

Volunteering Opportunities

Hastings area - August 2019

Here are a few volunteering opportunities that we are highlighting this month. Are you interested in any of them?



Association of Carers – Volunteer Retail Assistants

The Association of Carers support unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, volunteer-led services that encourage independence and reduce isolation. We are looking for Volunteer Retail Assistants to assist and serve customers and process stock in our charity shop on Queens Road, Hastings. Full training provided. For an application form please contact Louise@associationofcarers.org.uk, call 01424 722309, or visit us at www.associationofcarers.org.uk

Alzheimer's Society – Side By Side Volunteers

Alzheimer's Society is the only UK charity that campaigns for change, funds research to find a cure and supports people living with dementia today and Side by Side is our fun, friendly, super-flexible volunteering opportunity. You'll be helping a person living with dementia to take part in their favourite activities or even try new ones, from joining a local club or going to the library or going to watch football or just for a stroll in the park. You'll be supported by a role manager throughout your journey with us and receive a first class training in supporting people with dementia. To find out more, please contact Louise Cruickshank on louise.cruickshank@alzheimers.org.uk or by telephone on 07525 404156.

Over 50's Hub – Community Café Volunteers

Hastings Voluntary Action are involved in the development of a new hub space for over 50's in Central Hastings, Bank Buildings. Our vision is to fill the hub with different activities and services plus a vibrant café. Could you lend a hand in the café by washing up, clearing tables, cooking or making tea? We can offer training, support with travel expenses and flexible hours to suit you. Call Debby on 07513234307 or email debby@hastingsvoluntaryaction.or.uk

If you have not spotted something that is suitable for you, contact Hastings Voluntary Action on 01424 44010 for more ideas - there are hundreds of things that you can do, that need from as little as an hour a month of your time.