



Volunteer Centre North Kesteven is a service offered by Voluntary Centre Services North Kesteven (VCS NK)

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**Volunteer Centre**  
**North Kesteven**



## VOLUNTEERING BULLETIN

**Volunteer Centre North Kesteven 01529 308450**  
**[www.volunteercentrenk.org.uk](http://www.volunteercentrenk.org.uk) [www.do-it.org.uk](http://www.do-it.org.uk)**

# VOLUNTEER CENTRE NK

**Volunteering provides YOU with the opportunity to:**

- ★ Learn new skills
- ★ Put your skills to good use
- ★ Take an active role in your community
- ★ Create opportunities for yourself
- ★ Receive qualifications or accreditation
- ★ Gain valuable experience
- ★ Build on what you've got



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# VOLUNTEER CENTRE - NK

## Q & A

Things you might like to know about volunteering:

**Q: *Will I be out of pocket?***

**A:** Most organisations pay volunteer expenses for travel. Some are able to pay towards childcare costs.

**Q: *I am a carer and therefore cannot guarantee a specific time-slot each week. Does this exclude me from volunteering?***

**A:** Carers are very welcome, organisations are usually flexible and will appreciate your experience.

**Q: *I don't have much free time but would like to volunteer. Is there anything available?***

**A:** You can volunteer when it suits you. There are opportunities which can fit around your other commitments.

**Q: *I am a full time student. Is volunteering an option for me?***

**A:** Yes, you could volunteer in between your lectures/seminars, weekends, evenings or holidays.

**Q: *I am claiming benefit and seeking paid employment. Is voluntary work any use to me?***

**A:** Yes, the Benefits Agency does allow voluntary work.

**Q: *Am I fit enough to volunteer?***

**A:** Yes, if you need special facilities or support, the Volunteer Centre North Kesteven can help you find a suitable opportunity.

# VOLUNTEER CENTRE - NK

## 👐 WHAT WE OFFER 👐

### **Brokerage**

Volunteer Centre NK offers a "brokerage" or matching service. Together we can help you find volunteering opportunities suited to your individual needs.

### **Why volunteer?**

There are lots of reasons why people volunteer. Spare time to fill, bored with your current job, recently retired or a student looking for work experience? Volunteering is a great way to learn new skills, get back into the workplace and meet new people.

### **Be involved**

You can do something that you are passionate about, get yourself involved in the local community, enjoy yourself and really make a difference!

### **Looking for something new?**

There are lots of organisations that would appreciate your time!

# VOLUNTEER CENTRE NK



## **The Power of Volunteering**

Welcome to the third edition of the Volunteer Centre North Kesteven's Volunteering Bulletin. It gives you the latest information on volunteering opportunities in your local area, and help you find a position whatever your age, background or experience. Volunteering can make a difference to someone's life. Below is an example, written by a volunteer.

" I have lived in the Sleaford area for the past three years. After an illness I found myself unable to work & it was suggested that I try volunteering for a few hours a week to gain confidence. With the help of the volunteer centre in North Kesteven (VCS NK) I now volunteer for a few hours each week doing a variety of admin tasks with help & support from the staff at VCS NK. This has given me the chance to retrain and I have started to accomplish a multitude of skills. I am looking forward to achieve an NVQ in Business Admin and I have a much more positive outlook on life. The overall experience of volunteering has made me feel more confident in learning new skills."

- Volunteer, July 2008.

# VOLUNTEER CENTRE - NK

## VOLUNTEERS REQUIRED

### **YOUR PLATFORM 2 CHANGE THE WORLD!**

**ORG ID: UCA100**

A unique opportunity for 18-25 yr olds from the UK to visit a developing country to volunteer and then come back and creatively express their experiences through film, art, photography, blogging—whatever you're into. The program is for 10 weeks and fully-funded. You could be going to countries such as Ghana, South Africa, Peru, India or Malawi!

### **Researcher**

**ORG ID: UCA 90**

### **Interested in your community?**

To research the needs of the community in areas of education, health, tourism and unemployment. This information will be used to gain funding so as to enable an organisation to open a health and learning centre for the community. This opportunity will be home based, so access to a computer and the internet is required.

### **Minute Taker**

**ORG ID: UCA 96**

Are you able to take minutes? This is a chance to attend six monthly meetings with members and regular specialist speakers involved with mental health and associated matters of interest. Computer skills are required as minutes will need to be produced. This is an interesting opportunity held at various locations throughout the county in places such as Sleaford, Stamford, Grantham and Bourne.

# VOLUNTEER CENTRE - NK

## VOLUNTEERS REQUIRED

### **Ambulance Car Service Driver**

**ORG ID: UCA34**

### **Do you own a car and a clean driving license?**

The Ambulance Car Service provides support to the East Midlands Ambulance Service NHS Trust's Patient Transport Services. Volunteers transport patients who are able to travel by car and only require minimal assistance to get into and out of the vehicle. By using their own cars, volunteers enable EMAS NHS Trust to use ambulances for transporting the less mobile patients to hospital. A worthwhile opportunity!

### **Advocate**

**ORG ID: UCA 87**

Advocates are required to help people with learning difficulties, physical disabilities or elderly to gain a voice. This could be attending meetings with clients, speaking up for them, or helping them to speak, in a range of ways, from financial to health, care packages to housing or family matters.

Non-judgmental and listening skills are a must, as well as being a good organiser and have a willingness to help and learn.

### **After Schools Club Volunteer**

**ORG ID:UCA109**

If you are into sports and performing arts, enjoy working with children and are able to get to various primary schools in and around Lincoln, then this may be the opportunity for you! Clubs run in term time and you will need lots of energy, enthusiasm and commitment to help run these clubs!