for more information [click here](#)

**NOAH (New Opportunities And Horizons)** - NOAH is a Luton-based charity working across Bedfordshire, offering hope and support to people struggling against homelessness and exclusion

- **Head of Fundraising and Business Development** – Noah are recruiting for a Head of Fundraising and Business Development to join their Senior Management Team. This is a new role, reporting into the CEO, and represents an exciting opportunity to have a real impact on the development and growth of the organisation. They are looking for an experienced Fundraiser with a track record of success in fundraising from multiple income streams, including Trusts and Foundations, Community Fundraising (including Event Planning), Corporate, Statutory, and Individuals (including high value donors). Significant experience in Capital Fundraising would also be advantageous. Application is by CV and a covering letter which should indicate why you are interested in applying for the role and how you meet the role requirements. The closing date for applications is Friday 11th September. [For more information about this role click here.](#)
- **Employability Teacher (Self Employed)** – Noah are currently seeking the services of a part time employability tutor at the NOAH Academy. They are looking for an individual who has: Experience of motivating and empowering vulnerable adults from all walks of life; experience of using motivational approaches such as (but not limited to) Peer Support/ Pastoral work/ Positive psychology / coaching; an understanding of the needs and requirements of employers and how to best engage with businesses for the benefit of learners; Functional IT skills, such as the ability to create a CV and submit online forms; A desire to support and promote our core values of care, compassion, respect and dignity for the people that we serve. Please contact the NOAH

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Academy on 01582 726152 for more information or forward your CV to [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

- **Self Employed Contracting Teachers** – Noah currently has a number of part time Teacher/Tutor opportunities available and are seeking to appoint people who share their core values of care, compassion, respect and dignity for the people they serve to deliver the following: Basic IT; Wellbeing/ Peer Support/ Pastoral work/ Positive psychology / coaching; Employability; ESOL. Teaching is delivered at the NOAH Academy in Hightown, but also in community venues across Bedfordshire including Bedford, Dunstable, Biggleswade and Leighton Buzzard. Please contact the NOAH Academy on 01582 726152 for more information or forward your CV to [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

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This email has been sent Community Action Bedfordshire. You are receiving this email because you registered your interest in volunteering via the CBC website or opted-in to be part of the "Volunteer Bank" when you registered on Volunteer Connect – you can opt-out at any time by un-ticking the box on your profile.

*Alternatively, please reply with 'Unsubscribe' in the subject line.*

**Community Action Bedfordshire - [www.cabeds.org.uk/coronavirus](http://www.cabeds.org.uk/coronavirus) - [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk)**

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