

Volunteers' Week Volunteering Newsletter

10 June 2020

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We are pleased to share with you our [Thank you video](#) to mark Volunteers' Week 2020.

National Volunteers' Week takes place from 1 - 7 June every year to celebrate volunteering, it's a week dedicated to thanking all volunteers for their time, energy, commitment, values and skills.

We wanted to create this video to say a huge THANK YOU to everyone volunteering and helping in their communities across Bedfordshire over the past year, and more recently during Covid.

If you have been helping friends, family and neighbours with shopping, continuing your volunteering, or starting a new volunteer role - thank you!

Thank you to everyone who contributed by sending us photographs and quotes.

We are extremely grateful to the volunteers who supported us in the making of the video by offering their creative and technical expertise - we couldn't have done it without you!

Please like and share our video on [Facebook](#) and [Twitter](#).
[Click here](#) or on the image to view the video.



IT'S TIME TO SAY THANK YOU



#VolunteersWeek2020



Community Action: Bedfordshire is the accredited Volunteer Centre for Central Bedfordshire and Luton.
www.cabeds.org.uk | volunteer@cabeds.org.uk | [Facebook](#) | [Twitter](#) | [@CABedfordshire](#)

Volunteers' stories

One of the benefits of volunteering is that volunteers often gain as much as they give when they volunteer. Volunteers have shared their experience of volunteering during COVID-19.

“My volunteer work for Dunstable Good Neighbours is contacting residents for a friendly phone chat and to see how they are. It’s good to talk and hopefully they enjoy my company as much as I do theirs, long may it continue.” *Sid - Volunteer Dunstable Good Neighbours*

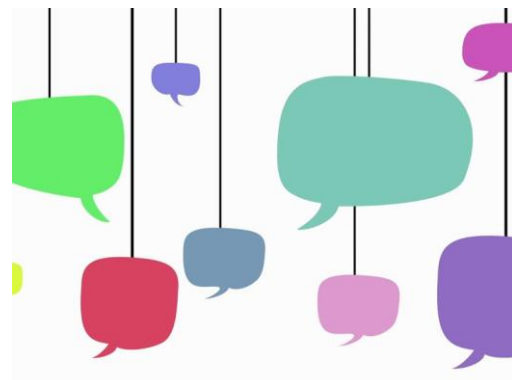


“I would like to say that I am very grateful that Community Action organised volunteering opportunities during the COVID19 pandemic. The list of opportunities had a good mixture of skills and knowledge. It has been a couple of weeks since I joined BuDS (assisting disabled people in Buckinghamshire and Bedfordshire). The role is a research role where I can use my work experience and qualification fully. I am happy my knowledge is valuable to this organisation. Thank you very much for linking people and the opportunities to make our community better”
Noriko – Volunteer BuDS

“I hadn't done this type of role before so was a bit nervous before phoning but it was really nice to speak to a lovely lady on my first call and to hear that she had found it helpful too and would like a further call in a weeks' time. As long as you are a good listener then anyone can do this role!” *Leighton Listeners volunteer*

"I started volunteering with LL Listeners last week and although whilst new to this type of role it's going well! It's great to know that not only as a volunteer are you supporting people in the community who can really benefit at this time from a friendly chat but knowing that as volunteers we are being looked after and supported through regular group on-line support sessions." *Donna - Leighton Listeners volunteer*

"For me being a volunteer has completely changed my life, I was in such a bad place before getting involved in this group and this group has given me confidence to come out of my shell and to believe in myself again. I highly recommend volunteering in an organisation as it is a great way to meet people and become a part of something special". *Leighton Linslade Helpers volunteer*



"I am the head of DT and Food at Vandyke upper school and I am in the high-risk group of people. When school closed to most students, I made the decision to do as I was told for once and stay home! Just 2 days later I decided I couldn't sit by and not do anything to help. So, the Vandyke visor was born! We have designed and made around 7000 full-face visors for use at this difficult time, donated free of charge (although donations are welcome). The visors have been given and approved for use in MKUH, L&D, Stoke Mandeville Hospitals, two London Hospitals, care homes, pharmacies, schools and businesses. We are keen to reach out to more people." *Jacqueline Hargreaves*

If you need a face visor please contact Jacqui via Facebook Messenger or by email jacqui_hargreaves@yahoo.co.uk.

Volunteering opportunities

With lockdown restrictions starting to ease, many charities and organisations are now in the process of risk assessing their return to some sort of normality. This includes considering how volunteers can be involved safely and taking on new volunteers.

Some of the roles below may be temporary to support organisations or individuals during the current COVID-19 situation. Other opportunities are ongoing and therefore may require a regular commitment.

For ongoing volunteering opportunities we have a volunteering platform called [Volunteer Connect](#), which is accessed via our website. On Volunteer Connect you can [register, search and apply for ongoing volunteer opportunities](#). If you have already registered on Volunteer Connect, you can apply for some of the opportunities below by clicking the Volunteer Connect link. This will put you in touch with the organisation directly.

Organisations currently recruiting volunteers:

- **Keech Hospice Care** (*Bedfordshire and Luton*)
- **Groundworks** (*Bedfordshire and Luton*)
- **Reengage** (*Bedfordshire and Luton*)

- **Dunstable Town Council** (*Dunstable*)
- **Barnardo's** (*Houghton Regis*)
- **Citizens Advice Leighton Linlade** (*Leighton Buzzard*)
- **Age Concern Luton** (*Luton*)
- **Kids Out** (*Luton*)
- **NOAH Enterprise** (*Luton*)

Please scroll down to find out more about current volunteering opportunities at these organisations.

Bedfordshire & Luton volunteering opportunities

Keech Hospice Care

Has being in lockdown got you thinking about the great skills you have and putting them to good use to help others?

The best gift you can give is your time. Whatever your age or skills, however much time you can give, we've got a volunteer role for you. Use your skills and join a great team whose values match your own. [Click here](#) to find out more.



Retail Shop Volunteer

Keech Hospice Care shops across Bedfordshire and Luton are looking for volunteers!

Our fun and friendly team of retail staff and volunteers raise £1.4million each year to support children and adults with life limiting conditions. Keech Hospice Care have 33 shops across Beds, Bucks and Herts.

Retail Tasks include:

- assisting and serving customers, providing a high standard of customer service
- helping with stock processing, including sorting, steaming, cleaning, pricing and hanging of donated goods- cash handling and accurate operation of the till
- assist with keeping the shop premises clean and tidy
- positively contributing to team working in the shop
- lifting, moving and displaying retail items



[Click here](#) for more information and to apply.

If you have already registered on Volunteer Connect [click here](#) and search 'Keech Hospice Care'.

Groundwork

Independent Visitors (IV)

IV's provide a befriending service for young people in care and meet with their young people every 4-6 weeks, during evenings and weekends, for a couple of hours to spend time together out in the community. The purpose of the role is to support the young person with confidence, independence, responsibility and general life skills.



Mentoring

Mentoring volunteers provide 1:2:1 support for young people with low to medium needs during the day or evenings either at school or at a youth club. The purpose of the 1:2:1 is to address the issues identified by the young person or referrer and any other concerns that arise in the sessions through

supportive techniques, helping the young person to create coping strategies or signpost where necessary.

Due to the nature of these volunteering opportunities and the training and checks required, Groundwork are looking for volunteers who can commit to the role for a minimum of a year. No experience is necessary, just a desire to help and support young people. Full training and support provided, additional information and role descriptions will be provided by Groundwork.

To apply or find out more about either of the above roles email: youthvolunteers@groundwork.org.uk

Reengage

Reengage supports people who are over 75, live alone, and find it hard to get out in normal times. The Covid-19 crisis is particularly devastating for these people and many are feeling incredibly vulnerable, especially those with few family members or friends to talk to.



Call Companion

Call companions are volunteers who make regular telephone calls to lonely and isolated, older people. As a call companion volunteer you will be matched to an older person in Bedfordshire, where possible based on your interests and hobbies. These calls provide a lifeline of friendship for our older people. The regular, warm, friendly chat and companionship is a vital link with the outside world from which they have become isolated.

Call companions will receive ongoing support and training.

[Click here](#) for more information.

Dunstable/Houghton Regis

Dunstable Town Council Markets

Volunteer Marshalls

The Town Council would welcome 3-4 volunteers who could assist with Marshalling the public during the outdoor markets, due to open again this weekend. The role will be to help remind the public to adhere to social distancing guidelines and/or any other relevant government guidelines.

The outdoor markets will be running in Ashton Square, Dunstable from 9:30am – 3:30pm on the following dates:

All Saturdays:

June 13, 20, July 11, 18, August 8, 15, September 12, 19



To express an interest in this role, please email: volunteer@cabeds.org.uk or phone 07825 665038

07540 048930 annette.clynes@dunstable.gov.uk

Barnardo's

Barnardo's is looking for volunteers for the following opportunities based at their Connecting and Supporting Families (CASF) centre in Houghton Regis. CASF provides a service that enables children to meet their birth parents in a supervised setting at a time when they are unable to live together. These roles are suited to people who are looking to volunteer on an on-going regular basis due to the nature of the service provision.



[Volunteer Driver](#)

Could you safely transport a young person with a carer or chaperone to enable them to attend meetings at the centre? Pick-up and drop-off will be at various points in the locality. You will need your own vehicle with the appropriate licence and insurance, a DBS check and some training. Expenses will be payable. We are preparing for some visits to recommence, but we are not sure when it will be safe for volunteers to transport young people in their cars. It would be helpful though to start any new volunteers on our recruitment process, so we are ready to restart.

[Quality Assessor for written reports](#)

Reports are written after each supervised session, which go to social workers and can be used in court hearings. We need to make sure they are consistent and accurate in terms of spelling and grammar. Could you proofread our reports to ensure that quality is maintained? It is possible to carry out this role from home, but it would be helpful to start volunteer induction processes as soon as possible.

[Gardener/ Handyperson](#)

We are looking for a volunteer gardener/handyperson to help out a couple of times a week as we have a large building and grounds which means there are always little jobs that need doing. When we recommence the service, we will be mainly operating outside. This role does require a DBS check so in the interim period we would be happy to start any applicants off on our recruitment process so we are ready to go once we can recommence meetings.

[Contact Centre support volunteer](#)

Can you help to facilitate meetings for parents and young people? We have a dedicated centre and other venues where meetings will take place. You might be greeting or signing in visitors, offering refreshments, preparing rooms so they are ready and welcoming and helping with admin tasks. This role will recommence when everything is back to normal, but in the interim we would be happy to start any applicants off on our recruitment process.

To find out more or apply for any of the above roles please email: jeremy.dann@barnardos.org.uk
If you have already registered on [Volunteer Connect](#) please click on the role title above to register your interest.

Leighton Buzzard

Citizens Advice Leighton Linslade

Join our Board of Trustees and help shape the future of Citizens Advice in Leighton-Linslade



Citizens Advice Leighton Linslade (CALL) is one of 300 local Citizens Advice across England and Wales, each of which is a registered charity with its own board of trustees. The Board oversees the management and finances of the charity and is responsible for deciding how the service is developed to meet the needs of the community. Trustees volunteer their time and expertise and are given the opportunity to utilise their skills or develop new ones in a supportive environment.

Last year CALL's 45 volunteers and eight members of staff helped around 2,500 people in Leighton-Linslade with about 11,000 different issues, and demand for their advice and support, especially regarding the impact of coronavirus, is greater than ever.

CALL is a small charity that provides information and free, independent advice to help people resolve their problems, including benefits, debt, employment, housing and we strive to change policies and practices that affect people's lives. Last year our 45 volunteers and 8 members of staff helped almost 2,500 local people with about 11,000 issues. The service is based in Bossard House in Central Leighton Buzzard and has an outreach service at a local GP surgery. [Click here](#) to find out more.

[Chair of Trustees](#)

We are looking for a new Chair to lead our Board of Trustees to ensure that the trustee board provides long term strategic management of the organisation. The role of Chair of Trustees will include supervision of the Chief Officer. Experience of the role of trustee and understanding of the Citizens Advice service will be an advantage. However, we are looking for people with a wide variety of skills and a diversity of background and experiences.

[Trustee](#)

Could you be a Trustee and help to develop our organisation to meet the growing needs of the local community? No specific qualifications are required, and we welcome people of all ages, backgrounds and experience.

If you are interested in either of the roles and would like more information, an informal chat and/or application form [click here](#) to visit the website and please contact: **Kash Karimzandi, Chief Officer**, on **01525 374589** or email kashkarimzandi@leightonlinsladecab.org.uk

If you have already registered on [Volunteer Connect](#) please click on the role title above to register your interest.

Luton volunteering opportunities

Age Concern Luton

During COVID-19 outbreak, Age Concern Luton's staff and volunteers are working hard to provide practical and emotional support to older people in Luton. As a result of COVID-19 they have the following new volunteer roles:



Deliveries: A small number of additional volunteers are needed to be on-hand for ad-hoc requests to drop off essential items to older people in Luton. These could include things such as emergency food parcels, shopping, medication and other essential items.

Welfare Checks: Volunteers are needed to help call older people in Luton to check on their wellbeing and offer support. This is a home-based volunteer role tailored around your schedule and other commitments.

Telephone Befriending: Volunteers are needed to provide company to older people who are social distancing, self-isolating or shielding during this difficult time. We all know how lonely this time can be, so if you like to talk or like to listen, please get in touch! This is a home-based volunteer role tailored around your schedule and other commitments.

If you are interested in any of the above roles please email: volunteering@ageconcernluton.org.uk

Kids Out

Volunteers needed in Luton

Are you looking to volunteer for a worthy cause?

KidsOut desperately needs volunteers to categorise toys and pack into boxes to be distributed to disadvantaged children around the UK.



With the Covid-19 outbreak hitting communities across the UK, the KidsOut team have been busy delivering emergency Toy Boxes to every child living in a Women's Aid refuge providing new toys and activities for children to enjoy while self-isolating indoors. KidsOut were able to provide 5,362 Toy Boxes to every child in Refuge and 2 lots of supermarket food vouchers to over 3300 families in refuge. There are still many children in Refuge that need our help and support and we are hoping to send out a further 5K toy boxes in September.

We are looking for volunteers in **July** to categorise toys and toy box pack at our Luton Warehouse. We would provide masks and would not have more than 6 at a time in the warehouse, adhering to the social distancing measures.

If you would like to get involved please contact **Sandra Doherty at KidsOut on 07934 535437 or email sandra.doherty@kidsout.org.uk**.

NOAH Enterprise

NOAH Enterprise is a Charity that has been working with the most disadvantaged in Luton for over 25 years providing welfare, training, housing advice and support, and running a social enterprise. NOAH is reliant upon the continued support of our fantastic volunteers. We have a wide range of volunteer opportunities, one or more of which might appeal to you. For many of our volunteering roles, no previous experience is required but full training is provided.



We are looking to re-open our shops from 15 June and to be able to start involving volunteers in the Academy again in the new academic year. We have **15 different volunteering opportunities** across our Welfare Centre, Academy, Furniture Store and other retail locations so something to hopefully suit everyone!

Welfare Centre: Kitchen Assistant/Soup Kitchen Assistant/Games & Activities Engager

Academy: Teaching & Classroom Assistant/Interpreter/Mentor/Administrator/Cleaner

Social Enterprise (Retail) - Receptionist & Telephonist/Booking Coordinator/Internet Sales & Sourcing Agent/Van Drivers Mate/White Goods Furniture Restoration/Car Boot Stall Holder/Personal Shopper

To find out more about any of the above opportunities please [click here](#).

Staying safe

Keeping Safe whilst Volunteering

Always follow the Government [stay 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, are not shielding or self-isolating
- Don't go into other people's homes
- Always follow handwashing guidance
- Follow [government social distancing guidelines](#)
- Don't share car journeys with anyone outside of your household
- Let family and friends know what you are doing
- Do not place yourself in positions where you may feel unsafe
- Always adhere to the latest government advice - [click here for more details](#)

The British Red Cross have prepared [short video and quiz](#) to help you volunteer safely. This newsletter was produced on 10/06/2020 and follows government recommendations correct at this time. Please keep checking the [GOV website](#) for official advice and the latest information.

Volunteer Connect

Volunteer Connect

If you are looking for an ongoing volunteering opportunity, we have an online Volunteering platform called [Volunteer Connect](#) where you can:

- Create a profile with details of your skills, experience and interests
- Join a 'Volunteer Bank' where organisations can invite you to apply for roles if they think you may be interested
- Search and confirm your interest in voluntary roles and receive a response direct from the organisation

To register with volunteer Connect, click [HERE](#).

You can also access Volunteer Connect by going to www.cabeds.org.uk, scroll to the bottom of every page and click on this logo:



for volunteers



Login or Register
as a Volunteer

[To view, search and apply for volunteering roles click here](#)

Please note that during the current COVID-19 situation, many organisations who have registered volunteering opportunities on Volunteer Connect are not currently in a position to recruit new volunteers, and may even have had to temporarily close some of their services in the best interests of their current volunteers, staff and clients. You can still browse opportunities on Volunteer

Connect [here](#), if you do decide to apply, please write in the message that you are happy to be contacted when the organisation is recruiting again.

Additional information

Voluntary and Community Sector Job Vacancies

Directional CIC – Mentor – Directional is looking to employ a versatile member of staff who can provide one- to-one mentoring sessions to young people in addition to supporting group sessions and leading on end-of-project events. throughout Bedfordshire 40hrs a week - £21 - £23,500 pa. Please contact directional.cic@outlook.com

BedsRCC – Community Wellbeing Champions - Leighton Buzzard and Bedford - Salary £25,295 (initial 1-year contract with extension subject to funding) 35 hours a week. Closing date 9am Monday 29th June. Do you have a passion for finding practical ways to enhance the lives of people facing complex life situations? Could you help us to pioneer a new approach to supporting people in their local community? BedsRCC has been commissioned to provide Social Prescribing across the county and we are currently seeking to recruit Community Wellbeing Champions to deliver this service in Leighton Buzzard and Bedford. For an informal chat please contact Kate Ellis Community & Wellbeing Service Manager on 07948 417 042 or to find out more please [click here](#).

This newsletter has been sent to you by Community Action Bedfordshire, if you do not want to receive further volunteering updates, please reply to this email with unsubscribe in the subject box

Community Action Bedfordshire - www.cabeds.org.uk/coronavirus - volunteer@cabeds.org.uk

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