

STUDENTS' **UNION**

VOLUNTEERING DIRECTORY



VOLUNTEERING -
MAKE IT COUNT

VOLUNTEERING



the 10 THOUSAND hours challenge

@westnottsSU
#10thousandhours

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H O U R S

Inspired by **BBC R1's #1millionhours Challenge**, we are challenging all students and staff to come together and volunteer for a total of 10,000 hours.

Volunteering is about finding your passion and sharing it with the world around you.

There are so many things you can get involved with, simply look for the perfect opportunity for you and jump straight in! Whether you're wanting to support your local community, have a cause you want to promote, wish to build your CV and confidence, or even make friends, there will be something that suits you.

Why volunteer?

Volunteering your time is a great way to get the feel good factor, but there are many other benefits, too!

It looks great on your CV or UCAS application.

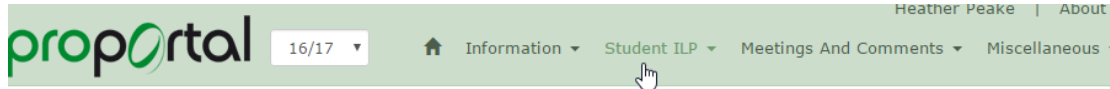
- You'll meet likeminded people and make new friends.
- You'll develop new skills.
- Volunteering could lead on to other opportunities including work placements etc.
- It's a chance to give back to your local community or an organisation you admire.
- You may gain a new hobby or interest outside of college.

Your volunteering, charity and events officer is Jane Paling, email jane.paling@wnc.ac.uk for more information or to get involved.

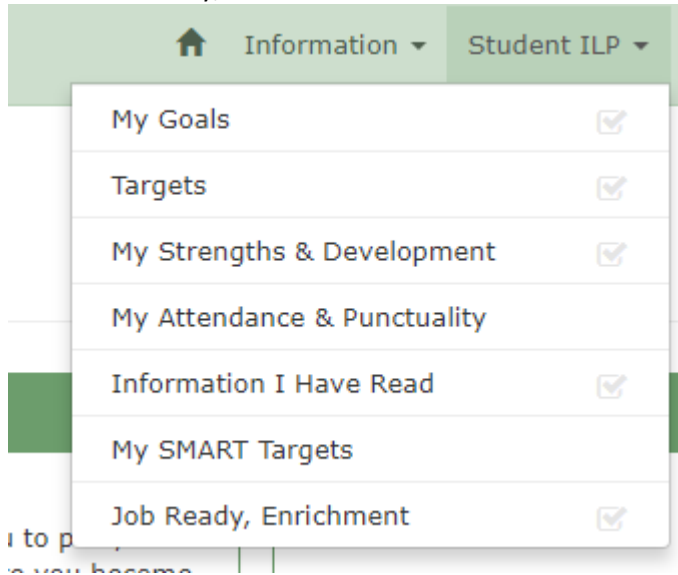
HOW TO LOG YOUR VOLUNTEERING HOURS

Open **ProPortal** in the usual way.

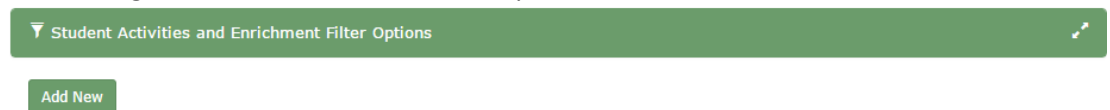
1. Click on the 'Student ILP' Menu.



2. Select 'Job Ready, Enrichment' from the bottom of the menu.

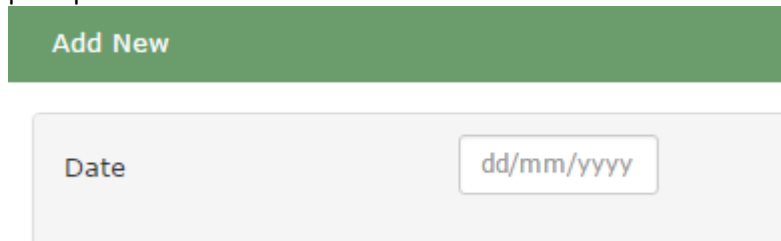


3. There is a green bar which contains filter options, the default is for the bar to be minimised.



If you wish to filter your enrichment click on the two arrows at the right end of the bar to expand the filter menu.


4. Click 'Add New' to open the box. A pop up appears. If you change your mind about adding anything, click the cross at the top right of the pop up, otherwise follow the on screen prompts.



Enter the date of the volunteering in the format dd/mm/yyyy.

5. In the activity box, briefly describe what the volunteering activity was, for example 'Supervising a Beaver football match'.

Activity:




Remember to check your spelling and grammar.

6. In the comments box enter any comments you think are relevant.

Comment

There were 10 teams each playing against one another. My role was to ensure the team I was assigned got to the right pitch at the right time.



7. In the category menu drop down carefully select 'Volunteering'.

led

- Select a Category -

- Select a Category -

Enrichment

Enterprise

HE Ready

Job Ready

Mentoring

Project

Show

Trip

Volunteering

Work Placement

- In the next part about hours. Only tutors can click the check box to include 'Include Non-timetabled EEP Hours', so you can ignore that.
- If you are putting your volunteering in well before it takes place you need to enter how many hours you think you will be doing in the planned hours box and ignore the actual hours box.
When you actually do the volunteering you need to revisit this activity and enter the actual hours in the 'Actual Hours' box.

Category Volunteering

Include in Non-Timetabled EEP Hours

Planned Hours

Actual Hours

If you don't add the activity into ProPortal until you have actually done it then both planned and actual would be the same number.

- Click Save.
- You can then see it on the list of activities.

Date March 01 2017

Activity: Supervising a Beaver football match.

Total Planned Hours: 15
Total Actual Hours: 10

DIRECTORY

List of organisations that offer volunteering opportunities.

Organisation	Overview	Category
Alzheimer's Society	<p>Just because a person is diagnosed with dementia, it doesn't mean they stop wanting to take part in their favourite activities.</p> <p>Our Side by Side service helps people with dementia to keep on doing the things they love and try new things – from going to the football to catching the latest movie – so they can continue to lead an independent life.</p> <p>https://www.alzheimers.org.uk/get-involved/volunteering/ways-volunteer/volunteer-side-by-side</p>	
Mansfield CVS	<p>General information & volunteering opportunities</p> <p>http://www.mansfieldcvs.org/volunteering/volunteering-opportunities</p>	Various - Mansfield
Mansfield District Council	<p>General information & volunteering opportunities</p> <p>http://www.mansfield.gov.uk/workexperience</p>	Various - Mansfield
Ashfield Voluntary Action	<p>General information & volunteering opportunities</p> <p>http://www.ashfieldvoluntaryaction.org.uk/volunteer-opportunities/</p>	Various - Ashfield
Ashfield District Council	<p>General information & volunteering opportunities</p> <p>https://www.ashfield.gov.uk/your-council/jobs-and-careers/volunteering-opportunities/</p>	Various - Ashfield
Bassetlaw CVS	<p>General information & volunteering opportunities</p> <p>https://www.bcvcs.org.uk/involve-volunteering/about-bcvcs-involve#becomevol</p>	Various - Worksop
Ripley CVS	<p>General information & volunteering opportunities</p> <p>http://avcvs.org/volunteering</p>	Various - Ripley
Nottingham Voluntary Action Centre	<p>General information & volunteering opportunities</p> <p>http://www.nottinghamcvs.co.uk/volunteer.html</p>	Various - Nottingham
Derbyshire County Council	<p>General information & volunteering opportunities</p> <p>https://www.derbyshire.gov.uk/community/volunteering/volunteering-in-derbyshire.aspx</p>	Various - Derbyshire
V.Inspired	<p>General information & volunteering opportunities</p> <p>https://vinspired.com/volunteer</p>	Various - Nationally
Charity Job	<p>General information & volunteering opportunities</p> <p>https://www.charityjob.co.uk/volunteer-jobs</p>	Various - Nationally
Volunteering Matters	<p>We develop and deliver high impact volunteer-led solutions across the UK in response to some of the most difficult challenges facing individuals and their communities today.</p> <p>https://volunteeringmatters.org.uk/</p>	Various - Nationally
The Princes Trust	<p>Why should you volunteer? Because you'll get valuable work experience which can give you the advantage over other applicants when looking for</p>	Various - Nationally

	<p>a job. See if a particular type of work suits you before committing to a job, get training, meet new people and have fun working on some great projects that will benefit your community.</p> <p>https://www.princes-trust.org.uk/help-for-young-people/who-else/volunteering</p>	
iwill	<p>If you are a young person interested in social action you can get involved through your school or where you work, set up your own project or find out about one of the many excellent programmes that already exist around the UK.</p> <p>http://www.iwill.org.uk/get-involved/young-people/</p>	Various - Nationally
Student Hubs	<p>Student-led volunteering is a key component in our theory of change. Practical social action connects students with the world outside the university bubble. It offers them the opportunities and skills to make a real difference today, as well as in their future lives and careers. Across our network of Hubs, student leaders run a range of volunteering projects. They address challenges such as social isolation amongst older people, educational disadvantage, homelessness and food waste.</p> <p>https://www.studenthubs.org/volunteering/</p>	Various - Nationally
Youth United Foundation	<p>Our purpose is simple – To ensure that every young person, regardless of background or location, has the opportunity to become a member of an organised uniformed youth group.</p> <p>Uniformed youth organisations offer young people a plethora of skills and experiences, laying the building blocks for young people to overcome a number of barriers in order to be the best that they can be.</p> <p>http://yuf.org.uk/</p>	Public Services
Guide Dogs for The Blind	<p>By volunteering for Guide Dogs you'll be helping to make a huge difference to the lives of people who are blind and partially-sighted. But that's not all - you'll be part of a great team, you'll be learning new skills and we promise you'll have a lot of fun!</p> <p>https://www.guidedogs.org.uk/how-you-can-help/volunteering-for-guide-dogs/</p>	Health & Social Care Animal Care
Hearing Dogs	<p>We'd love if you could join our volunteering family. Please get in touch with our volunteering team. Do you love puppies and dogs? Looking for a challenge? We're urgently seeking more puppy socialising volunteers!</p> <p>https://www.hearingdogs.org.uk/volunteer</p>	Animal Care Health & Social care
Framework	<p>Framework is a charity delivering housing, health, employment, support and care services to people with a diverse range of needs.</p> <p>http://www.frameworkha.org/support_us/volunteer</p>	Health & Social Care
Nottinghamshire Healthcare Trust	<p>We have lots of different volunteering opportunities within our services. Our volunteers bring their skills, their knowledge and a desire to make a difference to our services and the lives of the people we care for. We train, support and develop our volunteers so they can play a meaningful and valuable role.</p>	Health & Social Care

	https://www.nottinghamshirehealthcare.nhs.uk/volunteer-with-us	
National Trust	<p>It's the skills, time and passion of our volunteers that make our places special. Whether you're looking to help in the great outdoors, connect with the public or get up close and personal with our houses, we have something exciting happening near you.</p> <p>https://www.nationaltrust.org.uk/volunteer</p>	
RNIB	<p>There are lots of ways that you can support us across the UK. We can help you to find an opportunity to match your time, skills and what you want to gain from volunteering.</p> <p>https://www.rnib.org.uk/volunteering/find-volunteering-opportunities-near-you/search</p>	Health & Social Care
RSPCA	<p>Volunteers make a huge contribution to the work we do to prevent cruelty, promote kindness to and alleviate suffering of animals. With such a wide range of volunteering roles available across our network of branches and animal and wildlife centres, there is bound to be a suitable opportunity near you.</p> <p>https://www.rspca.org.uk/getinvolved/volunteer</p>	
Jerry Green Dogs	<p>Whatever your interest, skills or commitment of free time; we've got a volunteer role to suit you.</p> <p>https://www.jerrygreendogs.org.uk/Pages/Category/volunteer-roles</p>	
Blue Cross for Pets	<p>Your time is valuable to us. We have a number of volunteer roles currently available across the UK from volunteer dog walking to volunteering with our education team.</p> <p>https://www.bluecross.org.uk/volunteer</p>	
Age UK	<p>We help more than 7m people every year, providing companionship, advice and support for older people who need it most. It's only with your help that we can continue to make a difference.</p> <p>https://www.ageuk.org.uk/get-involved/volunteer/</p>	Health & Social Care
Royal Voluntary Service	<p>We offer a wide variety of volunteering opportunities. You'll be providing practical help which makes a big difference to the lives of people in need in hospital, at home and in the community.</p> <p>https://www.royalvoluntaryservice.org.uk/volunteer/student-volunteering</p>	Health & Social Care
RSPB	<p>You don't have to be a bird or wildlife expert to volunteer for us. There are many ways you can get involved with our work. If you don't know a robin from a redwing, it really doesn't matter.</p> <p>https://www.rspb.org.uk/get-involved/volunteering-fundraising/volunteer/</p>	

Cats Protection	<p>At Cats Protection we welcome volunteers with open arms, whether you are young or old, male or female, there's a place for you with us! We help around 200,000 cats and kittens a year. The majority of these success stories are thanks to the dedication of over 10,000 volunteers across the UK.</p> <p>https://www.cats.org.uk/get-involved/volunteering</p>	
PDSA	<p>You can start volunteering at PDSA when you're 14 years old. We meet lots of young people, passionate about animals, who want to help us by donating their time. If you're one of them volunteering with us is an excellent way to gain experience. Founded in 1917 by animal welfare pioneer, Maria Dickin CBE, PDSA is the UK's leading veterinary charity. Operating through a UK-wide network of 48 Pet Hospitals, PDSA provides low cost and free veterinary care to the sick and injured pets of people in need and promotes responsible pet ownership.</p> <p>https://www.pdsa.org.uk/get-involved/volunteer/young-volunteers</p>	
The Trussell Trust	<p>Whether you're giving out food to people in crisis at a foodbank centre or helping sort clothes for our charity shops, we could not operate without people like you giving your time. An amazing 40,000 volunteers helped us last year. We want you to enjoy volunteering, and there are lots of ways to get involved. Whatever role you choose, you will make a real difference to the life of someone in crisis.</p> <p>https://www.trusselltrust.org/get-involved/volunteer/</p>	
Winter Shelter for Mansfield and Ashfield	<p>Mansfield Cold Weather Shelter operates with both professionals and volunteers.</p> <p>The trained professionals, with experience of working with rough sleepers, help to risk assess the guests and ensure all the necessary policies and procedures are in place.</p> <p>Their work is supported by a fantastic team of volunteers. Many of these volunteers come from churches in Mansfield and also from the wider community. They give their time and energy to make a difference in their community, making guests feel welcome and cared for. They can also be a friendly ear to listen and give signposting information and referrals, allowing guests to access more support.</p> <p>http://www.mansfieldwintershelter.btck.co.uk/Volunteering</p>	
My Guide	<p>My Guide is our free service that helps people with a vision impairment get out of their homes and into the community with a volunteer as their sighted guide.</p> <p>Sighted guiding helps to build self-confidence, increase social interaction and be part of the community.</p> <p>https://www.guidedogs.org.uk/services-we-provide/my-guide/</p>	
Mansfield & Ashfield Night Shelter	<p>Mansfield Cold Weather Shelter is a partnership between Mansfield District Council, Mansfield Baptist Church, the Home Group and Transforming Notts Together.</p> <p>Working together, we provide temporary weekend accommodation for rough sleepers in Mansfield from the first Friday in December to the last Sunday night in February.</p>	

	http://www.mansfieldwintershelter.btck.co.uk/Volunteering	
Big Warsop	<p>An exciting new environmental project called the Future Greens is looking for volunteers with a passion for nature, the outdoors and the environment. The Big Warsop funded project begins this month in the Warsop area and is a partnership between Vibrant Warsop and Eco-logic, a local social enterprise.</p> <p>This project will appeal to volunteers who:</p> <ul style="list-style-type: none"> •enjoy working outdoors •are passionate about the local environment •want to learn more about the natural world •want to help improve local green spaces. <p>If this sounds like you, then you could be just the person Vibrant Warsop and Eco-logic are looking for.</p> <p>http://www.bigwarsop.com/future-greens/</p>	
Small Steps	<p>Small Steps is a service which provides help and support to families, who have children up to 19 years of age, with a diagnosis of Autism-ASD or Attention-Deficit/Hyperactivity Disorder –ADHD or indicative behaviours. Small Steps aims to improve and promote the quality of living for families living with such conditions.</p> <p>Our service is looking for befriending volunteers who can offer emotional and practical support to these families, to help them manage and overcome their anxieties, isolation and low levels of wellbeing.</p> <p>denise.elliott@nottshc.nhs.uk 01623 672152</p>	
Sue Ryder	<p>Give your time to support our work - we have opportunities available across the UK in our shops, centres and supporting our online community.</p> <p>https://www.sueryder.org/support-us/volunteer</p>	
Mencap	<p>We want to work with volunteers who are as passionate about supporting people with a learning disability as we are. It's not only a chance to do something great, it's also an opportunity to develop new skills and experience, as well as make new friends.</p> <p>https://www.mencap.org.uk/get-involved/volunteering</p>	
RDA Riding for the Disabled	<p>If you have skills you can share with a Group let them know, and don't forget it's not just about working with horses, a Group may need help with organization, publicity, accounts, events and many other areas. Like all of the volunteers who assist in riding or driving session you will be given full training and support in your role whatever you chose to do. Our volunteer pathway document gives a good overview of what you need to do to get started with volunteering in RDA.</p> <p>http://www.rda.org.uk/taking-part/volunteering-2/</p>	
Police Cadets	<p>Volunteer Police Cadets are found in a growing number of cities, towns and communities across the UK offering great opportunities to young people aged 13 - 18 years. We welcome cadets from any background, social group, gender, ethnicity, ability / disability and whether you have</p>	Public Services

	<p>an interest in the police or not. We welcome young people who may have previously been in trouble with the police or may feel some disconnection with their peers and community. We are not looking to recruit future police officers, but want to give all young people a chance to be heard, support their community and develop skills to become fantastic citizens in a fun, friendly and exciting way. There is nothing else like the VPC - it is a unique experience for young people to become part of the policing family for many years.</p> <p>https://vpc.police.uk/</p>	
<p>The Salvation Army</p>	<p>The Salvation Army has many opportunities for volunteers; from serving meals to people who would otherwise be on their own, supporting those who are struggling financially, or running activities and classes in community centres to providing support to help people into employment.</p> <p>https://www.salvationarmy.org.uk/volunteer-for-us</p>	

