

Volunteer Suffolk Bulletin Covid-19 Response April 2020

Thank you for registering with Volunteer Suffolk.

After a month of 'lock down' we are hearing many stories of how you are volunteering to support Suffolk communities, from picking up prescriptions, creating visors from 3D printers, ringing up people who are isolated to being great neighbours.

You are also asking us how can we help? How can I make the most of my skills and experience and support others?

Our second Volunteer Suffolk Covid-19 Response Bulletin showcases a number of volunteer opportunities across Suffolk, including roles suitable if you are self isolating.

Thank you in advance and stay safe,
Volunteering Team at
Community Action Suffolk



Who is your Suffolk Community Hero?



At CAS we know there are many unsung community heroes in Suffolk working tirelessly to support and/or help others. We strongly believe

this should not go unrecognised and know that people across our county would love to hear some of the heart warming stories of human kindness. Whether it's dressing up as a super hero to deliver food, taking part in fund raising challenges, starting a community response group, or going above and beyond to care for others with a smile to brighten someone's day; so many people are playing their part. There will be hundreds, probably thousands, of people across our county helping others and if we can say a big 'THANK YOU' to even just a few of them, we think that is a worthwhile endeavour. We are so proud of our county, but it wouldn't be the place it is without the people that live and work here, **so let's celebrate them!**

Nominate: www.communityactionsuffolk.org.uk/community-hero

#VolunteerSuffolk

@volunteersuffolk



BE AMAZING. BE A VOLUNTEER.

Roles to advertise:

Suffolk



**STAY SAFE.
STAY CONNECTED.**

Join SPEAK as a buddy for online language groups!



Connect with people from all over the world.



Groups of 4-7 participants and 1 buddy.



90 minutes daily sessions, during 2 weeks.

www.speak.social

Online Language Group Buddy

Do you have some extra time during the week to help others feel more connected during these challenging times we are living?

Receive training and materials. You just need to bring your motivation and passion to help others learn a language, whether it's your native one or a language you are fluent in!

<https://volunteersuffolk.org.uk/volunteer/opportunities/38245>



Do you have business skills or experience you can offer us?

Various roles available, most are working from home.

<https://volunteersuffolk.org.uk/volunteer/opportunities/39689>

Assistant

General assistance on day to day delegated tasks

Cleaners

For Woodbridge food hub, every other day for 1 hour, with one weekly deep clean

Chefs

Support the running of our first kitchen in 5 years at Suffolk Food Hall

Accountant/Book Keeper

Provide advice and help filing

GDPR Assistant

Help in becoming compliant

Volunteer Manager

Takeover filing and help coordinate volunteers

Marketing Assistant

Provide advice and support on marketing

Bid Writer

Experience writing bids to apply for funding sources

Fundraiser

Ideas and support on getting others involved

Also looking for Educational Leader, Educational Assistant & Graphic Designer

Find more opportunities at www.volunteersuffolk.org.uk

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Roles to advertise:

Suffolk



Telephone Befrienders

People who are able to make regular calls to help make sure that older people who are already lonely and isolated can have a way of keeping in touch with others.

www.reengage.org.uk



Telephone Support for Families

Could you offer telephone support and friendship to Suffolk families. One phone call a week could be a lifeline to a family.

<https://volunteersuffolk.org.uk/volunteer/opportunities/39723>



Telephone Befriending

Are you a good listener? Reliable?

Giving a little of your time to have a telephone conversation with an older person can help alleviate loneliness and social isolation.

Where? Brandon, Mildenhall, Newmarket, Haverhill, Bury St Edmunds and surrounding villages

volunteersuffolk.org.uk/volunteer/opportunities/38236



Telephone Befrienders

Helping to alleviate loneliness and social isolation through a weekly telephone. We try as far as possible to match interests of our volunteers with those of the older person they befriend. This service is across Suffolk. DBS check required (paid for by Age UK Suffolk).

www.ageuk.org.uk/suffolk/get-involved/volunteer-with-us/volunteer-vacancies/

Find more opportunities at www.volunteersuffolk.org.uk

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Roles to advertise:

Lowestoft/Beccles/Norfolk border

VOLUNTARY NORFOLK

East Coast Community Healthcare

Looking for volunteers to offer their time to provide additional support and companionship to patients, and provide administration and facilities support to ECCH teams freeing up healthcare professionals to provide the specialist care that only they can.

<https://volunteersuffolk.org.uk/volunteer/opportunities/38173>

Patient Transport volunteer

Providing transport to patients who are medically fit for discharge, and ensuring they are settled safely back into their home.

NHS Transport volunteer

Transporting equipment, supplies and/or medication between NHS services and sites.

Check-in & Chat volunteer

Provides short-term friendship and emotional telephone support to individuals who are at risk of loneliness.

Community Response volunteer

Collecting and delivering supplies for someone who is self-isolating to their home.

Patient Support Volunteer

A hospital based role preparing a list of items for patients being discharged from hospital.

Hospital Support Volunteer

A hospital based role to support front line staff by undertaking the more menial non-clinical aspects of their roles.

Are you a creative volunteer?

Community volunteers across Suffolk have stepped up to make homemade PPE for key workers amid the coronavirus crisis.

Sewers, tailors, seamstresses, teachers and people who have access to 3D printers have been moved to make a difference! Communities have responded to the shortage of PPE with innovative social action, volunteers making face masks, scrubs and visors.

Our Volunteering Team have been made aware of groups in Suffolk, including initiatives in Ipswich and Woodbridge.



Contact us to find out if there is a group near you: volunteering@communityactionsuffolk.org.uk

Find more opportunities at www.volunteersuffolk.org.uk

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Help & Advice:

How can you support the charity sector at this vital time?

<https://volunteeringmatters.org.uk/what-we-do/support-us/working-together/>

Have you been furloughed and would like to volunteer?

Register here:

<https://volunteersuffolk.org.uk/volunteer/opportunities/37923>

ARE YOU FROM A BUSINESS?



Working alongside Volunteering Matters we are supporting businesses involvement during Covid-19 response



COVID-19 Emotional Wellbeing Information Hub

With the current and ongoing government measures urging people to stay at home, it is increasingly clear that people's mental health and emotional wellbeing is of paramount importance.

A new information Hub, containing guidance, tips and resources to support emotional wellbeing and mental health has been launched.

This page will be continually reviewed and updated as the situation unfolds and more information becomes available.

<https://www.healthysuffolk.org.uk/covidhub>

Looking for information on staying safe as a volunteer?

Take a look at the link below

<https://www.communityactionsuffolk.org.uk/wp-content/uploads/2020/04/Tips-for-safe-volunteering.pdf>



Are you looking for paid employment opportunities?



This website has links to a number of employment roles across Suffolk

<https://newanglia.co.uk/employment-opportunities/>

Please note that volunteer opportunity availability is changing continuously, however keep looking on Volunteer Suffolk and type Covid-19.

If you would like to unsubscribe please contact: membership@communityactionsuffolk.org.uk
For general volunteer enquiries email: volunteering@communityactionsuffolk.org.uk