



Bulletin

Volunteering Opportunities

Aug- Sept
2019

The following information provides details of team and individual opportunities that are available over the next few months. If you'd like to discuss what activities may be best suited to you or your team then please don't hesitate to contact us via email on info@yorkcares.co.uk or call Megan on **01904 323 499**

Social Connections:

Social Connections is our programme of volunteer support, activities and socialising with older people in York. Opportunities are for 1 - 2 hour sessions and may require some fundraising and 1 - 3 hours of advance preparation. Available for teams of 4 - 10 volunteers.

York Neighbours

1. Could you help reduce loneliness by coming to our office for a couple of hours a week and helping make phone calls to isolated older people? We have over 100 people asking for regular calls.
2. Could you help older people remain independent at home? We need volunteers who can help with practical one off tasks in the community such as hanging curtains, small repairs and shopping when someone has returned from hospital.
3. Help us reduce social isolation by helping us on one of our outings. Could you be a driver, picking up older people and staying with them for the trip before taking them home? Could you be a helper?

Parties

Are you an amateur singer, can you play a musical instrument or even into amateur dramatics. We are looking for volunteers with these hobbies to put on a performance at a local Care Home or Independent Living Community

York Hospital Ward 37

Deliver activities for patients living with Dementia and mental health conditions at York Hospital on Ward 37 from Bingo and singing to coffee afternoons.

Coffee and Cake

Looking for an easier way to get your employees volunteering? Why not hold a Coffee and Cake session at your organisation and invite local older people along.

Skills Share:

Use your professional skills to benefit a local charity, community or social enterprise organisation to help them shape their thinking, test new ideas, implement change and get a new perspective on their challenges.

Friends of Rowntree Park

The Friends of Rowntree Park are looking for an enthusiastic Gardener to support the lead garden volunteer to map out the planting in the park and help create a maintenance plan which can be used each year.

Get in
touch

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Making York
a better place





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Friends of Rowntrees Park

The Friends of Rowntrees Park are looking for an experienced Website designer/developer to support them with the redevelopment of their current website.development

Community Furniture Store

Could you support the CFS to develop a marketing plan to increase awareness and build an online sales platform? The CFS are also looking for someone with experience for buying corporate furniture that could support them in valuation of pieces of furniture.

Communicatons training

Are you experienced with speaking with the media either press, television or radio. Could you run a workshop for third sector organisations to share your skills and expertise so third sector organisations are making the most of their press opportunities?

Converge

Are looking to work with organisations to offer a Springboard to Recovery by offering Work Placements for individuals to gain experience and learn new skills.

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