



ChildLine

ChildLine is the UK's free, 24-hour helpline for children in distress or danger. Trained volunteer counsellors comfort, advise, and protect children and young people who may feel they have nowhere else to turn.

New vacancies for Volunteers!

ChildLine is currently unable to answer a third of all calls, so more volunteers are needed to help ChildLine be there for children and young people. The helpline needs open-minded, non-judgemental people who can spare some regular time for children and young people. Full training is given, so all people need is an interest in supporting children and a willingness to learn. There is also support and regular, ongoing development.

Current vacancies are for **Volunteer Counsellors** (advertised on P5-Urgently Required); **Outreach Volunteers** - Working with children & young people - including training & Peer Support Programmes, presenting talks; **Switchboard Volunteers** - The 1st point of contact for a young person with ChildLine; **Fundraising/Local Ambassador** - Collections, research, events, talks to community/business.

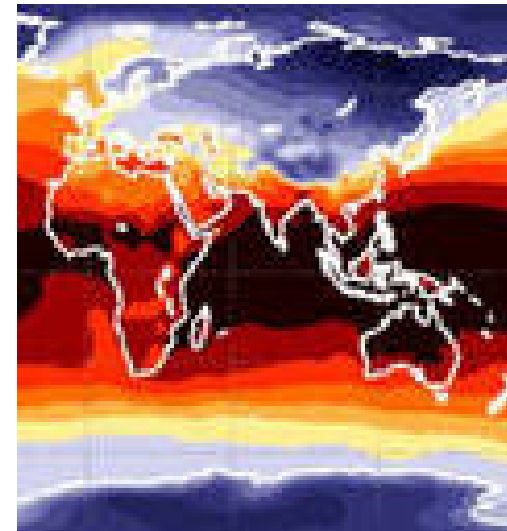
If you are interested in volunteering with ChildLine please contact Volunteer Centre Lincoln - details below. (Don't call ChildLine!)

Volunteer Centre - Lincoln
The Healthy Hub
Beaumont Fee
Lincoln LN1 1UW
01522 551683

www.volunteercentrelincoln.org.uk
info@volunteercentrelincoln.org.uk

VOLUNTEER CENTRE LINCOLN
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VOLUNTEERING BULLETIN



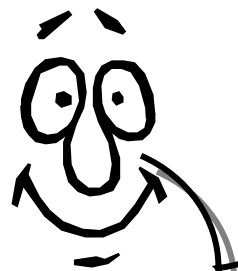
NEW VOLUNTEERING OPPORTUNITIES - LOCALLY

Volunteer Centre Lincoln 01522 551683
www.volunteercentrelincoln.org.uk
www.do-it.org.uk

VOLUNTEER CENTRE LINCOLN

Volunteering provides YOU with the opportunity to:

- ★ Learn new skills
- ★ Put your skills to good use
- ★ Create opportunities for yourself
- ★ Take an active role in your community
- ★ Receive qualifications or accreditation
- ★ Gain valuable experience
- ★ Build on what you've got
- ★ Meet new people



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VOLUNTEER CENTRE LINCOLN



URGENTLY REQUIRED



Information & Support Assistant **ORG ID: URB 821**
Providing information and support to people affected by cancer. Meeting and greeting patients and families visiting the Cancer Information Centre.

Theatre Volunteer **ORG ID: URB 820**
Help manage & run a theatre or maintain fabric of the property. Marketing; finance; HR; technical assistants; Box Office; refreshments - all essential work, in Gainsborough.

Sunday Table-top Sale Assistant **ORG ID: URB 819**
Raising funds for new CIC social enterprise. Be part of a team, helping with drinks, liaising with public, and generally helping.

Social Policy Co-ordinator **ORG ID: URB 816**
Help identify suitable cases, complete SP evidence forms on behalf of advisors, give feedback to staff on SP issues, and much more. "To improve the policies and practices that affect people's lives."

Bell Ringer **ORG ID: URB 810**
Bell ringing is a great tradition! Learn new skills, make new friends of all ages, and see new places! Based in Waddington.

Digital Activist Volunteer **ORG ID: URB 805**
Encouraging local people to use technology; teaching new skills.

Schools Sports Hall Athletics Competition Volunteer **804**
Help deliver this event for year 5 & 6 boys and girls from all Lincoln schools, from heats through to a final. For County trials.

FREE COURSES AVAILABLE FOR WOMEN - BUT HURRY!

Two **FREE** courses are running in Lincoln at the **start of JANUARY:**

Tuesday: 12/1/10 9:30-11:30 St. Giles Nursery, Addison Drive
Thursday: 14/1/10 1pm - 3pm Mount Street Primary School

The **OPEN DOOR COURSE** is an opportunity to help improve your self-esteem, whilst having fun and feeling good about yourself!

Find out about:

- ★ Stress management—How to identify signs and symptoms of stress and techniques to help
- ★ Confident communication—how assertive are you?
- ★ Recognising passive, assertive and aggressive behaviours
- ★ Body Language
- ★ Giving and receiving constructive feedback

This course is for women who find it difficult to say no, who worry about what people think, who are anxious and want things to be different in their lives. You will work in a safe and friendly space, learning at your own pace, enabling you to become more confident, and with no pressure to join in.

No stress!

Both courses are absolutely free and we have a crèche available, or will pay for registered childcare if required.

The course lasts 10 weeks and every lady receives a Lincoln College certificate on completion.

**If you or anyone you know is interested call Lincoln College
Community Co-ordinator Lisa Brooks on 01522 876258**

VOLUNTEER CENTRE LINCOLN

Welcome to the **Volunteering Bulletin**

This is your regular guide to all the latest available opportunities in Lincoln's voluntary sector. Whatever your age, background or experience, Volunteer Centre Lincoln can find a position to help suit your needs.

Volunteer Centre Lincoln is here to:

- ★ Promote and support volunteering
- ★ Give advice and information to prospective volunteers
- ★ Co-ordinate information about local volunteer vacancies
- ★ Advise and support organisations which work with volunteers

Once you've had a look through The Bulletin, you'll realise there's a wide range of opportunities on offer. If you'd like to know more about volunteering and the options available to you, please call us; we can give you information over the phone or you can make an appointment to come in to the Volunteer Centre for a chat with one of our advisors. We are located on Beaumont Fee just next door to the Big Wok Restaurant.

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VOLUNTEER CENTRE LINCOLN



URGENTLY REQUIRED



Ambassador

ORG ID: URB 783

For a project helping African farmers grow enough food to feed their families through training, livestock, seed provision, and making use of land & resources. Your task is to liaise, fundraise, and look for opportunities to raise awareness throughout your community or area.

Treasurer

ORG ID: URB 784

Assisting a Lincoln community group by working alongside the Board of Directors and the Centre Manager. The opportunity to be the key voice in the day to day running of the accounts. Also available is **792 Treasurer** for a Polio survivors group.

Marketing Volunteers

ORG ID: URB 785

CANadda believes that people affected by ASD, Dyslexia, Dyspraxia, and Attention Deficit Hyperactivity Disorder (ADHD) should have the right to be treated with respect, express themselves, & have equal opportunities. You will deal with local publicity, promotional materials - from home if necessary.

Fundraiser for older people

ORG ID: URB 788

Make a difference to the lives of older people in your area by raising income (& awareness) for a charity that facilitates independence for older people through various activities, such as: sales, dinners, balls, coffee mornings, etc. Also: **789 Visitors**

Go for It - Youth Support Volunteer

ORG ID: URB 794

Assisting with a holiday activities programme in Sleaford. Helping with all kinds of sports, crafts, arts, dance; such as trampolining, power boxing, air hockey, guitar hero & xbox, etc.

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URGENTLY REQUIRED



Volunteer Host

ORG ID: URB 796

Providing emergency accommodation for a young person aged 16-25 whilst they are looking for more permanent accommodation. Volunteers provide accommodation and food for the young person for up to 5 days.

Volunteer Holiday Assistant

ORG ID: URB 797

Volunteer care assistant working in a residential setting for people with disabilities. Pushing wheelchairs on trips, making drinks, socialising etc. A week at a time, running from Saturday 12pm to Saturday 11am. Food & accommodation provided.

Musical Enabling Volunteer

ORG ID: URB 798

Do you have a musical ability? This opportunity is for someone who is versatile and enthusiastic and could enable a group of adults with learning/physical disabilities in any form of musical participation. One 2 hr session/week: Weds/Thurs/Fri morning.

Volunteer Instructor in Relaxation and Gentle Exercise

ORG ID: URB 799

A person is required to encourage and instruct a small group of people with learning/physical disabilities in relaxation and gentle exercise techniques, working in a holistic manner.

Volunteer Counsellor

ORG ID: URB 800

Tasks will include: Offering a telephone helpline service to children & young people on a range of issues; assessing child's risk; alerting supervisor (where necessary); ensuring immediate safety of child/young person; offering support & advice; working as part of team; maintaining confidentiality. Hours: 3.5 per wk.