

Volunteering Opportunities

Hastings area – January 2021

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



Recovery Partners – Heart Matters is a new arts and peer support project for designed to support isolated older people living with mental health challenges. Volunteers are needed to help people access online workshops through mobile technology so need to be confident in using tablets, smart phones, dongles, setting up wifi, but more specifically demonstrating to others how to work safely online whilst using Zoom and internet search engines. If this role appeals to you then contact Anthony Stevens on 07826 094533 or email a.stevens@recovery-partners.co.uk

Groundwork South - Greener Futures is a CHART funded project focusing on developing employability skills alongside practical volunteering and/or horticulture training while improving your health and wellbeing in green spaces around Hastings and St Leonards. Indoor volunteering opportunities are available as well so don't let lockdown stop you!

For more information, to sign up or to find out if you or someone you know is eligible please click the following link: <https://mailchi.mp/d956d90c3166/greenerfutures>

Sussex Partnership Trust – The Trust are looking for Discharge Support Volunteers to provide practical, emotional and social support to patients just before they are discharged from The Woodlands Centre for Acute Care, in Hastings. The Woodlands Centre provides inpatient care for adults with acute mental health conditions. This support will be tailored to the individual patient's needs and is open to patients who are 18 years or over. For more information and to apply for the role, please visit our web page www.sussexpartnership.nhs.uk/volunteer

If you have not spotted something that is suitable for you, contact Hastings Voluntary Action on 01424 44010 or email debby@hastingsvoluntaryaction.org.uk for more ideas.