

Volunteer Opportunities Of The Month

Hastings area – August 2022



The Ukrainian Cafe Hub, run from His Place in Hastings, are seeking volunteers for a variety of roles. They particularly need help serving in their café on a Tuesday, as well as sorting clothing donations. They are also looking for volunteers that might be interested to help with running workshops, both creative and educational. If you would like to support the team in welcoming newly arrived Ukrainians into our community, then contact Niki on nikivonehren1@gmail.com, or pop into the Cafe Hub on a Tuesday between 1 and 4pm.

Energise Sussex Coast is looking for a friendly, IT literate person with good writing skills to help energy advice clients to fill in short grant application forms. ESC is pleased to offer clients support with accessing grants for household goods, white goods and other essential items such as clothing. However, we know that this Autumn we will be so busy with our core energy advice work that we won't be able to continue to offer this. This role could be done from home on the phone or from the Common Room in Hastings on a Thursday afternoon. Full induction and training given. If you're interested, please contact kate@energisesussexcoast.co.uk or call 01424 390062

Mind's Wellbeing in East Sussex project (based in Hastings) is looking for volunteers to help deliver wellbeing activities to promote positive mental health and raise awareness of mental health. Find out more, and download the application pack from their website: <https://www.mindcharity.co.uk/get-involved/volunteer/>. Mind in Brighton and Hove exists to empower and support people who have experience of mental health issues living in Brighton and Hove and East and West Sussex.

TRUSTEE recruitment and retention is a big issue within the Voluntary Community and Social Enterprise sector. If you think you may have relevant skills, or you'd like to [find out more about being a trustee](#), then get in touch. Trustees are supported, and your obligations may be less than you think.

If none of the above roles are quite right for you, contact Hastings Voluntary Action on 01424 444010 or visit HVA's website for more ideas.