

# Volunteering Opportunities

**Hastings area – December 2021**

Here are a few volunteering opportunities that really captured our attention this month. Are you interested in any of them?



**Association of Carers** are seeking respite volunteers to help improve the lives of unpaid carers. Volunteers spend time with a carer's loved one, in the carer's own home, usually once a week on the same day and at the same time for around three hours. This gives the carer the opportunity to have some time away from their caring responsibilities without worry. Volunteers are matched carefully with the person with support needs, to make sure that they have things in common and will enjoy spending time together. Please email [admin@associationofcarers.org.uk](mailto:admin@associationofcarers.org.uk), visit [www.associationofcarers.org.uk](http://www.associationofcarers.org.uk) or call 01424 722309. They also have other roles available.

**FSN** are seeking volunteers to support their Dragonflies sessions. These sessions offer free support to children aged 0-18 years old and their families who are experiencing pre or post bereavement. Creative therapeutic activities and group discussions are delivered weekly by trained staff and volunteers. If you would like to support these sessions please contact Sara at [sheeson@fsncharity.co.uk](mailto:sheeson@fsncharity.co.uk) / 01424 377115 or see <https://www.fsncharity.co.uk/projects/dragonflies-bereavement-project> for more information. They also have other roles available.

**RAF Air Cadets** are looking for adult volunteers to give a few hours of their time to help young people in a uniformed cadet service second to none. As a member of the local Squadron Civilian Committee you will be involved in raising, controlling and accounting for non-public funds and giving advice and direction to the Commanding Officer on welfare issues for cadets and staff. Volunteers will ensure that the Squadron's views are properly represented at higher levels and help foster the profile of the unit in the local community. Are you ready to expand your horizons and be part of the adventure? Visit [www.raf.mod.uk/aircadets](http://www.raf.mod.uk/aircadets) or call 0345 600 6601 to find out more.

**If you have not spotted something that is suitable for you, contact Hastings Voluntary Action on 01424 444010 or visit HVA's website for more ideas.**