

Volunteering Opportunities

Hastings area – July 2022

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



The Isabel Blackman Centre (IBC) is a much-loved community venue in the heart of Hastings' Old Town, providing a haven for health, wellbeing and leisure. Facilities include an exercise studio and gym, café restaurant, activity and event space, treatment rooms, accessible bathing facilities and a community shop. Designed specifically for the over 50's but a venue that everyone in the community can enjoy. After a period of closure the IBC is re-opening, and they are recruiting for a wide range of volunteers to support the centre. To find out more, contact: volunteers@ageukeastsussex.org.uk or 01273 476704.

Diabetes UK are seeking Community Champions to volunteer in the Hastings area. Champions educate and raise awareness of diabetes and Diabetes UK by organising stalls, talks, presentations and healthy living days at community centres, health fairs and local festivals. They reach out into communities that are more at risk of Diabetes helping people to be aware of their risk and signposting to help in the local area. Diabetes UK will provide full training as well as any travel expenses incurred as a result of volunteering. For more information visit the [Diabetes UK website](#). They are also looking for speakers to give presentations at talks.

The Guide Dogs for the Blind Association – Do you have a few spare hours each week to improve the life of a person living with sight loss? You will undergo training and learn to safely guide someone with sight loss, navigating environments and building self-confidence – all whilst increasing social interaction with those who may not otherwise wish to leave their home. We match the volunteer and the person with support needs carefully to make sure that they have things in common and will enjoy spending time together. Please visit the [website](#) to find out more about how to apply.

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