

Here to help you and your community

Helping you to get the most out of your volunteering:

- Finding you the perfect role
- Filling in application forms online or off-line
- Developing unique roles to match your skills and interests
- Accompanying you to initial interviews and meetings
- Supporting you through the induction process

VOLUNTEERING

Linking you with community activities to support your health & wellbeing:

- One to one support to help set goals for health and wellbeing
- Advice on availability of services in the community
- Support and advice on accessing local groups and activities

SOCIAL PRESCRIBING

If you would like your group's volunteer roles promoted in this booklet and through our local volunteer centres, contact your local Area Officer.

We can also help groups with:

- Funding sources
- Volunteer management & DBS checks
- Governance, policies, and procedures

GROUP SUPPORT

We have area offices in Boston, East Lindsey, South Holland and South Kesteven.

Talk to your local Lincolnshire CVS Area Officer today:

Thelma Wadsley
M: 07399 767501
thelmawadsley@lincolnshirecvs.org.uk

-
Victoria Speak
07947667848
victoriaspeak@lincolnshirecvs.org.uk

VOLUNTEERING OPPORTUNITIES



get involved - learn new skills - support your local community



IN BOSTON BOROUGH

THIS BOOKLET ONLY SHOWS A SMALL SELECTION



Lincolnshire Community and Voluntary Service

Registered Charity No. 1069356 Company Limited by Guarantee registered in England and Wales No. 3503128. Registered Office: C/O Boston Borough Council, Municipal Buildings, West Street, Lincolnshire, PE21 8QR

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Volunteer Centre

Issue 8 (Spring-Summer) - 2023

Build your CV

Royal National Blind Institution

Community Lead Volunteer

- Host events and regular groups
- Give talks about sight loss, eye health, the work of RNIB and partners
- Design and deliver local campaigns
- Lead and train groups of volunteers
- Organise fundraising events like store collections
- Attend information stalls and cheque presentations
- Make wellbeing calls to community members. As a blind or partially sighted Community Lead Volunteer, you may have the opportunity to join one of our Community Action Groups, shaping activity in your local area. (Note: These Groups have no governance or resource authority within RNIB.)

*Attend local and regional events; Build local links; Keep abreast of local issues/challenges; Organising, supporting, and attending activities in your local area for blind and partially sighted people.; Plan and action local campaigns.

Find a Home for Sooty Volunteer

Join our community of amazing volunteer Sooty box collectors and help us to provide blind and partially sighted people with the support they need at this uncertain time. RNIB urgently need volunteers to collect and bank donations received through our Sooty boxes, which play a vital role in generating income and raising our profile in local communities. This role is completely flexible, can be performed by individuals, pairs or groups and the time you dedicate to it is entirely up to you and your commitments. You can give your time as little or as often as you like! This activity has been fully risk-assessed and you'll be supported by a volunteer manager to ensure the role is performed safely and in-line with current government restrictions. Please note: Volunteers will be expected to use their own transportation and ideally should have access to a car. Mileage or transport costs can be reimbursed. Due to insurance requirements, you must be 18 or over.

Roaming Tech Support

Our roaming tech volunteers provide one-to-one support to people with sight loss, visiting them in their own homes to help them get the most out of technology. They may help customers set up a new device, learn new features or trouble shoot tech problems. Roaming tech volunteers support people local to them.



COULD YOU BE A MICRO-VOLUNTEER?

You can support charities in many ways without a long-term commitment:

- Planting, weeding or pruning in a community garden.
- Posting on social media.
- Helping at a one-off event such as the beach cleans or marshalling at events
- Taking part in fundraising activities such as bake sales, knitting.

Contact us today to find out who needs just a little of your time.

Keep Britain Tidy River Hero - Boston

Clear litter pollution from the river Witham and surrounding areas. All equipment, training and support will be provided. You will be joining a network of over 50 groups across the region and making a huge difference to marine life across the planet by keeping their environment as safe, clean, and natural as possible.

VOLUNTEERING CAN BOOST YOUR EMPLOYABILITY

- Great for your CV
- Support Job applications
- Support a university application
- Access Training
- Gain Qualifications

DISCOVER THE BENEFITS OF BEING A TRUSTEE

Trusteeship is a unique form of volunteering and a fantastic way to engage in the charity sector with many professional rewards.

- Contributing to a great cause
- Gaining strategic experience
- Creating professional networks
- Developing skills and experience

Contact us for current vacancies.

RSPB Lincolnshire Frampton Marsh Visitor Centre Volunteer - Boston

We'd like your help to provide a warm welcome at the visitor centre, give information to the public, recruit new RSPB members, and take payment for catering sales. You will get to meet and chat to a wide variety of people, surrounded by wonderful wildlife. The visitor centre is warm and comfortable, with some amazing views! You will be part of a friendly team of volunteers, with regular social events. This role would be ideal for someone trying to gain experience of customer service and care.

Food & Beverage Volunteer

To assist the operation of the café. This can include engaging with visitors, maintaining the café floor, pot washing, till work, barista, food prep, baking.

A great opportunity to gain hospitality experience in a wonderful setting.



Gain New Skills

Lincolnshire Dementia UK Ambassador

Volunteer Ambassadors represent Dementia UK in their local area. There are various ways to do this, including:

- Attending cheque presentation events
- Attending organised running and cycling events to cheer on Demetia UK participants
- Organising your own fundraising activities e.g., bucket collections or raffles
- Taking part in or encouraging others to get involved in Time for a Cuppa
- our annual flagship fundraising event
- Supporting social media campaigns by sharing content with your own network
- Proactively securing and undertaking speaking engagements about the work of the charity and the importance of fundraising

Building Resilience in Communities (BRIC) Fundraiser & Ambassador

You should have a positive, non-judgmental attitude to working with people of any gender, family status or sexual identity, or who are from any ethnic origin, culture, or religion, or who may have a disability or additional learning needs. Demonstrate a sensitive and caring attitude towards others and have time and enthusiasm for BRIC, be reliable and understand the importance of reliability.

Get Involved

St Barnabas Lincolnshire Hospice Wellbeing Hub Assistant



Our volunteers' welcome patients and carers into the hub and make them feel at ease with us. You will offer a listening ear during visits and signpost people to where they can find more information about our hospice services. Our volunteers provide refreshments to people attending the hub and help maintain a clean and tidy kitchen area.

Lead Retail Volunteer

Sorting clothes, bric-a-brac, shoes, bags, books. some steaming required, pricing stock, learning about rotating stock, customer service, till work, learn about cashing up procedures.

Creative Wellbeing Group

You will provide a safe, friendly environment for group members to meet, share your creativity within the group supporting making memories and managing emotions through creative activities.

Activities include:

- Creating scrap books
- Crocheting/knitting blankets
- Sewing comfort bags
- Making memory bears
- Building Lego
- Colouring in
- Jigsaws

Make a difference

Boston Women's Aid Donations Helper

We're looking for someone to help us keep our donations sorted out and to prepare food/household goods parcels for families coming into refuge. No set hours. Working alongside two of our Trustees at our offices. Boston Women's Aid has an amazing network of supporters who donate food, toiletries, cleaning materials and lots more, helping us to equip families who arrive in refuge with nothing but the clothes they are wearing! Helping to organise small fundraising events such as a tombola stall or raffle.

British Heart Foundation Fundraiser

Could you be a volunteer fundraiser? All you need to do is plan and promote an event in your local community to raise funds Responsibly represent the British Heart Foundation brand. Manage income and perform basic administrative duties.

VOLUNTEERING IS GOOD FOR YOU!

- Build self confidence
- Reduce social isolation and meet new people
- Reduce stress levels
- Give yourself a sense of purpose
- Become happier

Gain references

The Friendly Bench Boston Friendly Bench Boston Group Treasurer

The Treasurer has the day-to-day responsibility of looking after the group's money. They need to have an overview of the group's financial situation and provide information to help the group make informed decisions. The Treasurer does not have sole responsibility for the group's finances. It is up to the committee to decide how funds will be raised and spent.



Group Secretary

Taking minutes at the committee and general meetings. Keeping people informed about the organisation's activities. Receiving and responding to information, emails, and letters.

Down Right Ausome Children Centre Assistant

Within this role you will encounter a lot of different people and a lot of children. We do supply toys, a ball pit, a soft cushion area and refreshments too. It is a relaxing role and you do require patience due to the people we have in our centre. In this role you will be required to:

- Make teas, coffees etc
- Help tidy the toys away
- Be interactive and a welcoming face when anyone walks through the door
- And to be open minded.

Meet New People

Citizen Advice Mid Lincs

Adviser - Boston

- Help a client with debts work out a reasonable amount to pay back, and make a phone call to an organisation they owe money to
- Explore what benefits a client is entitled to and help them to complete a benefit application form
- Help a client who has problems with their landlord to understand their housing rights

Boston Administrator

- Complete an induction to Citizens Advice and training for your role
- Help with the day to day running of the Citizens Advice service
- Reply to emails and post
- Monitor supplies
- Print and scan documents and leaflets
- Update spreadsheets and databases
- Assist with the preparation of recruitment and training materials
- Contribute to the organisation and displays in the office space
- Meet and greet clients as required

Initial Checker

- Complete an induction to Citizens Advice and training for your role
- Empower clients who are capable of self-help to access the resources they need
- Improve the client journey by ensuring that clients who require further support won't have to repeat information
- Explain the Citizens Advice service to clients
- Record client numbers and issues
- Help clients identify the correct leaflet, self-help resource or service provider



Give back to your local community

The Order of St. John Care Trust

Skirbeck Court – Volunteer Activities Assistant - Boston

We're looking for outgoing people who can encourage others to join in and don't mind looking a bit daft doing so. (There will be crazy costumes and glitter somewhere along the line!) Some of our Activity Assistants run their own sessions, for example a book club. We'll support you if you have an idea but we're also equally happy for another pair of enthusiastic hands. You'll be a people person who enjoys the company of older people. You'll be willing to get stuck in and try a new activity. You'll be self-motivated and willing to work independently at times. You'll be able to encourage others to try and include people who might be shy. You'll be good at reading people, picking up signs if someone isn't themselves. Finally, you'll have a good sense of fun.

Skirbeck Court – Volunteer Befriender - Boston

Our residents have some great stories which can be shocking, funny, and sad; often all at once. You'll form close bonds with people, so you'll need to be emotionally resilient and willing to be guided by the Care Team. You'll understand that sometimes the conversation will be all one way, circular or non-existent but that your time is the most valuable gift anyone could give. You'll be good at reading people, picking up signs if someone isn't themselves. You'll be self-motivated and willing to work independently at times. You'll be a people person who enjoys the company of older people. You'll be confident talking to carers if you notice a change in someone. You'll be a good listener. You'll be comfortable talking to older people and curious about their lives. You'll be happy to share your own experiences.

Skirbeck Court – Volunteer Music & Singing Assistant - Boston

You'll need to be patient and non-judgemental; some people will be more able than others, but the key thing is taking part. You'll be good at reading people, picking up signs if someone isn't themselves. You'll be able to encourage others to try and include people who might be shy. You'll be self-motivated and willing to work independently at times. You'll be a people person who enjoys the company of older people. You'll be a music lover, ideally able to play an instrument or sing. You'll be happy to share your musical talent and love of music. You'll be understanding of the power music can have in promoting memory and as a sensory experience, especially for people who have lost other senses, such as sight.