



# Volunteering opportunities within Sunderland

Supporting our city and communities















# Welcome

Hello and thank you for reading through the Volunteering opportunities within Sunderland Guide

If you are already a volunteer, looking to expand your experience or you are thinking of becoming a Volunteer for the first time, hopefully this booklet will help you.

If you are not registered please click on the link <https://www.sunderland.gov.uk/volunteering> or visit the Sunderland Council Website.

Most people have more than one reason for volunteering. As well as wanting to help others you may want to express your gratitude for services to a family member.

Volunteers may be motivated to help within their community or because they want to retain a skill, or develop and obtain experience in a new field. Some people are looking to make new friends, utilise spare time, or just add something to their CV. Whatever your reason, volunteering can be rewarding and improve your health and wellbeing.

We have designed this booklet of Sunderland Volunteering opportunities, working with the Voluntary and Community Sector and other key partners, to highlight the volunteering opportunities which are available on an geographical basis as well as city-wide across Sunderland. You can look through and see which opportunity you are interested in, the contact details are included for the project/organisation so you can contact them directly. If organisations know all of the reasons why you wish to volunteer, they will be better placed to ensure that your volunteering needs and aspirations are fulfilled.

Thanks again for considering volunteering within your community – we look forward to welcoming you to Volunteering Team Sunderland.

## City wide

### Sunderland (AUKS)



Offer a range of volunteering opportunities.

#### **Keeping in touch (KIT) service, friendly faces**

This service requires volunteers to visit older, isolated people within their own homes. The focus of the role is simply for volunteers to offer companionship to those who would otherwise be alone.

## **Volunteering opportunities within Sunderland**

Volunteers will be expected to make regular visits, usually weekly, on an agreed day and time. Wherever possible clients and volunteers are matched, considering similar interests, ability to go out for a walk etc.

In addition to spending a happy time with the client, the volunteer, although not acting as a carer, will be required to notice any shortcomings in the client's wellbeing. All volunteers will complete an introduction to safeguarding so that any problems that are spotted can then be reported to the Coordinator.

This role will suit a person who is sympathetic and has empathy with older people. Volunteers should be comfortable talking with people in a 1:1 situation. KIT services are weekdays and office hours only.

### **Keeping in touch (KIT) service, by telephone**

This service simply requires volunteers to make telephone calls on a regular basis to isolated and lonely older people. Volunteers will need to be comfortable using a telephone and speaking with older people. When making the calls, the volunteer will be required to recognise any shortcomings in the client's wellbeing and report back to the Co-ordinator.

This role will suit a person who is sympathetic and has empathy with older people. Volunteers should be comfortable talking with people over the phone and making conversation and is usually based in the Bradbury Centre in Stockton Road, Sunderland.

**Dial-a-Driver** volunteers use their own cars; will be contacted with details of journeys which are usually appointments older people have and may find difficult to attend. Volunteers have the option to decline if they are not able to help on any occasion. Monies for all journeys will be paid directly to the driver (currently 45p per mile).

### **Lunch clubs**

Within AUKS's lunch clubs there are 2 roles, a volunteer lead role who would be required to oversee the management and responsibilities of their club. This will include, maintaining attendance records and supporting new members of the club, along with providing suitable activities for the older people collecting the fund/meal money. There is also a volunteer role available who supports the serving of meals and entertainment at the clubs.

Volunteers will have to maintain food hygiene standards as they help to serve food. They will need to be aware of health and safety procedures which would be explained and ensure that they are followed. This role will suit a volunteer who likes to take a very "hands on" approach to working with older people. Serving meals and washing up are combined with facilitating activities such as bingo and crafts. The volunteer should be comfortable working with groups of older people, and also staff at Age UK Sunderland. Weekdays only typically 9.30 – 2.00.



## Redwood and Metcalfe day clubs

AUKS'S Redwood day service provides carer respite and support for those individuals who require that little bit of extra assistance and time to socialise with other in a supported environment. AUKS Metcalfe Centre also provides carer respite together with fun activities and support for people with a moderate dementia diagnosis. There are volunteer opportunities in both Day Services which include helping with activities and helping at meal times. The volunteer should be comfortable working with groups of older people, and also staff at Age UK Sunderland. Weekdays only typically 9.30am-2pm

## Essence service

this service provides support to people recently diagnosed with mild to moderate dementia and their carers. The Essence Service is based at the Sir Thomas Allen Centre at Doxford Park. There are volunteer opportunities to provide 1:1 support to people with dementia in their own home and also to assist with groups and activities at the Sir Thomas Allen Centre at Doxford Park. If you are interested in supporting people with mild to moderate dementia and have good inter-personal skills, please get in touch for further information.

## Social focus

This project offers a chance for people aged 50+ with mild to moderate depression, anxiety or stress to get back involved in the community. Looking at what they would like to do and what the barriers are to maintain their quality of life, independence and reducing their anxiety and stress. The service supports independence and wellbeing, helps to prevent social isolation and loneliness, and rebuild social networks later in life. Volunteers will be responsible for helping carry out the service user's assessment plan put together by the Social Focus Co-ordinator, duties could include visits or meetings to provide companionship, accompanying service users to shops/activities/services and other tasks to help motivate the service user and promote independence.

## Information and advice

There are occasional opportunities for admin work within this department. Tasks include assisting with completion of forms; answering telephone enquiries; collating evaluations; inputting data into system.

## Advocacy

Volunteers with this project will need to undertake further training with the Advocacy Co-ordinator. A fuller role outline is available for your information on request. There are limited vacancies in this service.

## Living well link

This service is a social prescribing service and aims to put older people in personal control of their health and well-being by providing them with practical support in their local community. The service is based in Sunderland working in 5 locality areas West, East, North, Washington and Coalfields, and is looking for volunteers to work in each locality. Volunteers assist the Living Well Link workers to support older people to stay independent and healthy so that they can be as well as they can be.

## **Living well and beyond Cancer**

It's a cause for celebration that more people than ever are surviving after a cancer diagnosis, but we know the impact of cancer doesn't suddenly stop during treatment and when treatment is over. Age UK Sunderland are recruiting volunteers to support our Living Well and Beyond Cancer Programme across Sunderland to support people to live well with a cancer diagnosis.

As a volunteer you can help those with a cancer diagnosis to:

- Improved Lifestyle Choices & Social Support
- Attaining help with dealing with the emotional impact of a cancer diagnosis
- Financial advice
- Access to activities to improve their Physical Health
- Advocacy services to give people with a diagnosis a voice

As a Volunteer you will need good listening skills and a sensitive and caring approach. You will be supporting patients in hospital, community settings or in the home by offering tailored support to encourage them to address and where possible self-manage their recovery.

## **Lunch on wheels drivers**

Volunteers would be responsible for the delivery of lunches to socially isolated older people across Sunderland. Volunteers would need to use their own transport and would be reimbursed any out of pocket expenses.

Please note there is a -8-week trial period for all placements with our projects - If you are interested in any of these opportunities, or for more information, please contact our Volunteer Co-ordinator at: Age UK Sunderland, Bradbury Centre, Stockton Road, Sunderland SR2 7AQ Tel: 514 1131 email: [volunteering@ageuksunderland.org.uk](mailto:volunteering@ageuksunderland.org.uk)

A Disclosure and Barring Service check is required for volunteers with all projects.

Please note none of the following opportunities are available at weekends.

## **Gentoo Group** **gentoo**

Gentoo are looking for tenants and residents to get involved with community consultations and feedback if you'd like to have a say on shaping our services please get in touch with your local area Community Partnership Coordinator.

Michael Barker - North area  
Email: Michael.barker@gentoogroup.com  
Tel: 07435 973 840

Lorri Haig - Central area and Young Persons  
Email: Lorri.haig@gentoogroup.com  
Tel: 07971 058 977

Kim Burnikell - Washington area

Email: Kim.burnikell@gentoogroup.com  
Tel: 07743 844 312

Lewis Walmsley - Houghton area and South area  
Email: Lewis.walmsley@gentoogroup.com  
Tel: 07936 931 077

## MBC Arts Wellbeing



We have a volunteering programme where volunteers support with, deliveries, admin tasks and support the tutors within classes etc. We give them a full introduction with support. We pay for their DBS and they need to complete PREVENT and Safeguard online training. If anyone is interested, please contact them directly regarding their volunteering programme. [lesley@mbcartswellbeing.com](mailto:lesley@mbcartswellbeing.com)

“I’m proud to volunteer in our city as there are many elderly residents who don’t have family living nearby or who don’t have family at all. It helps strengthen the good community spirit in our neighbourhoods.”

**Jacqui**

## Citizens Advice Sunderland



We are currently recruiting for advice volunteers who can help clients with completing their benefit forms so that they can access the financial support that they are entitled to. The role involves working closely with clients on a one-to-one basis. It encompasses exploring a client's situation with them; completing the relevant information on the benefit form and then writing up notes of the full appointment.

In terms of the role, a full induction and all training will be provided. We have an induction process in place and full support is provided by the Volunteer Coordinator called Hannah as well as other members of the team. This role does not require a DBS check. For further details or to register your interest in volunteering, please contact Hannah:

Email: [Hannah.Finney@citizensadviceunderland.co.uk](mailto:Hannah.Finney@citizensadviceunderland.co.uk)

Telephone: 07856 990 192

## Sunderland Libraries Service



Sunderland Libraries Services would like to invite volunteers to support delivery of our popular Books at Home service and to promote the range of services to our current and increasing customer base.

<https://app.betterimpact.com/PublicEnterprise/EnterpriseSearch?EnterpriseGuid=0fe63d82629f4aea-bede-e55a330dc395&SearchType=Organization&SearchId=29187>

## Friends of the drop in for Asylum Seekers and Refugees



Friends of the Drop In (FODI) Volunteers are given a full induction on the role of FODI and the current situation for asylum seekers. They can take part in any of our regular activities such as the drop-in, women's group and bike project or do out of hours additional support roles such as collecting donations. Volunteers are offered DBS checks depending on their roles.

Sandra Watt FODI Manager, Friends of the Drop in for Asylum Seekers and Refugees  
Unit 10 Bridge house, Bridge St, Sunderland SR1 1TE  
Tel: 07525 853 913 [fodi.sunderland@outlook.com](mailto:fodi.sunderland@outlook.com)  
[www.fodisunderland.org](http://www.fodisunderland.org)



## Hope4kids charity



Would like volunteers to assist with events with fundraising and events.

Email: [hope4kidz@btconnect.com](mailto:hope4kidz@btconnect.com)

Phone: 0191 5142497

Vivien Watts: [vivienwatts@btconnect.com](mailto:vivienwatts@btconnect.com)

## Include in Autism



If you are interested in being matched to some volunteers? To enable this to happen we would need to understand what tasks you needed volunteers for such as.

- Supporting sessions aimed at young people

## Volunteering opportunities within Sunderland

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- Supporting sessions aimed at older people
- Supporting your sessions with adults with learning disabilities
- Helping out at events (stewarding, meet and great, serving refreshments, etc)
- Deliveries (food parcels, activity packs, etc)
- Admin/office work
- Befriending services (friendly chat)
- DIY (gardening, painting, cleaning)
- Management committee member
- Caretaker (opening/closing building, general DIY) [marie.jevon@includeinautism.org.uk](mailto:marie.jevon@includeinautism.org.uk)

## Creative Minds



Opportunities to volunteer at our fundraising events.

Nicola Pallas - Lead Counsellor and director

Email: [creativemindsnsc@outlook.com](mailto:creativemindsnsc@outlook.com)

Tel: 07388 513 076

Facebook: Creative Minds - North Star Counselling CIC

## FANS museum



Are looking for volunteers to support with the following:

- Supporting Sessions aimed at young people
- Supporting sessions aimed at older people
- Supporting sessions aimed at adults with learning disabilities

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- Helping out at events (stewarding, meet and greet, serving refreshments)
- Deliveries (Food Parcels, delivery packs etc)
- Admin/office work
- Befriending services (friendly chat)  
DIY (gardening, painting, cleaning)  
Caretaker (opening/closing the building, general DIY)
- Fund Raisers

For more info contact: [Michael@fansmuseum.org](mailto:Michael@fansmuseum.org) [www.fansmuseum.org](http://www.fansmuseum.org)

## Headway Wearside



We would welcome a volunteer we would be looking for a general volunteer for the office, that could help with general office tasks such as mailing, sorting, and setting up a room for groups ie getting a trolley ready. Also, perhaps to help with preparing art and craft activities and someone who would like to attend our group sessions.

We have an induction process but would need the volunteer to be DBS checked. We can offer some training in understanding brain injuries from headway UK, once they are up and running should they wish to learn more.

St Mary's & St Peter's Community Project, Springwell Road Sunderland SR3 4DY Telephone:  
0191 522 7113

Email: [kim.hunter@headwaywearside.org.uk](mailto:kim.hunter@headwaywearside.org.uk)

Website: <http://www.headwaywearside.org.uk>

## The Royal Blind Society for



## Durham and Sunderland

Are looking for volunteers for the following roles

- Supporting sessions aimed at young people – VI impaired young people is something we would be looking at in the future

## Volunteering opportunities within Sunderland

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  - Supporting sessions aimed at older people – sighted guides, volunteer car drivers to assist with transport to and from hospital appointments, coffee mornings etc.
  - Helping out at events (stewarding, meet and great, serving refreshments, etc) – at our regular coffee mornings and VI support groups and up and coming events
  - Deliveries (food parcels, activity packs, etc) – Yes delivery of equipment
  - Admin/office work – Yes at the office in Pallion
  - Befriending services (friendly chat) - Yes
  - DIY (gardening, painting, cleaning)- Yes at the Pallion office
- Management committee member – Yes Trustee
- Caretaker (opening/closing building, general DIY) – Yes general DIY at Pallion Office

## Active Families NE CIC



We are actively seeking volunteers who are interested in.

- Supporting older people's classes
- Helping out at events (stewarding, meet and great, serving refreshments, etc)
- Deliveries (food parcels, activity packs, etc)
- Befriending services (friendly chat)

Kelly Active Families NE CIC [www.activefamiliesne.co.uk](http://www.activefamiliesne.co.uk)

Mobile: 07946 269 005

“I volunteered simply to try and help because you never know when you might need help, my thoughts are there is always someone worse off than yourself.”



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**Michael**

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## Sunderland District Scouts



are always looking for volunteers. At present we have openings for: -District Commissioner, District team members; Group Scout Leader; Section Leaders in most of the groups within the district. The first 3 on the list are Manager Roles, Section Leaders work within the different section's covering the age range 6 - 18 years old. All leaders need to hold a DBS and complete training, these days with work commitments as there are, we do accept that a weekly commitment is not always possible, and we are happy to be flexible as to the amount of time that volunteers can give. Should anybody be interested we would be happy to supply more information on the roles and when possible meet to explore what role would suit the volunteer.

Anybody interested can contact us by emailing [volunteer@sunderlandscouts.org.uk](mailto:volunteer@sunderlandscouts.org.uk) and a member of the district team will get back to them. More details about scouting in Sunderland can be found on the District website [www.sunderlandscouts.org.uk](http://www.sunderlandscouts.org.uk)

## Seventeen Nineteen



Seventeen Nineteen are looking for volunteers from in and around Sunderland who are curious, welcoming and canny. There are volunteering opportunities to:

- Support our learning team digitally
- Welcome visitors when we reopen
- Conserve artefacts
- Support events digitally and in person
- Get the word out about the work we do with excellent marketing
- Curate our Cabinet of Curiosities project

For more information or to apply contact our Participation & Engagement officer at [ldaniels@thecct.org.uk](mailto:ldaniels@thecct.org.uk) call 07778 609 601 or search 17nineteen on social media.

## Events and Active Sunderland Team



Event Makers:

The Events & Active Sunderland Team deliver a broad range of sporting and cultural events across Sunderland each year. Events include the Active Sunderland BIG Walk, BIG Bike Ride, BIG 3k Run, BIG Community Sports Festivals, Sunderland Airshow, Houghton Feast and the Festival of Light, all enjoyed by hundreds of thousands of people.

Without the vital contribution of the dedicated group of Event Makers such a comprehensive programme would not be possible.

Volunteer Walk Leaders:

## Volunteering opportunities within Sunderland

The Active Sunderland Team manages a free, fun and friendly, programme of weekly volunteer led walks, the Active Sunderland Wellness Walking Programme (ASWWP), which takes place each week across the city attracting hundreds of walkers. The programme has something for everyone, including Nordic walking, nature walks and walks for complete beginners. Walks last for between 30-120 minutes.

The walks are part of the accredited National Walking for Health scheme and are a perfect way to help the residents of Sunderland to get more active and to meet new people. The programme could not be delivered without this committed and dedicated volunteer team of volunteer walk leaders.

For current volunteering opportunities please visit: [MyImpactPage - Sunderland City Council - Search Volunteer Opportunities by Service Areas - Events & Active Sunderland \(betterimpact.com\)](#)

## Motor Neurone Disease Association



Motor Neurone Disease Association are recruiting volunteering for Sunderland:

Association Visitor: <https://volunteering.mndassociation.org/vacancy/association-visitor-442597.html>

Support Group Meeting Facilitator:

<https://volunteering.mndassociation.org/vacancy/supportgroupmeeting-facilitator-volunteer432763.html>

## West

### Farringdon Badminton Academy



Looking for volunteers who could help and support at Badminton sessions aimed at young and older people and helping at events

<https://farringdonbadminton.com> Email: [peterwalton1@aol.com](mailto:peterwalton1@aol.com)



## Grindon Young People Centre



Looking for volunteers who can help and support the centre, we are particularly keen to hear from people who could help with the following:

- Supporting sessions aimed at young people
- Supporting sessions aimed at older people
- Helping out at events (stewarding, meet and great, serving refreshments, etc)
- Admin/office work
- DIY (gardening, painting, cleaning)
- Management committee member
- Caretaker (opening/closing building, general DIY) [grindonypc@outlook.com](mailto:grindonypc@outlook.com)

## Grindon Church Community Project



We are keen to connect with volunteers and we have a great range of interesting opportunities that we could use a hand with. DBS checks can be provided if they need updating or ones put in place.

- Supporting sessions aimed at young people - We have toddlers' groups (bi-weekly) and messy church (once a month) which extra hands to support the children in engaging with activities and with organizing supplies and refreshments etc would be most welcome.
- Supporting sessions aimed at older people/sessions with adults with learning disabilities - We have weekly gardening sessions for older people, people with brain injury and for people with dementia for which extra hands - both to help with the practicalities of gardening but also supporting the group members to work in the gardens as well would be most welcome. Also, Pantastic Steel Pan Band many disabled members) would welcome new members and helpers to assist with requirement for rehearsals and trips out to entertain others.
- Helping out at events (stewarding, meet and great, serving refreshments, etc) - We will be in need of help with running several fundraisers once we are able to do so, and regular ones after that to help various groups raise money - so everything from selling raffle tickets to making teas and helping

## Volunteering opportunities within Sunderland

organize. Our Drama group are planning a show, hopefully in September, and always welcome volunteer help with these.

- Befriending services (friendly chat) - We think our indoor bowls group will not be able to continue but we would like to put in place a buddy system to support the older members of the group who still wish for the connection so help with this would be great.
- DIY (gardening, painting, cleaning) - We have had good news with a couple of small pots of funding which will help us reclaim our garden so people ready to volunteer to help with that would be brilliant and we could use them straight away. We are awaiting news on a couple of big funding applications which will help us build a children's play area and undertake diy on the building and garden structures.
- Management committee member - As a newly formed CIO we are looking for trustees to join the board - ideally from the local area, especially if they have legal, fundraising, or employment knowledge.

We're very happy to provide training etc so would be keen to hear from people Kati Whiteoak and

GCCP. [grindonproject@gmail.com](mailto:grindonproject@gmail.com)

## 2nd Herrington Scouts



We are looking to recruit new leaders and assistants. We have vacancies in all sections... Beavers 6 to 8 years, Cubs 8 to 10, Scouts 10 to 14, Explorer Scouts 14 to 18.

Crow Lane SR3 3TE

Alan Toll Group Leader 2nd Herrington Scouts

07527 180 814 email: [herringtonscouts@aol.com](mailto:herringtonscouts@aol.com)

## Pennywell Community Centre



Volunteers are welcome to support with holiday activities, positions such as stewards or registering attendances and making the children aware of social distancing and working in the kitchen to provide the meals. We are also looking for volunteers to help with the lunch club on Thursdays.

William Leach [lordleach@yahoo.com](mailto:lordleach@yahoo.com)

## St Luke's Neighbourhood Centre

**SLNT**

We are looking for volunteers for the following: Assisting with Wednesday lunch club (once re-opened), Tasks: serving food, tea, coffee, setting up tables/packing away. We are also keen to involve volunteers with a variety of tasks across the centre and supporting with other groups. [lukescentre@btconnect.com](mailto:lukescentre@btconnect.com)

“After the recent pandemic, I have heard and read of many people who are suffering and who are unable to even venture to a shop to buy their essentials.”

**Louise**

## Coalfields

### St John's Fencehouses

are looking for volunteers for the following roles

- Cake and company - Cake and Company have varied activities and outings alternate Thursday afternoons. The group is for adults who would welcome some company and an opportunity to socialise with others. An extra pair of hands are welcome
- Toddler group - Our Toddlers meet on a Monday morning from 9.30am - 11.30am. We enjoy craft, singing, playing with toys, and activities in and outdoors when possible. Volunteers always welcome.

Contact Kathy Dobson

[Kathy.dobson576@yahoo.co.uk](mailto:Kathy.dobson576@yahoo.co.uk)

## ELCAP



There are various volunteering opportunities, and any help is welcome as we plan the return of activities. Community Transport - Drivers who hold the D1 licence and Transport Assistants to support users of the transport service and shopping bus. Activities Assistants - To cover lunch clubs, toddler groups, kids' activities etc. Centre Based opportunities - Reception; shop; good neighbour telephone

## Volunteering opportunities within Sunderland

handling, Support and training identified to support these roles will include: - DBS checks Safeguarding training -

Health & Safety at Work - First Aid, Role specific training includes:- MIDAS Training for drivers; - Food Hygiene for lunch club assistants; - Paediatric First Aid for toddler workers; - Mental Health First Aid for call handlers.

Contact Shaun Newton [shaun@elcap.org.uk](mailto:shaun@elcap.org.uk)

## Hetton New Dawn



New Dawn always need volunteers for Lunch Club, allotment, befriending and possibly craftastic for anyone who is good at craft work.

Contact Hilary Avent [hilaryavent@hettonnewdawn.org.uk](mailto:hilaryavent@hettonnewdawn.org.uk)

## Houghton-le-Spring Scouts



We're looking for volunteers to join our brilliant team and support our young people to learn valuable skills for life across Hetton, Houghton and Washington.

Can you help our beavers, cubs and scouts to discover the world around them and make new friends? You don't have to have prior experience and our roles come with all of the training you need.

Interested? Check out our volunteer vacancies at [www.hls-scouts.org.uk/volunteer](http://www.hls-scouts.org.uk/volunteer)

## Sunderland Culture



We would love to have some volunteers to help with our social prescribing programmes, which will hopefully begin to get rolled out from September (all being well). We are looking for help with greeting guests, registration, making teas and coffees. In some cases, they will need DBS clearance and will need to sign a data protection agreement around registration details and a confidentiality agreement should any personal information be disclosed in any sessions (e.g. mental health strand). Each course will run for 8 weeks, for 1.5 hours per week. There will be 8 courses in total, so 8 programmes, running for 8 weeks.



“I’m proud to volunteer in Sunderland because it’s my home city and I want to see the area grow and prosper for the future of our residents”

**Duncan Gardner**

# Washington

## 3rd Washington Scouts



Scouting is always on the lookout for new volunteers. - There are plenty of opportunities and roles for adults within scouting, from administrative roles to more hands on. We cover the areas of Hetton, Houghton and Washington areas of the City of Sunderland. Details of what we can offer are here - <https://www.hls-scouts.org.uk/join/become-a-volunteer> We also advertise roles on [do-it.org](https://do-it.org/organisations/search?name=3rd%20washington%20scouts) here - <https://do-it.org/organisations/search?name=3rd%20washington%20scouts> Most (but not all) roles would require a DBS, which is free through scouting. Training is all offered and available free for adult members.

[Carl.hickman@3rdwashingtonscouts.org.uk](mailto:Carl.hickman@3rdwashingtonscouts.org.uk)

## SNCBC



The volunteering opportunity will be across the 'volunteering' projects they currently run – in Washington that includes Clean & Green volunteers, befriending (Community Hub), food support/shopping, Washington VCS Support & Volunteering Project.

[nikkivokes@communityopportunities.co.uk](mailto:nikkivokes@communityopportunities.co.uk)

## Washington Mind



## Volunteering opportunities within Sunderland

Washington Mind relies on a team of paid staff and volunteers with a diverse range of talents, skills and experiences to help us to meet the demand for our services. Support, supervision and training is provided, we offer volunteering opportunities for: Trainee and qualified counsellors, Complimentary/alternative therapists, Life coaches, Therapeutic group facilitators and Fundraisers.

We run a Volunteer Passport scheme where volunteers receive a loyalty card and loyalty stamps on their passport for being actively involved, this includes time given, training attended e.g. a stamp for each of the Health Champions courses We have Bronze, Silver and Gold level certificates within the passport scheme and you will be awarded your certificates as a recognition of your commitment, the support you provide and as a reminder of how much you give of your time to Washington Mind and our appreciation for this. Contact us for more information

Tel: 0191 417 8043

E-mail: [info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)

Web: [www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

# North

## Friends of Fulwell



Numerous opportunities for volunteers from Sport to gardening we can and do cover a whole range of opportunities and often adapt the opportunities to what the volunteer interests are.

Peter Curtis [peter@northeastsport.co.uk](mailto:peter@northeastsport.co.uk)

## Groundwork



Looking for keen, enthusiastic and committed volunteers with an interest in the local environment and their community.

[Stephen.Armstrong@groundwork.org.uk](mailto:Stephen.Armstrong@groundwork.org.uk)

## Southwick Altogether Raising Aspirations



Southwick Altogether Raising Aspirations

Southwick Altogether Raising Aspirations (SARA) is a ground-breaking new project launched to rejuvenate Southwick and offer support to the communities who live there.

We are always looking for passionate individuals to work alongside us and bring to us their knowledge of the local community they live in. It doesn't matter if you can spare 1 hour or 10 hours - it all adds up and by giving the Southwick area the gift of your time and local know-how you will not only improve local streets, communities and neighbourhoods; you will also learn new skills, meet new people and work on activities and projects that will benefit the whole of the Southwick community.

If you would like more information or would like to volunteer for the SARA project please contact Vicki Neal,

Community Engagement Worker on 07867 156667 or [letstalksara@sunderland.gov.uk](mailto:letstalksara@sunderland.gov.uk)

"I'm from Sunderland so I'm very passionate and proud of where I am from. One day it might be me that needs that help." **David**

## Sunderland Carers Centre



In the current climate would like anyone who can do online activities or would be happy to host Zoom support groups. Volunteer opportunities for a telephone support scheme and for those who would like to offer befriending, either for careers or their cared for and doing telephone surveys with carers. Also keen to develop volunteering opportunities for support for bereaved carers'.

Catherine Philipson

[Cath@sunderlandcarers.co.uk](mailto:Cath@sunderlandcarers.co.uk)

## Sunderland Volunteer Life Brigade



Volunteering opportunities for Coastwatch and Museum Teams. Volunteers required in the Museum to open to the public and show people around, serve on the small shop and teas and coffees. Any training will be given. The Museum is closed at present due to Covid-19. We anticipate that we will re-open Easter 2021. Meanwhile the Museum needs to be cleaned and displays arranged for the opening. No experience is necessary. The Coastwatch is more skilled but experience is not necessary. All training will

## Volunteering opportunities within Sunderland

be given. Require a volunteer to act as assistant treasurer with a view to taking over as treasurer when the present treasurer resigns. The volunteer ideally would have a knowledge of account, but training would be given and would work alongside the treasurer.

Rosemary Roberts (Company Secretary) [admin@svlb.co.uk](mailto:admin@svlb.co.uk)

## Sunderland North Community Business Centre (SNCBC)



Volunteering opportunities linked to the work they deliver in Sunderland North including:

- Hylton Castle
- Hylton Dene
- Castle Ward litter picks - adopt a street project
- Redhill Ward environmental projects

Nikki Vokes [nikkivokes@communityopportunities.co.uk](mailto:nikkivokes@communityopportunities.co.uk)

## The Girl Friendly Society



we have a new group for girls and young women opening in Red House this autumn and we are looking for volunteers. GFS is looking for women from the local community who are passionate about helping girls reach their potential by offering new experiences and supporting them to make new friends.

We are looking for women who would like to volunteer and would be happy to share their skills and interests with the girls through a range of activities including arts and crafts, skills for life, sports and community participation. GFS offers weekly group sessions that offer support, fun and friendship for girls and young women in the local community.

The sessions offer girls a safe space to develop their confidence, self-esteem, wellbeing and resilience. GFS Red House will meet Tuesdays from 6-7.30pm and is opening virtually in November with an invenue launch in January 2021.

Carla Grauls [carla@girlsfriendlysociety.org.uk](mailto:carla@girlsfriendlysociety.org.uk)

## HOPS Wellbeing Service and Carers Project



Do you have social media skills that could help HOPS spread the message about our valuable work with carers and others?

Or could you help us with the behind the scenes work that makes our organisation tick? For that, you would need to have experience of administration, staff or finance matters and/or trusteeship.

For further information about this voluntary work with HOPS, please see our website [www.healingsunderland.org.uk](http://www.healingsunderland.org.uk) and Face Book page and email us: [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk)

“The Covid-19 pandemic took the whole world by surprise. None of us expected how the virus affected all aspects of our lives, mostly the vulnerable and the elderly population.” **Ash**

## East

### Back on the Map



Community Clean team volunteer, 2 hours per week. Join our team in keeping Hendon clean

- We undertake weekly litter picks throughout the area, targeting local 'grot spots' as well as our green spaces, parks and coastline
- We provide litter picks, bin bags and hoops, gloves and high viz vests
- We offer regular training such as first aid and manual handling for volunteers

Lynn Doughty [ldoughty@backonthemap.org](mailto:ldoughty@backonthemap.org)  
67 Toward Road, Hendon, Sunderland SR2 8JG

## Blue Watch Youth Centre



## Volunteering opportunities within Sunderland

East Rangers Ryhope volunteer, Wednesday 9.30-1pm, litter picking and environment projects. Training will be provided.

Contact Denis from Blue Watch Youth Centre, Burdon Lane, Ryhope, Sunderland SR2 0HR  
[bwyc.deniscrompton@gmail.com](mailto:bwyc.deniscrompton@gmail.com)

## Friends of Doxford Park



Friends of Doxford Park/ East Ranger, 4hours+ Tuesday's but also opportunities throughout the week.

- All aspects of habitat management
- Grounds maintenance
- General upkeep of the park grounds
- Development of Walled Garden
- Maintaining and increasing Biodiversity within the park
- Control of invasive species

The ability to work as part of a team and enjoy physical activities.

Doxford Park, Silksworth Road, Doxford, Sunderland  
[neale.brown@outlook.com](mailto:neale.brown@outlook.com)

## International Community Organisation of Sunderland



East Rangers deliver activities across St Michael's on different days of the week.

- Carry out regular litter picks.
- Raking and collection of leaves from borders and grass
- Keeping footpaths accessible by cutting back and clearing overgrowing vegetation



- Weeding-non-chemical control by hoeing, hand-pulling or hand-weeding with a fork
- Trimming the grass

Daniel krzyszczak [office@icos.org.uk](mailto:office@icos.org.uk)

ICOS, 14 Foyle Street, Sunnyside, Sunderland SR1 1LE

## The Box Youth and Community Project



- Volunteer Eco Volunteer

Tuesdays 10am-12.30pm, occasional Saturdays.

- Litter picking
- Weeding
- Clearing pathways
- Basic gardening duties
- Enthusiasm
- Sense of humour!

- Volunteer Support Worker

Tuesdays 6.30-8.30pm, Thursdays 6.30-8.30pm

- Supporting adults with learning disabilities to dancing, arts and crafts
- Helping out at social nights
- Setting up and clearing away before and after each session
- A love of singing and dancing! engage in
- Lots of enthusiasm
- Bubbly personality

- Volunteer Bike Technician (Workshop)

Tuesdays 1-3.30pm

- Cleaning & repairing cycles

- Volunteer Fundraising Assistants

Flexible depending upon activities

- To help organise and staff fundraising activities
- To support young people to raise funds to take part
- Previous fundraising experience would be an advantage

## Volunteering opportunities within Sunderland

in Project Gambia

- Good organisational skills

• Lunch Club Assistant

One day/week (day to be confirmed)

- Food preparation

- Kitchen cleaning duties

Denise Barna Hall Farn, Doxford, Sunderland SR3 2UY [theboxyouthproject@gmail.com](mailto:theboxyouthproject@gmail.com)

- Ability to work independently

- Experience of working with groups of young people

- Table service

- Food Hygiene Certificate (can be provided)

## The Little Company of Calm

Community Well-being Volunteer (Hendon area) 1 day per week but does not need to be all in the same day. Could be 2 half days for example. Over a period of 3-4 months.

- Liaise with voluntary groups and survey the mental health needs of residents/service users, especially in relation to Covid 19.
- Surveys could be online or via telephone or actual or virtual focus groups.
- Collate responses
- Liaise with The Little Company of Calm and be introduced to the practice of Mindfulness
- Communication skills, empathy and kindness, open to improving mental ill health in a community. Ability to travel to the Hendon area.

Social Media Development Volunteer - Flexible but 1-2 hours over a number of days each week but negotiable. Knowledge and experience of social media and/or websites openness to improving mental ill health via social media presence

- To support the company in developing a FaceBook presence
- To support the company in developing a web site and web material.
- To develop materials for social media

Liz Mc Evoy

[Tranquillitysunderland@outlook.com](mailto:Tranquillitysunderland@outlook.com)

# Health Service Volunteering Opportunities

## Sunderland GP Alliance Limited



Are looking for volunteers who do befriending in care homes. For further information contact:

[susan.currien1@nhs.net](mailto:susan.currien1@nhs.net)

Tel: 07341733219

## St. Benedict's Hospice



St Benedict's Hospice have many volunteering opportunities available from anyone who is 16 or over such as:

Retail work

Transport – driver/chaperone Support  
at events Administration work.

Working alongside clinical teams on our ward and day care facility

Working in our onsite Bistro

Gardening

Providing entertainment for patients onsite

If you would like to volunteer or require further information about any of these roles please contact

Lisa Peverley

Tel: 07710 092 803

Email: [Lisa.Peverley@stft.nhs.uk](mailto:Lisa.Peverley@stft.nhs.uk) looking for volunteers that we have to go through all the

recruitment process DSB checks etc., and then have them Macmillan trained and doing the cancer

awareness course, bereavement and empathy courses.

Debra Spraggon, Macmillan Operations Manager South Tyneside and Sunderland Healthcare Group Tel:  
0191 565 6256 ext 47658

Email: [debra.spraggon@chsft.nhs.uk](mailto:debra.spraggon@chsft.nhs.uk)

Web: [www.chsft.nhs.uk](http://www.chsft.nhs.uk) [www.stft.nhs.uk](http://www.stft.nhs.uk)

Main office base: Sunderland Royal Hospital Kayll Road, Sunderland SR4 7TP

## Volunteering at South Tyneside and Sunderland NHS Foundation Trust

Volunteers play an important part in our service and care delivery. Their hard work and friendliness enhances the patient and family/carer experience at South Tyneside and Sunderland NHS Foundation Trust. Our volunteers are not directly involved in patient care but help provide extra support to patients and staff.

If you feel that volunteering is for you, and would like to apply, the online application form needs to be completed via the NHS Jobs website.

The Trust advertises for volunteers at least four times a year.

There are a number of volunteer roles across our hospital sites to support our patients, relatives and carers which include:

- Ward Helper Volunteers - (Across South Tyneside and Sunderland sites)
- Haven Court Volunteer - (South Tyneside site only)

“It’s a way of socialising and you meet new friends and learn new skills.”

**Dorothy Sanderson**



## Sunderland NHS Foundation Trust

- Navigator - Sunderland Eye Infirmary

- Dining Champion - (Across South Tyneside and Sunderland sites). With this role it is expected that you will support staff and patients during lunch time and will need to come in half an hour beforehand to help prepare the patients and area for the meal.



- Ward Helper Volunteer - Intermediate Care Assessment Rehabilitation (ICAR) - Houghton Primary Care Centre

No experience or special skill is needed to become a volunteer. All we require is that you:

- Are over 17 years of age
- Have good communication skills
- Are friendly and reliable
- Work well in a team and independently

All volunteers are asked to commit to at least one 2 hour shift per week and to attend their volunteer role on a regular weekly basis for a minimum period of 6 months. Not only will this enable you to settle in to your surroundings and familiarise yourself with your duties, but it will help us to get to know you and ensure that your role is the right one for you.

We very much look forward to receiving your application.

\*\*Please note that the Volunteer role at South Tyneside and Sunderland NHS Foundation Trust sites does not involve shadowing of clinicians and is not a form of Work Experience.

If you are in full time education or working and wish to gain experience then the Work Experience route is where you will need to go and will NOT be considered for Volunteering. If you are interested in Work Experience please email [work.experience@stft.nhs.uk](mailto:work.experience@stft.nhs.uk) to gain further information.

If you would like any further information regarding volunteering then please contact:-

Alison McNally

Patient Experience Facilitator/Volunteer Co-ordinator, Harton Wing, South Tyneside District Hospital, Harton Lane, South Shields NE34 0PL

Email: [alison.mcnally@stft.nhs.uk](mailto:alison.mcnally@stft.nhs.uk) Tel: 0191

4041000 Ext: 4240 NHS Jobs website:-

[https://www.jobs.nhs.uk/xi/search\\_vacancies](https://www.jobs.nhs.uk/xi/search_vacancies)

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Being a part of this community gives me that sense of pride that I fear you wouldn't get in some other places in our great nation."

**Geoff Hill**







