

VOLUNTEERING OPPORTUNITIES

JUNE 2019

volunteer
essex
Maldon District

TELEPHONE BEFRIENDERS

A carers' charity is recruiting Telephone Befrienders to provide support to Carers and older people across Essex who may be socially isolated. You will offer empathy, understanding, and companionship and will be able to deal with difficult and emotive conversations. In return you will be offered a rewarding experience, with ongoing training and development, in a supportive environment.

FUNDRAISING VOLUNTEERS

Friendly people are needed by an Essex accident rescue charity to support them in fundraising and other volunteering roles at a Food & Drink festival in Burnham on Crouch on **Saturday 20th and Sunday 21st July**. Roles will include bucket collections for the Charity, supporting at the Charity's stand, directing traffic, and helping to tidy up when the event closes. No specific skills or qualifications required.

VOLUNTEER DROP-INS TAKE PLACE ON THE SECOND THURSDAY OF EVERY MONTH IN MALDON LIBRARY BETWEEN 10 AM AND 12 NOON

HEALTH DROP-IN VOLUNTEERS

Could you help run weekly Ace Weight Management sessions in Mayland/Maldon or Tollesbury? The 12 week programme is designed to achieve a gradual, long term weight loss through information provision, target setting and regular weigh-ins. You'll meet and greet, offer a friendly welcome, explain the program, weigh participants, maintain records, hand out supporting materials and keep a register of attendance. All training will be provided by ACE.

RAF ASSOCIATION BEFRIENDERS

A charity providing welfare support to RAF personnel and their families, needs volunteers who can give time to listen & help develop social networks for beneficiaries. The role could simply involve a cup of tea and a chat, driving someone to an appointment or accompanying them to a community group. You need to be friendly, caring reliable, and a good listener/communicator. Typically visits are 1 to 2 hours and short or long term.

VOLUNTEER CENTRE DROP-IN & INFORMATION

Maldon & District Volunteer Centre holds a Drop-in in Maldon Library on the 2nd Thursday of each month between 10 am and 12 noon. The next Drop-in takes place on **13th June 2019**. Visit www.volunteeressex.org for details of more than 100 volunteering vacancies in the Maldon District or email volunteering@maldoncvs.org.uk



@maldoncvs

Visit www.volunteeressex.org

maldoncvs/

