

Welcome to this issue of **'you volunteer'**

This bulletin showcases the latest opportunities from Volunteer Essex. As you have registered with us you have already taken the first step towards finding a rewarding and satisfying volunteer role - whether on a regular basis or just for a one-off project.

Volunteering covers almost every possible activity you can think of from washing up to specialist technical work – but you don't have to do anything you don't want to. That's the benefit of becoming a volunteer through an agency like Volunteer Essex.

- You get to look at a wide range of vacancies so you can pick the ones that appeal to you most.
- You can decide how much time you want to commit, you won't be forced to commit hours if you don't want to.
- You can always say 'no'; charities understand that sometimes your work or family demands must come first.
- You can choose how far you are prepared to travel.

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Do you know someone who would be ideal for one of the volunteer roles below?

If so, please encourage them to visit the [Volunteer Essex](#) website and to register with us.

Volunteers needed NOW

The following organisations are in urgent need of volunteers. Here's a summary of these opportunities - you can find out more by following the links below to the relevant pages on the [Volunteer Essex](#) website.

Everyone's Literacy Volunteer - Essex Libraries

Support or lead literacy based sessions for customers. This could be through anything from guided reading sessions, phonics sessions, creative writing sessions, or any session that would support raising literacy standards in our customers.

When: Flexible The role covers a range of activities the timings cannot be specified. It can be noted that each course will have regular timings over a set period of weeks

Where: Libraries throughout Essex

The Role: Volunteers will be given the contact information of a member of library staff who is their main contact. The local Community Connector team will also be available to support volunteers throughout on the projects. You will receive induction, a welcome pack and specific training for your volunteering role. This may be shadowing or an occasional training session or just talking through what's involved. There will be ongoing support from local library staff. If you are running your own course, you will need to provide your own materials. If you are running a course of our own design, we will support you with course materials, such as plans and resources.



[Click here to find out more and to apply](#)

Young Carers Club Night Assistant - Loughton - Action for Family Carers

Fun, fabulous people needed to assist the Support & Transition Workers with the delivery of structured activities at "Young Carers Club"

When: Fortnightly Wednesday 5-7 pm

Where: Loughton Youth Centre, 16 Borders Lane, Loughton IG10 2BS

The Role: organising sports, crafts and assistance with IT and homework. Good listeners who are patient and understanding need only apply. Work experience within the youth sector would be a great advantage but full training will be given.



[Click here to find out more and to apply](#)

Work Party Volunteer - Essex Wildlife Trust

Would you like to spend time outdoors with like minded people from your local community? We are starting a brand new monthly Saturday work party and a weekly Tuesday work party in addition to our current Wednesday weekly group. Roding Valley Meadows reserve is the largest remaining species-rich water meadow in Essex with its famous display of wildflowers and wonderful mosaic of habitats consisting of wildflower meadow, floodplain meadow, hedgerow, scrub, ponds, fen and woodland. Cattle graze on the reserve throughout spring and autumn months.

When: The work party meets on the first Saturday of the month and weekly on Tuesdays and Wednesdays. The sessions run between 10:00am and 14:30 pm. We take a morning tea break and stop for lunch. You are not required to stay for the whole session if you need to leave early..

Where: Roding Valley Meadows Nature Reserve, Grange Farm Centre, Grange Farm Chigwell, Essex IG7 6DP

The Role: In the summer months volunteers help with tasks such as hay making, fencing, path maintenance, litter picking. Winter tasks involve coppicing, hedge laying, scrub management, and invasive species removal. The work party is a great way to get outdoors, meet new people and learn new skills whilst helping nature flourish.



[Click here to find out more and to apply](#)

Retail Assistant Loughton - Haven House Children's Hospice

Our retail shop plays a vital role in raising funds and awareness for our cause. As a shop volunteer you are among the most visible faces of the charity and contribute hugely to how the public perceive us and the work we do. The purpose of the role is to assist in the day to day running of our charity shop(s) to maximise sales and profitability.

When: The shop is open Monday - Saturday 9 am - 5 pm. We ask for a minimum of one shift per week and this is usually 3- 4 hours. Volunteers can either do a morning or afternoon shift. We are able to be flexible around timings for volunteers.

Where: 192 High Road, Loughton, Essex IG10 1DN

The Role: Greet, assist and serve customers, providing a service of the highest standard, as well as being polite and courteous. Assist with processing stock, including sorting, steaming, pricing, hanging of donated items and the effective display of items presented for sale. Till operation and the handling of cash (although this is not a necessary requirement. Keep the shop looking clean and tidy. Dust the bric a brac and clean the shelves.



[Click here to find out more and to apply](#)

Youth Club Volunteer Loughton - Accuro Care Services

Accuro work across West Essex providing a range of services to families with children, young people and adults with a disability. This includes leisure and social activities, support and advice and respite for the families. Accuro offers a range of different volunteering opportunities & attempts to match potential volunteers to the most appropriate volunteering role/s for them.

Loughton Youth Group Scheme operates in Loughton and provides a fun, safe and stimulating environment for young people between the age of 11 and 19 who have a range of disabilities.

When: Tuesday evening (6-8 pm) on a weekly basis.

Where: Loughton

The Role: The role of the volunteer is to assist in increasing & maintaining the opportunities for young people with a disability to access social & leisure activities that would otherwise be unavailable to them. Volunteers may be asked to assist & support young people with a variety of small group activities or outings whilst at the group.



[Click here to find out more and to apply](#)

Maintenance Volunteer - Bedford House Community Association

Bedford House offer meaningful volunteering opportunities in a variety of areas.

When: The Maintenance Volunteers mainly meet on Thursday mornings 9:00 to 13:00.

Where: Bedford House, 4 Westbury Rd, Buckhurst Hill IG9 5NW

The Role: Maintenance Volunteers will assist the Caretaker with light maintenance and caretaker's tasks in general. It is helpful to be more than one person to do a piece of work such as one holding and the other drilling, mending items, painting, set up and remove chairs, or sweeping the front car park. If you have experience in DIY that is helpful, but DIY experience is not a requirement to be a Maintenance Volunteer.



[Click here to find out more and to apply](#)

Toddler Group Helper - Restore Community Church

We are looking for volunteers old and young to help at our toddler groups. We have a wonderful team and would love to add more people to it. We are a church connected charity that loves providing safe, engaging and fun opportunities for little ones and their carers to engage and form new relationships. We strive to be an inclusive group that accepts people as they are and invite them to be part of our family.

When: Mondays, Wednesdays and Thursdays 9am-12pm
Where: Oakwood Hill Centre, Longcroft Rise, Loughton, IG10 3NB
Trinity Church, Mannock Drive, Debden, Loughton IG10 2JD

The Role: As a volunteer you will be part of the team that helps with set-up in the mornings overseeing specific areas like craft and messy play, chatting to families and helping to tidy up afterwards. No qualifications needed, just a willingness to work as a team and reach out to people. Organisation will do a DBS check .



[Click here to find out more and to apply](#)

Activity Group Helper - Essex Children and Family Wellbeing Service Barnardo's

In partnership with Essex Child and Family Wellbeing Service & Barnardo's – our services protect, supports, and nurtures the UK's most vulnerable children. We help bring out the best in children – no matter who they are or what they have been through. Our volunteers help make this happen.

When: Monday-Friday Required approx. 3 hours per session
Where: Brambles Family Hub and Delivery Sites in Epping, Loughton, Waltham Abbey Districts

The Role: Assisting staff with planning and organising group activities, which take into consideration age, abilities, and interests of members.

Setting up group activities in advance and clearing away afterwards. This might include preparing refreshments/snacks, organising the layout of the room, preparing resources, and tidying the room after the group.

Assisting children and young people to improve their self-confidence, develop social skills and build positive relationships. Role modelling positive behaviour and interactions during sessions.

Collating and evaluating feedback from children, young people, and parents.



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[Click here to find out more and to apply](#)

Community Speedwatch Volunteer - Safer Essex Roads Partnership

Community Speed Watch Groups consist of volunteers from their local community, who all share the same concerns about speeding through their local villages. These volunteers are from all walks of life, with a variety of skill sets and knowledge, who give up their free time to assist with the Vision Zero aims of reducing the number of fatalities and serious injuries on our roads, caused by speeding, and create a visible presence to alert drivers that speed is a leading cause of road traffic collisions in Essex.

When: Volunteers are required for approximately an hour per day. These times may vary but would be mutually agreed. No evening work is required.

Where: Throughout Essex

The Role: No qualifications are required. There is a minimum age of 18 but there is no maximum! Volunteers must be passionate about assisting their local communities to be safer for all, helping to reduce speeding in their villages, thus reducing fatalities and serious injuries. Volunteers from all walks of life are welcome. Training and ongoing support is provided



[Click here to find out more and to apply](#)