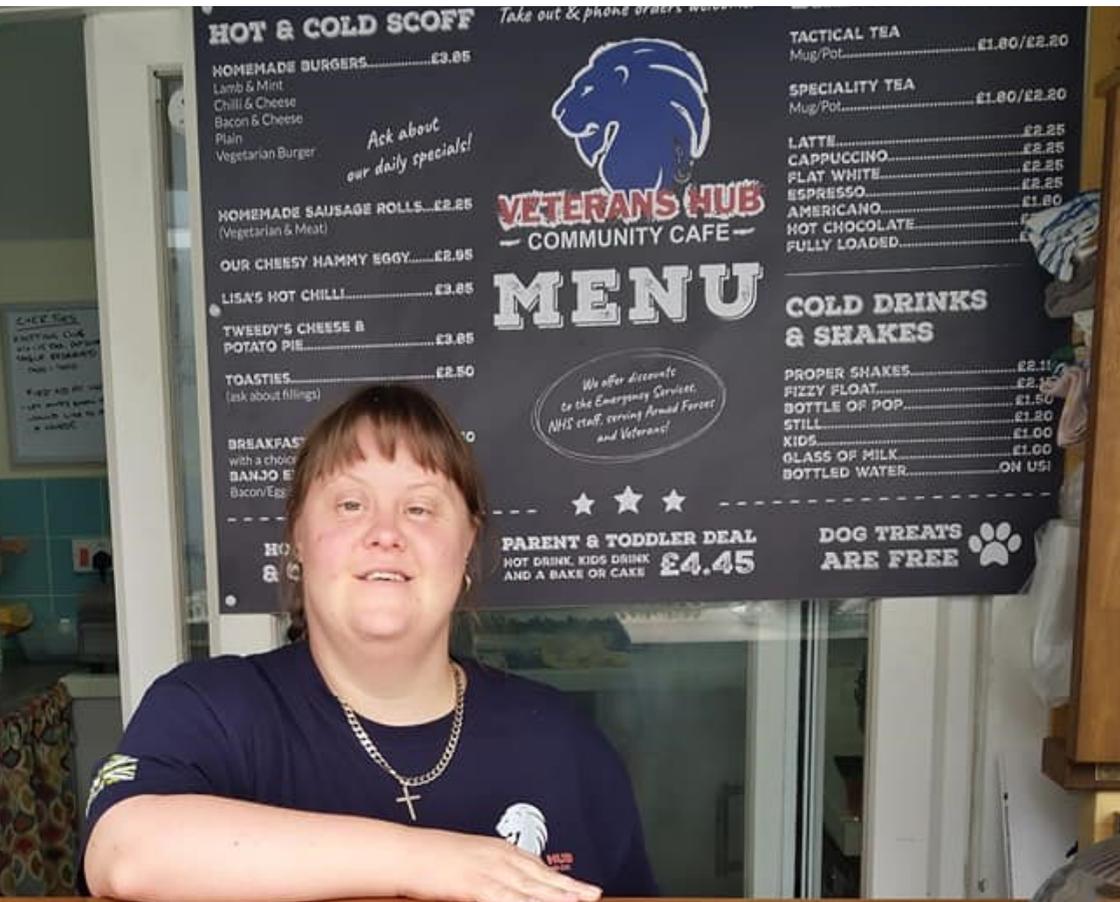




Volunteer Centre

Dorset



Take out & phone orders welcome

Ask about our daily specials!

HOT & COLD SCOFF

HOMEMADE BURGERS.....£3.85
Lamb & Mint
Chilli & Cheese
Bacon & Cheese
Plain
Vegetarian Burger

HOMEMADE SAUSAGE ROLLS.....£2.85
(Vegetarian & Meat)

OUR CHEESY HAMMY EGGY.....£2.95

LISA'S HOT CHILLI.....£3.85

TWEEDY'S CHEESE & POTATO PIE.....£3.85

TOASTIES.....£2.50
(ask about fillings)

BREAKFAST.....£3.50
with a choice of
BANJO.....£3.50
Bacon/Eggs

TACTICAL TEA
Mug/Pot..... £1.80/£2.20

SPECIALITY TEA
Mug/Pot..... £1.80/£2.20

LATTE.....£2.25
CAPPUCCINO.....£2.25
FLAT WHITE.....£2.25
ESPRESSO.....£2.25
AMERICANO.....£1.80
HOT CHOCOLATE
FULLY LOADED.....£2.25

COLD DRINKS & SHAKES

PROPER SHAKES.....£2.11
FIZZY FLOAT.....£2.15
BOTTLE OF POP.....£1.50
STILL.....£1.20
KIDS.....£1.00
GLASS OF MILK.....£1.00
BOTTLED WATER.....ON USE!

VETERANS HUB COMMUNITY CAFE

MENU

We offer discounts to the Emergency Services, NHS staff, serving Armed Forces and Veterans!

★ ★ ★

PARENT & TODDLER DEAL
HOT DRINK, KIDS DRINK AND A BAKE OR CAKE **£4.45**

DOG TREATS ARE FREE 🐾

IN THIS ISSUE:

ABBEY TAKES ON THE WORLD OF VOLUNTEERING

SUPPORTING YOUNG PEOPLE ACROSS DORSET

THANKING THE COVID COMMUNITY RESPONSE VOLUNTEERS

FREE MAGAZINE

Features...

10-13 Community Credit Scheme Back to Business

14-15 Volunteer Vaccination Heroes

18-19 ON THE COVER Abbey and her volunteering adventures

22-23 Duke of Edinburgh Talking Trash

32-33 Encouraging Adults to Read

36-27 Supporting Bereaved Children

Get In Touch...

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Registered charity no: 1113758



@VCDorset

We take no responsibility for any errors or omissions made in this publication. Inclusions of any training, article or information does not mean we recommend these services.

A Note from the Editor...

Volunteer Centre Dorset work at the heart of our community, supporting individuals and organisations with volunteering. This community magazine highlights the immense variety of volunteering that takes place throughout our county and showcases the achievements of volunteers.

With the easing of restrictions, it has been wonderful to see community groups and organisations open their doors and welcome volunteers and the public back.

For us here at the Volunteer Centre, we have never been busier. Not only are we continuing with our community response work in relation to the pandemic, but we have also started up projects, old and new, as well as continuing with our core services. But that's enough of that—keep reading and you'll soon see what we mean...

Issy McGowan



Cover Image

Abbey volunteering at the Veterans Hub in Weymouth. To find out more about Abbey and her volunteering adventures, head to page 18.

Volunteer Centre Dorset

An Update From the Team...

What a year! We've been busier than ever here at the Volunteer Centre, with Covid-19 support work still on the go, new and old projects up and running, and all our core work going back to normal. Not wanting to brag (much) but we have...



Recruited over 3,000
volunteers



Launched the Dorset Volunteer
Ambassador project



Supported over 1,300
shielding people



Provided volunteers for
vaccination centres countywide



Opened a community fridge

#CrushingIt!



Back to the Community - Now we are getting back to normal, we have been delighted to be able to start attending events again such as the Kingston Maurward and Weymouth College Freshers Fairs, the On Track event at the Tank Museum, and a Jobs Fair in Sturminster Newton. These events are always a great opportunity to network with fellow charities and shout about all things volunteering!

Welcome To Our New Chairperson - At our AGM in September, we said a fond farewell to Sue Fleet who has been our chairperson for the past few years. Sue has guided us through the turbulent times of covid and has helped us as a team and a charity grow. We will miss Sue tremendously and wish her the best of luck. Sue's departure has meant that Andy Bolt is now at the helm as chairperson and we are eager to see him guide our team through the exciting roads that lie ahead.



A Well Earned Break - After a pretty full on year, our team of staff and trustees took a break in the sunshine at Sculpture by the Lakes. This much needed time was spent relaxing and reconnecting with each other. As a close-knit team, we have missed each other tremendously over the lockdowns and this was the first time we had all been together in person for 18 months. It was a day of laughter amongst art and nature - it doesn't get much better!



So long and thanks for all the fish... (and chips)!

After two decades of dedication to Volunteer Centre Dorset, our deputy manager Craig Womble has retired. Craig has been a vital part of VCD for so long, and the list of legacies he leaves behind is endless...

Volunteer Awards Evening - the hugely popular and much anticipated annual event celebrating the achievements of volunteering was started by Craig back in 2006.

Brave Face - A music and poetry festival raising awareness of male mental health. Craig set up this event in memory of Andy Jacobs and has raised vital funds for male mental health projects in Dorset.

Volunteer Help Scheme - Craig inherited the VHS when he first joined the Volunteer Centre and has developed it over the years to make it the success it is today. This scheme supports vulnerable people in keeping their gardens tidy and means they can enjoy their outdoor spaces. Craig has been a lifeline to these individuals as well as built up a fantastic team of volunteers.



Pictured: Craig's handcraft proved useful over the years, including winning us best entry at the Dorchester Carnival with his handmade centipede.

Outdoor adventures - Craig has organised countless numbers of fun team building days for VCD staff and volunteers, from gig rowing to foraging, there has never been a dull moment!

Fish and chips - for those readers that know us well, you'll know that we like our food! And Craig has always rallied round and taken care of us by getting in a sneaky fish and chips every now and then! And yes Craig, we blame you for years worth of failed diets!



Pictured: The pre-beard days! Craig at the Nothe fort (left) and volunteering at the Olympics (right)

There are too many things to put in just these pages - we would need an entire book to get 20 years worth of achievements down on paper! But one thing's for sure, we've had a lot of laughs, a lot of passion, and a lot of food.

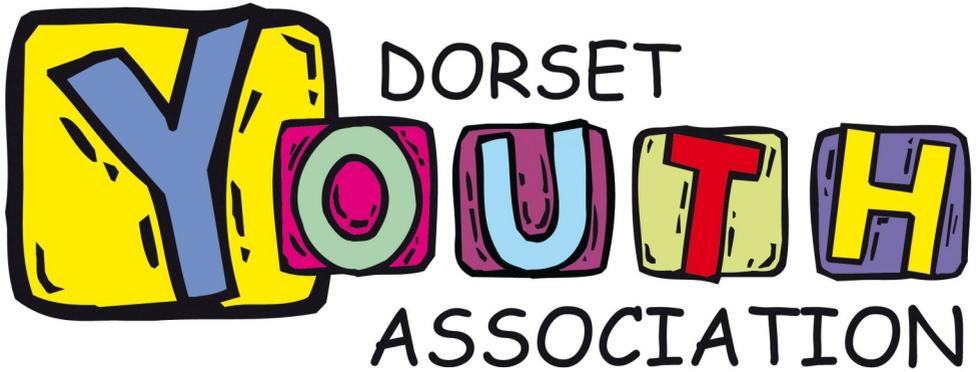
And Craig's talents haven't just stopped at the Volunteer Centre, he is a keen fisherman, a fantastic handyman, and an expert in antiques. Whatever is next for Craig, we wish him the very best of luck and Craig, you know where to find us when you get bored!

Supporting young people across Dorset

Dorset Youth Association have a long history of supporting young people in Dorset. We were established in 1943 with an aim to support youth clubs and groups. That work continues to this day, with 55 affiliated and supported youth clubs and groups on our books. Youth clubs are at the heart of communities and give young people a safe place to 'be'. We have also diversified our support and have a network of Voluntary and Community Sector organisations in the 0-25 VCS Forum. The Forum run meetings and training events for any organisation that works with young people who are 0-25. We have guest speakers coming in and work closely with Dorset Council to ensure we are collectively meeting the needs of young people and their families in Dorset.

Alongside our Infrastructure support, we are also home to the Family Link Workers, a Dorset Families Matter initiative, providing targeted support to young people and their families. This support varies and is completely focused around the families – it could be to build resilience, help implementing routines or attendance at school. Our Family Link Workers work intensively, with a hands-on, holistic approach. Access to the Family Link Worker service is via referral.

But what next? How do we emerge from the pandemic and the 18 months of lockdowns and what does that look like? With a new CEO, Mike Bennett, who started in March 2021, our focus is now bringing all our work together. Working collaboratively with other organisations in the county to maximise not only the resources out there for VCS organisations, but also the impact and outcomes for young people. We want to ensure there are clear pathways for young people so everyone knows the next step they can take with a young person they're working with. This will not only improve communication and support between organisations, but it will keep young people feeling supported and put them at the heart of the work. We also want to offer young people the chance to gain skills and experience that they wouldn't otherwise get. These are often referred to as employability programmes.



Our UK Year of Service roles is a starting point and we want to build on this with things like Princes Trust programmes, Young Leader accredited courses and more – all of these will be run in the community, by the community, for the community.

By the time you read this, Dorset Youth Association aim to have filled all 13 of our vacancies for 18 to 24 year olds. We're really proud to be able to offer this opportunity, thanks to the UK Year of Service. This will give us 8 direct employees, and a further 5 employees to our partner organisations, Volunteer Centre Dorset, Relate Dorset & Wiltshire, The Horse Course and Space Youth Project.

We've been able to offer a wide range of roles, from Assistant Youth Workers to a Project Assistant, Social Media or Communications roles to administrative roles and more! This is a great chance to develop local talent, giving young people a chance to earn training and experience in a field of work that interests them. It is also a fantastic boost the Voluntary and Community Sector, providing much-needed support as organisations look to the future and life after the pandemic.

To find out more about Youth Club affiliation and support, please email clubsupport@dorsetyouth.com. For more information about the 0-25 VCS Forum, please email lynnerockey@dorsetyouth.com or to talk to someone about the Family Link Worker service, please email lindseyhalford@dorsetyouth.com. If you want to know more about DYA and the charity, please email mikebennett@dorsetyouth.com

Community Credit Scheme

The Community Credit Scheme—supporting individuals with learning disabilities to volunteer— is delighted to announce that we are back in action again, with covid safety measures in place. We have received a further 4 years lottery funding to carry on the service we began in 2013. In the next year we will be focusing on setting up action groups in 3 main towns, Wareham, Ferndown and Weymouth. Action groups enable people with learning disabilities to take the lead in their community. This is to encourage more localised activities, opportunities and friendships. We have been working in partnership with People First Dorset, Leonard Cheshire, Friends of Stour Connect and the Help & Care team.

Meet Our New Staff Member, Tina!

Tina is the new development assistant for the Community Credit Scheme. Here is what Tina says about her time so far:



“I have been working with Siobhan on the Community Credit Scheme for 6 months now and have really been enjoying meeting so many fantastic new people and helping enable them to get back out and about after Covid. We are gradually starting to build the scheme back up again, with lots of plans, ideas and interest. It's been great working at the VCD so far!”



Pictured: The Green Fingers Group have been hard at work throughout the pandemic

Siobhan Davis is the project coordinator for the Community Credit Scheme. Here is what she has to say about the impact Covid-19 has had on the project and how they are getting used to the new normal:

“Both Tina and I have been working really hard on setting up the Community Credit Scheme again after Covid 19.

We have noticed that many people with learning disabilities are dealing with high anxieties, so during the recovery we have been focusing on either one to ones or small groups, to enable people to meet others, learn about other activities and discuss what volunteering they would like to do.

Working alongside People First Dorset, Leonard Cheshire, Better Days, All Sorted, Muntsy’s and other agencies has created a selection of activities and better communication. The Action Groups in Wareham, Weymouth and Ferndown are growing and putting ‘Listening for Wellbeing’ in place in our communities has brought new ideas and enabled people to work together more.

We are very thankful for funding from Reaching Communities and Dorset Council. We are building great new links with both Weymouth Town Council and Weymouth & Portland Council.”

Find out more about the action groups across Dorset on the next page!

Contact Us:



@DorsetCCS



@SchemeCredit



@SchemeCredit



01305 269214



communitycredits@volunteeringdorset.org.uk

The Community Credit Scheme are gratefully funded by:



CCS are also incredibly thankful for the support from all our exchange venues, placement venues, town councils, and charity partners

Community Credit Scheme across Dorset

Sturminster Newton

Fortnightly CCS visit to the Community Café in Sturminster. We are there on a Thursday morning, meeting Volunteers, Staff and visitors.



Bridport

First social is set up at The Bull Hotel on where we will be splitting into groups of no more than six



Weymouth and Dorchester

Action group meets monthly and regular social groups are set up on the last Friday of each month in Weymouth or Dorchester.



Green Fingers Group

Meet at St.Johns Park, Dorchester Road and the lovely wings which were created by Rosie Baker are still looking as good as new, bringing smiles to faces.

Another new venture supported by Weymouth Council and Taylor's café is the litter picking group. The group meet fortnightly to keep the beach clean and tidy and are then treated to a free drink and snack at Taylor's with Elaine.

Ferndown

Already meeting at the Beacon Café in Ferndown every second Wednesday at 10.30am. Groups of no more than six. Lots of new friends are being made.

Marc Tonks is the Volunteer Ambassador for the Ferndown area and has been supported by Angela. Marc is involved in setting up social groups to meet up. Marc will represent people who have learning disabilities in the Ferndown Area. He has been busy speaking on Forest FM Radio and inviting the Mayor to come along to our events.



Wareham

Action group is set up and the socials will be at Not Just Sundaes Community Café with groups of six.

Volunteer vaccination heroes

Volunteers. The definition in the dictionary is someone who offers their time for free to undertake a task. I'm sure everyone can agree that volunteers, no matter in what sector, have become a truly vital part of people's lives, probably more so since covid encompassed our lives.

From our perspective, the St Leonard's Hospital Covid Vaccination Site couldn't have run without our wonderful team of volunteers. Since we started the site back in mid-December 2020, we have had a



steady rota of volunteers who have donated their time for one or more shifts a week at the hospital. Their support has been vital in marshalling the cars to park where needed to avoid collisions, directing patients into the building, welcoming patients on site, maintaining

infection control by offering hand sanitiser and masks to anyone entering, and supporting with the flow of patients through the site.

They offered tremendous support to the elderly, frail

“Wonderful friendships have been born from this programme. It is something truly humbling to be a part of.”

and infirm patients during the programme which involved multiple wheelchair trips up the long corridor!

Some have shifts they could do each week, some could offer ad-hoc shifts and others last minute sick cover. We began with just three volunteers per shift then ramped it up to six per shift and then back down to 4 or 5 depending on the age and frailty of patients.

Our wonderful team have stood in the car park in rain, snow, wind, cold, sun and never complained, always greeting patients with a smile whether dressed in waterproofs or a hat and sunglasses!

As the first person the patients see at the site, this helpful image is one we encourage.

All volunteers are welcomed on site by the site manager, given an induction and then supported by the volunteers who have been with us for almost a year! As the site coordinator, I touched base with the volunteers when we needed support on site to see what could be offered amongst the team and if they were interested in supporting as the phases went on. I also asked if people wished to be removed from the mailing lists as time moved forward and life returned to normal.

It was at these crucial times that Volunteer Centre Dorset became even more of a great support as people left us to resume normal life, we needed additional support to fill the void. By volunteering through the team, you can become a part of something truly valuable and meet wonderful people from all walks of life.

“I felt it was just a small thing that I could do to help, and it has enabled me to feel useful”

Wonderful friendships have been born from this programme. It is something truly humbling to be a part of.

Marylin Barber was a volunteer for the St Leonard’s vaccination site. Here is what she had to say about her experience:

“At the start of the pandemic, I wasn’t able to become a volunteer as my husband was suffering from ill health.

My much loved husband died last July, and I felt that out of my sadness I should do something to help others. So when I was invited to become a marshal at the vaccination centre in December, I was delighted to sign up.

I felt it was just a small thing that I could do to help, and it has enabled me to feel useful. I have also enjoyed the camaraderie of being part of a team of volunteers, and have met some interesting people from all walks of life.”

*Article written by Emma Simpson, Senior Care Coordinator
Wimborne & Ferndown PCN*

CasterFridge opens its doors

CasterFridge is the Dorchester Community Fridge and it opened its doors on the 20th April. This Volunteer Centre run project aims to reduce edible food waste from local supermarkets by giving this food away for free to the community. The fridge is open to everyone, so there is no membership or eligibility criteria, making it an accessible way for people to get some free food while helping the environment. So far we have:



We are looking for volunteers to join our amazing volunteering team. We are currently looking for volunteers on Friday and Saturday mornings to help put the food out, help people choose their food, and record all the food that goes out. Set up is at 9:30 and we finish by 12:00 (although its usually earlier than 12:00, it depends on the amount of food we've been donated). Alternatively we are also looking to fill some evening slots which would involve logging the food donated from the Coop and putting it away in the fridge. This role is from 20:00 and only takes about 30-45 minutes.

Can't make a regular commitment? No problem! You can always join our team informally and just fill empty slots as and when suits you.





Pictured: CasterFridge coordinator Issy McGowan with the Mayor of Dorchester Richard Biggs opening CasterFridge back in April

On the Cover

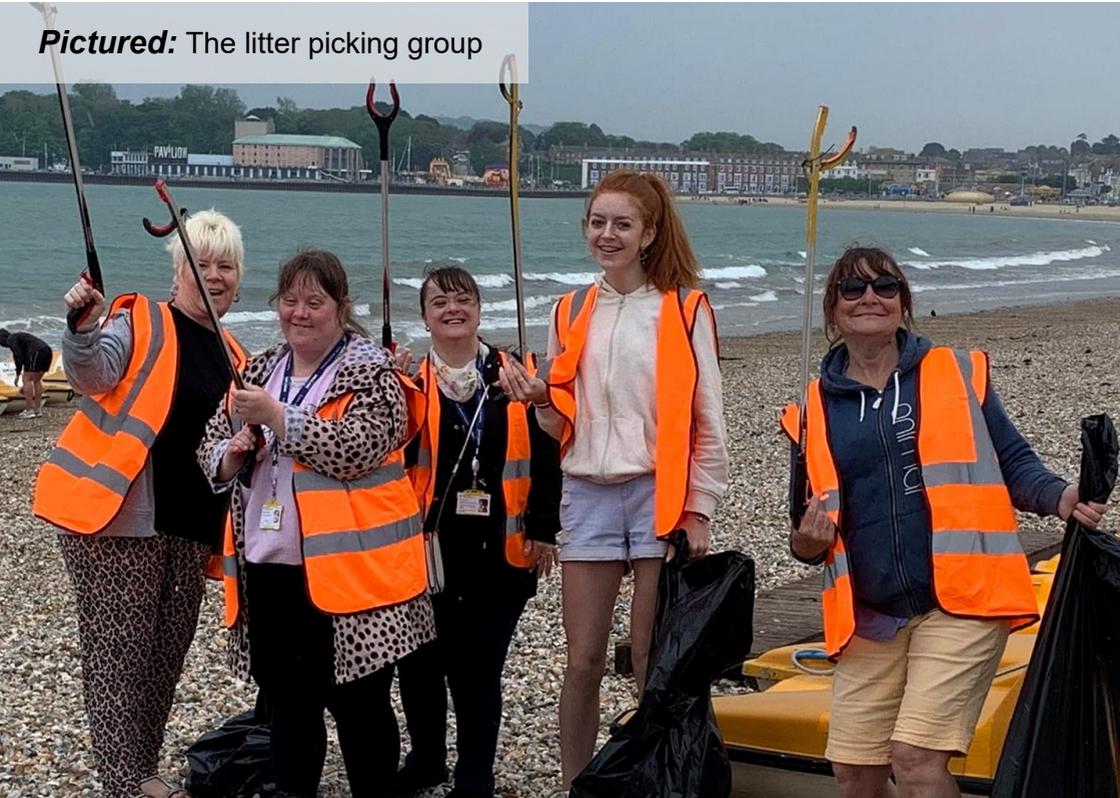
Abbey and her Volunteer Adventures...

“Hi, my name is Abbey and I love volunteering! I work at the Veteran’s Hub on Thursdays. I enjoy my work there because I work with and meet lovely people. I wash up and clean the tables. Working at the Veterans Hub makes me feel good about myself and helps with my mental health. Andy my boss is my favourite and I love talking to Jim and Shirley.”

Abbey

Abbey is a volunteer through the Community Credit Scheme. Her and her sister Jade first came to the scheme a few years ago and have jumped straight in to volunteering. As well as volunteering with the Veteran’s Hub, Abbey and Jade also volunteer in Weymouth with a litter picking group.

Pictured: The litter picking group





Pictured left: Abbey volunteering at the Veteran's Hub



Pictured Above: Abbey's sister, Jade, volunteering as a Dorset Volunteer Ambassador

Here is what Andy, the Founder and Director of the Veteran's Hub has to say about volunteer Abbey:

"We are a community project, established by Armed Forces veterans to support other veterans and their families. The cafe aspect of the Hub is open to absolutely everyone and run by a team of dedicated volunteers, of whom Abbey is one.

Quite simply, she is an amazing team member who always has a smile on her face, works hard and is a valued member of this community, who keeps the rest of us in check and on our toes.

Abbey says that this has been an amazing job for her and that she loves working here."

Abbey is a fantastic volunteer, and we look forward to hearing more about her volunteering adventures soon!

Volunteer Ambassadors bring smiles to visitors in Weymouth

This summer, Ambassadors have been busy on the streets of towns across Dorset, helping residents, welcoming visitors, and putting smiles on people's faces. Dorset Council anticipated that, like last year, many people would choose to holiday within the UK rather than travel abroad. This new band of Ambassadors were patrolling the streets of Dorset's seaside and market towns, welcoming visitors to Dorset and offering advice on services, facilities, and places of interest. The Ambassadors were all volunteers from the local community and thrilled to share their wealth of local knowledge with everyone they meet.

Sandra West, Dorset Ambassador and Mayor of Portland said that "Being a Dorset Ambassador reminds me of the heady days of being an Ambassador on Weymouth Beach during the Olympics 2012. I've really enjoyed meeting and helping visitors and we were even thanked several times for giving up our time to volunteer. Visitors from Wales asked us if we could go to their town and do the same there."



Pictured Left: Ambassadors Sandy, Barry, and Joseph

Pictured Above Right: Ambassador Frankie taking a break

Pictured Right: Jade on duty

Sue Fleet, ex-Chairperson of the Volunteer Centre Dorset said “It is really lovely to hear such positive feedback from both Ambassadors and the public. We are very proud that the Ambassador programme is giving so many people a chance to volunteer in their own community, and attracting such a diverse mix of people. We had people signing up who were new to volunteering, wanting to take their first steps; and many seasoned volunteers who can show others the way. We welcomed anyone over the age of 16 who could be active for 3-4

hours – what a great way to do your 10,000 steps!”

The programme has proven to be very inclusive with a number of



people with additional needs, learning difficulties and mental health issues becoming Dorset Ambassadors, who have all been supported by other Ambassadors throughout their shifts. All round the programme has been a success for residents, visitors and

volunteers feeling the benefit of communities coming together to show off the places they know and love.



Dorset Council are keen to support the programme into 2022, and possibly beyond, so we will be looking for new Ambassadors to join the ranks for 2022. In the meantime, it is possible that we will support Town and Parish Councils with one-off events, like Christmas markets, across the winter and spring. If you would like to become a Dorset Ambassador in 2022, you can register now.

Duke of Edinburgh talking trash

The Duke of Edinburgh Award helps young people build life-long belief in themselves, supports them to take on their own challenges, follow their passions, and discover talents they never knew they had. A big part of achieving the Duke of Edinburgh award is volunteering and community work. For young people, it can be difficult to find volunteering placements that fit around school, transport issues, and an all important social life. At the Volunteer Centre, we always do our best to support young people to find volunteering and can come up with some creative ways to make sure they can get their volunteering hours checked off their list.



Pictured: Will litter-picking along the beaches of Dorset

Meet 15 year old Will; he came to the Volunteer Centre looking for some volunteering for his DofE award. After discussing his options with a staff member, he took the initiative to organise his own litter picking on local beaches, as supporting the environment is something he is passionate about. Will went litter picking on a regular basis until all of his volunteering hours were completed, taking pictures to evidence the fantastic work he was doing. After his hours were completed, his volunteering report was signed off by the Volunteer Centre. Here is what Will had to say about his experience:

“It was a fantastic experience where I got the chance to help the environment around me and see what state our beaches were in. Some beaches, like Studland, were really clean and it was

good to see. I think the most annoying thing about it all is when you see rubbish that people have clearly just left. However, the best thing about it was definitely feeling like you’ve helped your local environment and getting stopped by people who acknowledge what you are doing!

I would highly recommend any other DofE participants to volunteer in a way that helps our environment as I think it’s a fantastic thing to do.”

A young man with curly brown hair, wearing a red Under Armour hoodie and dark shorts, is crouching on a gravel path. He is smiling at the camera. To his left is the open trunk of a dark-colored car, and a brown, curly-haired dog is sitting inside. In front of him are three large, full black plastic trash bags. The background shows a grassy area and a gravel path.

“I would highly recommend any other DofE participants to volunteer in a way that helps our environment ”

Thank You ... Thank You ... Thank You ... but it's not over yet

The last eighteen months have been life changing for all of us, but the silver lining during this difficult time has been the wonderful outpouring of community spirit, neighbours helping neighbours, strangers becoming friends.

Since the start of lockdown last March, our volunteers alone have helped over 2000 local residents (this does not include individuals supported by the amazing volunteers in community groups). This help has included picking up shopping, collecting prescriptions, dog walking, delivering PPE kits or food parcels as well as helping at flu clinics, vaccinations centres, household recycling centres ... the list goes on. All we can say is thank you.

The pandemic has brought to the forefront that there are a large number of people in our community who are in need of assistance. This can be because of having to self-isolate, but also for non-Covid reasons such as a medical condition, a change in life circumstance, coming home from hospital etc. Here at the Volunteer Centre our support of individuals in need of assistance is ongoing and we are only able to do this with the support of our wonderful Community Volunteers.

As part of the development from Covid Volunteers to Community Volunteers, we will be moving to a new online platform in the near future. This platform will be for all volunteers as the system evolves, but it has features for the Community Volunteers which we are excited about. We will be contacting Community Volunteers in the coming weeks with the details of the new platform.

Should you wish to assist as a Community Volunteer, please get in contact for more details.

“Volunteers do not necessarily have the time; they just have the heart.” – **Elizabeth Andrew**



2211

Local
residents
supported



633

Shopping
trips



626

Prescriptions
collected



918

Other
Tasks such
as dog
walking
and
gardening

If you are interested in getting involved as a community volunteer with any of the above tasks and more, get in touch with the Volunteer Centre on 01305 269214 or email info@volunteeringdorset.org.uk

Working with bereaved children and young people in Dorset

Who are we?

Mosaic is a Dorset based charity supporting bereaved children and young people, their families and the professionals working with them. Founded in 2007, Mosaic was created to fill a gap in bereavement provision across the county.



Our qualified counsellors support children and young people who have experienced the death of someone special - a parent, sibling, friend, or member of their extended family. This includes all causes of death such as long-term illness, sudden death, suicide, murder, or road traffic accident.

What do Mosaic do?

We offer pre and post bereavement counselling and our Early Bereavement support provides advice for families immediately after a death. We also offer play therapy for younger children and a valuable opportunity to build social connections with similar families on Mosaic activity days and residential weekends. Our residential weekends are the heart of our work giving children and young people the chance to talk through their bereavement in a safe environment, while having fun and making friends with people who have had similar experiences.

'This weekend was very helpful to help me remember my Mum and all the fun we used to have together. I met a lot of people who knew what that felt like and it showed me I'm not alone in this'

We also offer training to schools and professionals on courses including our *'Introduction to Childhood Bereavement'* – a full range of courses can be found on our website www.mosaicfamilysupport.org

How can you help?

The pandemic has meant a significant drop in income for Mosaic, and it is vital that as restriction ease, we are ready to be out there fundraising again.

Mosaic Activity days – Through the year we hold various events for the families we work with, this can range from climbing and raft building to sailing or football. Some of our family days have involved making music in a studio, pottery, summer picnics and Christmas parties.

Volunteering at Events – Mosaic receives a limited amount of Local Authority funding and Charitable Trust grants. As a result, we rely on individuals, businesses, and events to raise the money needed to continue our service. Our volunteers attend events all over Dorset to raise awareness of the charity, and to raise valuable funds. We are always looking for volunteers who can spare a few hours to help. It is a great chance to learn about Mosaic, see the county, make friends, and support a great local charity.

Mosaic Residential Weekend – Supporting at a Mosaic Residential Weekend is a memorable experience. Meeting our volunteers and children and spending a weekend listening to the stories of each family can be emotional. Seeing the children make friends and share their experiences is a great thing to be part of.

“As a volunteer, the highlight is always being part of the residential weekend. Seeing how much the children gain from this experience and learning the skills to be able to move forward with their lives is priceless.”

Office administration – based in Milborne St Andrew, it is great to meet local people who have free time to support in our head office. Tasks can involve general administration, arranging prizes for fundraising activities, helping with mail, or packing up equipment for a family residential weekend.

If this article has sparked an interest, please do get in touch, we would love to hear from you. Please email us on: sarah@mosaicfamilysupport.org and we will send out an application form and then arrange to meet you in person to talk through your skills and how you would like to support Mosaic.





Abbeyfield
Making time for older people

Do you
sometimes
feel
lonely?

**Abbeyfield
Wessex
Society are
here to help**

**Newly refurbished and
welcoming new residents**

A Warm Welcome to Harleston House

The Abbeyfield Wessex Society is a charity that is dedicated to providing housing for older people with our ethos to alleviate loneliness.

We enable people to live independently in a home-from-home environment that offers support, friendship and security. Abbeyfield Wessex Society can provide you with spacious en-suite accommodation to rent where you don't have to worry about your bills.

Residents can also enjoy two freshly home cooked meals daily plus ingredients to make a continental breakfast in your own room so that you can start the day at your own pace. People are enjoying fuller and longer lives than ever before, and in many areas neighbours can be few and far between. This can mean that many older people feel isolated within their own community. By living with Abbeyfield Wessex Society you can still have your own front door but know that there is always someone to talk to.

The house benefits from a dedicated House Manager and a fantastic team of staff. Staff are available between the hours of 9am and 6pm daily. In addition, a Careline call system is provided for the use of residents 24 hours a day.

A little more about us...

Harleston House is closely linked to the community and our front door is always open. We enhance not only the lives of our residents, but older people living locally. We have an Activities Co-ordinator that visits Harleston House regularly to host varied activities with residents, we also host house events such as trips to the seaside and festivities throughout Christmas plus much more.

Accommodation is available to rent. For more information about Harleston House and how to apply please call **01202 882067** or email **enquiries@abbeyfieldwessex.org**



Where to find us:

Harleston House

Harleston Villas,
St John's Hill,
Wimbome, BH21 1DB
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Volunteer Advisers needed in North Dorset

Citizens Advice



Citizens Advice has been serving the community of North Dorset since the 1990's, and continues to serve the residents of North Dorset as part of the larger Central Dorset citizens advice charity, whilst retaining its' own dedicated team run by its' own Advice Service Manager based in Gillingham, who ensures that the best possible help is given to the whole area.

As part of a larger team, we are now able to provide more specialist services to clients - such as access to Benefits, Employment, Housing and Family caseworkers. Many of these specialist teams can help clients to access help in areas such as Benefits Appeals/Tribunals and Employment Tribunal work.

“The hugely valued Citizens Advice service depends on volunteers like YOU!”

Elaine Morley, Advice Service Manager, North Dorset said:
“Between April 2020 and March 2021 we helped clients with 4,299 problems. We couldn't do any of our work without our incredible team of dedicated volunteers. Don't take my word for it – take Martyn's”

Martyn is a Generalist Adviser and specialist in Employment and Debt.' This is what he has to say on volunteering for Citizens Advice:
“Become a Citizens Advice Adviser! The hugely valued Citizens Advice service depends on volunteers like YOU! I have been volunteering for many years and it is a really interesting job. So please do consider becoming an adviser - have a look at the Volunteer Description and contact details for Elaine who would be very pleased to hear from you”.



What will you do?

Support clients to resolve their problems and take part in research and campaign work

What's in it for you?

You'll make a difference to people's lives and be part of a supportive team.
No experience necessary, you'll receive full training

What skills do you need to have?

You don't need specific qualifications or skills but you'll need to be non-judgmental have good IT, problem solving and communication skills

How much time do you need to give?

7 hours per week

For more information, please email Elaine Morley on advice-nd@centralca.org.uk or call 01747 835016

Do you know someone who struggles to read?

Local charity Read Easy South Dorset is encouraging adults who would like to improve their reading to come forward and get some help. If you know of friends and family members who struggle to read, please pass on the Read Easy South Dorset phone number and ~encourage them to make a call that could transform their lives.



There are about 2.4 million adults in England who either cannot read at all or can barely read. For them, everyday tasks such as booking a doctor's appointment, reading road signs or doing the food shopping can be incredibly challenging.

Operating in Weymouth, Portland and Dorchester, Read Easy South Dorset offers free and confidential one-to-one coaching, from trained volunteers. Reading pairs normally meet twice a week at approved local venues to work for just half an hour at a time through a structured reading programme, which takes up to two years to complete.

Read Easy South Dorset's Team Leader Christine Voce says those who struggle to read should not feel embarrassed about coming forward and asking for help: "There are lots of different reasons why people don't learn to read in childhood. For some it may have been a lack of support from their own family or school, for others it may have been undiagnosed dyslexia. But people should not feel ashamed or embarrassed about it. We are friendly, welcoming, and here to help, whatever your age."

***“We are friendly,
welcoming, and here to
help, whatever your age”***



Read Easy

Helping adults learn to read

Lyn, who is in her 70s, is one of Read Easy's success stories. She joined the programme 18 months ago and has now obtained the skills and confidence to undertake the everyday tasks that most people take for granted, from reading cards from friends and family, to writing shopping lists, reading menus, road signs and TV listings. She says "Reading has made my life so much better. Like they say, you are never too old to learn."

"Reading has made my life so much better... you're never too old to learn"

Read Easy South Dorset are currently looking for coaches in the Dorchester area.

Could you help? We offer training and good support. Helping someone with their reading is great fun and extremely satisfying. You only have to be able to offer two half hour sessions a week. Could you help us?

For more information about learning to read or becoming a Read Easy Coach, please contact Christine Voce on 07490 372212 or email sdleader@readeasy.org.uk





Are you an unpaid carer?

Are you a carer? Do you...?



Offer emotional support



Help someone communicating



Give healthcare assistance



Provide personal care



Help with finances



Do household chores

It is sometimes hard to recognise if you are a carer, caring is something we do as parents, partners, children, sisters, brothers and friends, often without question, or the need for a label. You might help with household tasks such as cleaning or cooking, you might help someone with

healthcare by administering medication or organising and transporting someone to medical appointments, maybe you help someone get dressed, provide personal care or give ongoing emotional support?

It doesn't matter how long you are doing it for, you could be doing it once a day, a couple of times a week or all the time. There are no time limits to being an unpaid carer. For carer Grace, it was realising for the person she helped look after couldn't manage without her, that made her realise she was an unpaid carer.

“When all this trouble started I didn't think of myself as a carer but it was just something I did for the person I lived with. Then somebody pointed out what would happen to Ronan if I wasn't around or well enough to look after him.”*

Whoever you are and however much you want to support someone, caring can take its toll on you and affect your health and wellbeing. Looking after someone can make you physically exhausted – you might be getting up several times in the night as well as caring throughout the day. You might be juggling caring with looking after the rest of your family and holding down a job. Caring can leave you emotionally exhausted and lead to stress, depression and other mental health issues. Caring can also affect your relationship with your partner or other family members. If you are caring in a couple you may no longer be able to enjoy shared activities or plan for a future together.

Carer Steve describes just how tough being a carer can be: *“I work really hard, my back and legs are wrecked, physically, from the lifting, and carrying and supporting.”*

Having somewhere to talk about the difficulties of caring and help you find solutions and further support can make a huge difference to your mental health. Sandra, who is registered with us, describes just how essential it is to be able to contact someone about her caring role.

“I can speak to someone at the end of the line and email has been a lifeline. I was pretty down when I made that first phone call, but I’m so glad that I did.”

Every carer is unique and the support you need might be specific to you and your circumstances. That’s why we have a support line (0800 368 8349) that you call and speak to a friendly Carer Adviser, who can help signpost you to the support you want and need as an unpaid carer in Dorset.



Pictured: The team at the Dorset Carers Hub Carers Picnic

Beyond our support line we offer a ‘Here to Talk’ befriending service, where you can be matched with a volunteer for regular phone calls. We put on regular training and events to give you a chance to talk to other carers and develop your skills to make caring more manageable. Training could be anything from helping you build emotional resilience, giving information on different support avenues available or providing help and advice on the condition of the person you care for.

All our work is informed by unpaid carers themselves, so we can find and offer the support and training that you need as a carer. To find out more and sign up to our services, contact 0800 368 8349 Monday to Thursday 9.30am-4.30pm and Friday 9.30am-4pm or visit www.carersupportdorset.co.uk

*names have been changed



Volunteer Centre

Dorset

***“Supporting, enabling and
celebrating volunteering
in all its diversity
throughout Dorset”***

info@volunteeringdorset.org.uk

01305 269214

www.volunteeringdorset.org.uk
Registered Charity Number: 1113758

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