

# VOLUNTEERING OPPORTUNITIES

## JULY 2019

**volunteer**  
**essex**

Maldon District

### GENERAL HELPER

Enthusiastic people are needed to help at fun and lively meetings supporting those affected by Stroke and their carers. Meetings take place fortnightly on Thursday mornings in Maldon. Volunteers help with refreshments as well as listening and chatting. You'll receive training and will gain an understanding of the effects and challenges of stroke. You should have a cheerful disposition and be happy to join in.

### DRIVERS—SATURDAY

An association supporting those affected by stroke needs Saturday drivers for their back-lift, transit-sized minibus (6/7 seats). You'll pick up the minibus in Heybridge 9 am Saturday, collect passengers from Witham, Hatfield Peverel & Chelmsford, take them to the club in C'Ford and complete the round in reverse from 1:30 to approx. 3 pm. Drivers need to be aged between 25 - 75 years. Free DBS check. Training provided.

### DIGITAL BUDDIES

Could you help people to feel more confident online? You'll be given Digital Tutor training and access to a range of online resources to help people learn and can use your training to help others in an informal way or volunteer at a formal IT Drop in. Drop-ins are currently held in Maldon and Tollesbury with more planned across the district. You should have a good level of computer skills and knowledge.

### SHED INSIDE—MALDON

Could you help lead and support 'Shed Inside' Tues. 10-12? For those unable to attend a Men's Shed, Shed Inside offers a welcoming environment with smaller practical projects. You'll help to set up, clear away, support shedders with activities and promote friendly conversation. Experience of working with older people, an interest in DIY, and the ability to help with practical tasks would be beneficial.

### VEG BOX DELIVERY DRIVER

A community-owned farm in Goldhanger needs a volunteer driver to help with Chelmsford/Baddow and Colchester/Wivenhoe deliveries on Wednesdays. Rounds take approx. 3 hours but can be split and done on different days. You'll need your own vehicle—mileage covered at 45p/mile plus lunch and a veg box. Must have clean licence, & good driving and communication skills.

### 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 **11th July 2019**. Visit [www.volunteeressex.org](http://www.volunteeressex.org) for details of more than 100 volunteering vacancies in the Maldon District or email

[volunteering@maldoncvs.org.uk](mailto:volunteering@maldoncvs.org.uk)



@maldoncvs

Visit [www.volunteeressex.org](http://www.volunteeressex.org)

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