

THE VOLUNTEER EAR

Spring Edition (3) 1/4/23



Welcome to the latest issue of the Volunteer Ear.

Firstly, a huge thank you to everyone who volunteers with us. The dedication and kindness of the volunteers play such a key role in supporting our communities when they need it most.

If you'd like to share any good news and stories from your recent volunteering experience, we'd love to hear them! Please email soniashelcott@community360.org.uk. In this issue find out about the latest volunteering opportunities and details of the 'Kings Big Help Out.'





MONDAY 8TH MAY

#TheBigHelpOut

Kings Big Help Out Your chance to pledge to volunteer...

If you have thought about volunteering or know anyone who you think would make a great volunteer.

To celebrate the King's coronation, Monday May 8th is the 'King's Big Help Out Day' and there will be opportunities for everyone to join in. Whether you are a big or small organisation, a community group or an individual, everyone can get involved.

Even if you cannot volunteer on this day why not pledge that day to volunteer!

Check out the volunteering opportunities near you.

[CLICK HERE](#)



Kings Coronation

Interested in volunteering for coronation events?
Let us know!
Contact us on volunteer@community360.org.uk
or 01206 505250



Success Story: Meet Andrew Whall

Andrew was advised by his doctor to start attending My Weight Matters, which takes place at the One Colchester Hub and Witham. Since attending Andrew has lost 3 stone and felt the significant positive effects on his health and has even been able to run around with his boys again without running out of breath.

He has now started volunteering for My Weight Matters supporting the weigh ins in Witham and is already a very valuable member of the team. Andrew is very passionate about the project and has an amazing rapport with the clients, offering great support and advice around the project. He uses his own personal journey as a motivational tool for others, with great results. His employer has also allowed him to work 2 days a week on the project due to his success.

Well done Andrew!

Tribute to Dave Geary

Dave called into the One Colchester Hub to ask about volunteering opportunities with us in the summer of 2019. He enjoyed the atmosphere in the Hub and wanted to be part of it. He took up a role as a Hub front desk volunteer and brought with him skills from his experiences volunteering for the Warm and Toastie Club. He would greet people as soon as they came in and offer them a tea or coffee which would immediately put people at ease.

Dave became a big part of the One Colchester Hub, he regularly volunteered on our children's craft days, took slipper referrals, handed out winter packs and helped with events on weekends. He had some memory problems and said that staying active helped him with this.

He attended the 'My Weight Matters' group at the Hub to help him maintain a healthy lifestyle. But the major difference that volunteering made to his life was that he was not as isolated as he had once been he once said; "The Warm and Toastie Club saved my life, community360 gave my life meaning".

It was his own experiences with isolation that impassioned him to host a memory afternoon in the hub where he encouraged attendees who were at risk of isolation to talk about themselves and meet new people.

Sadly we have recently lost Dave but we will never forget his invaluable contributions to community360. His good humour and cheerful outlook were a huge part of the life and soul of the hub, he enjoyed Karaoke and would often fill silences with singing! Many volunteers and staff will have fond memories of his flamboyant fashion sense and eccentric taste in jewellery as well as his commitment to dressing up for International Tutu Day.

Rest in peace Dave, thank you for the memories.



Volunteer

with us at the One Colchester Community Hub

One Colchester Hub Weekend Volunteers

We are looking for volunteers who can spend time at the One Colchester Hub at weekends, greeting members of the public, answering enquiries and giving out information. There will also be the opportunity to signpost members of the public to other services which support wellbeing and independence.

We will also have a range of community and social activities based at the venue and this role would suit someone who enjoys taking time to chat with members of the public over a cup of tea. Maybe you are a student looking for valuable experience or retired and don't mind working weekends? We would love to hear from you.

[CLICK HERE](#)



Can you help?

Community360 are helping patients to settle back into life at home when they leave hospital thanks to our Home from Hospital service which operates out of Colchester NHS Trust. This service supports discharged patients with 'light touch support', helping them get back on their feet with the kindness and time of volunteer befrienders.



[CLICK HERE](#)



Could you help families improve their health and wellbeing in your local community?

We are looking for people who can support our Essex Family Support Service by becoming a Volunteer Family Mentor.

[CLICK HERE](#)



SOCIAL CAR & BUS DRIVERS NEEDED

Do you like driving?

Enjoy helping people?

Want to give something back?

Why not volunteer with our Community Transport Scheme?



Community360 provide transport services in Colchester, Maldon and Chelmsford for people in the local community who have limited mobility and those who would otherwise be socially and geographically excluded.

We are looking for more help to ensure as many people as possible can use this service.

Maybe you could make a difference and volunteer as a driver.



Training Opportunities

Compassionate Conversations Training:

The team at St Helena have put together some really valuable training on how to hold compassionate conversations.

Find out more here:

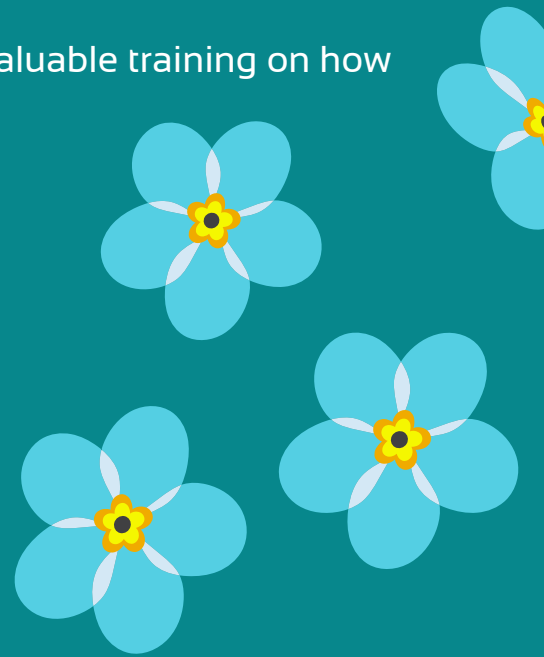
[CLICK HERE](#) 

Dementia Hour:

Join Ann for a valuable hour talking about Dementia

Primary Care Centre Cafe
9 May 4-5pm

Contact Helen Clegg
01206 505250 or email information@community360.org.uk



Volunteer Discounts

Don't forget whether you work or volunteer for a charity, there are a vast range of discounts, money-saving deals and vouchers, from discount holidays and money off fashion fixes, through to deals on gym memberships, mobile phones, and utilities. Your hard work should be rewarded. Make sure you are!

Find our more here:

[CLICK HERE](#) 

OUR MEMBERS CAN SAVE
£2,262
PER YEAR





VOLUNTEERS' WEEK

Volunteers' Week 1 – 7 June

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering. It is a week we really love to shout about our wonderful volunteers and encourage new ones to join us!

This year's theme is Volunteering Weaves us together. This reveals the importance of volunteering to the strength and vibrancy of our communities through the interconnected action we take to support each other, Join us this year where we will recognise the fantastic contribution volunteers make and say thank you.

Keep an eye out also on our social media for any volunteering opportunities which we will be promoting





Get in touch!

Remember to let us know what you would like to see in the next edition and share your lovely stories with us.

Please share this newsletter with your family, friends or neighbours, maybe they would like to volunteer too.

You can contact us on:

Community Development & Volunteer Centre Colchester

T: 01206 505250

Community Development & Volunteer Centre Braintree

T: 01376 550507

Community Transport Scheme, Colchester

T: 01206 216600

or email information@community360.org.uk

You can also find us online:

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 [@community360org](https://twitter.com/community360org)

W: www.community360.org.uk

Community360

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