

# Volunteering Opportunities

## Hastings area - July 2019

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



### Hastings Community Transport – Volunteer Drivers

Hastings Community Transport aims to reduce social isolation and provide accessible transport to those that are unable to use the usual travel options available due to physical and mental health issues, age or illness. We are also a community centre on wheels, allowing regular users to travel with others and strike up conversations and friendships instead of being isolated at home. We are currently looking for Bus Drivers and Bus Buddies to support our service. Training, expenses and lunch allowance provided. For more info see: [www.hastingsct.com](http://www.hastingsct.com) email Lorna on [info@hastingsct.com](mailto:info@hastingsct.com) or call 01424 436868.

### Sussex Elder Abuse Recovery Service - Outreach Support / Telephone Support

Help make a difference by volunteering with the Elder Abuse Recovery Service (EARS). Our volunteers provide vital support to people over the age of 55 who have experienced some form of abuse (including scams). You could help someone regain their confidence and independence, as well as reduce social isolation by introducing them to new hobbies, local activities or by simply providing a listening ear. Training and expenses provided. Contact Gail Shanahan on 07508 823975, email [gailshanahan@elderabuse.org.uk](mailto:gailshanahan@elderabuse.org.uk) or visit [www.elderabuse.org.uk](http://www.elderabuse.org.uk) for more information.

### One You East Sussex – Ambassadors

Our service provides the residents of East Sussex with free healthy lifestyle support. We provide a range of practical support to help local people become healthier and achieve their goals. Whether that's through losing weight, stopping smoking, eating well, moving more, drinking less or through a free NHS Health Check. We are in need of friendly, caring individuals who can assist us with becoming Ambassadors to promote and motivate our clients to attend One You East Sussex sessions. Training and expenses provided. To find out more email [dan.ford@oneyoueastsussex.org](mailto:dan.ford@oneyoueastsussex.org)

**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.**