

Volunteering Opportunities in the South Region

Please email or telephone for details on individual opportunities

HAMPSHIRE	HAMPSHIRE	HAMPSHIRE
East Meon, nr Petersfield	Waterlooville	Grayshott
FitzRoy Rural Skills Project	Day Service	Residential Home
Rural Skills / Horti Supporter	Activities Assistant	Home Visitor
Weekdays between 9-3 2hrs or more, weekly		
People skills & team worker Gardening or woodcraft skills		
Work with staff to help members grow produce, maintain gardens, make wood crafts		
Petersfield	Liss	Grayshott
On Track Day Service	Triangle Lunch Cafe	Residential Home
Activities Assistant - IT	Café Supporter	Group Supporter
Weekdays between 9-3 2hrs or more, weekly	Weekdays between 12-2 Weekly	
People skills & team worker Computing skills	Team worker; customer service & basic cooking skills	
Join in IT sessions to help members access internet, send emails, use text and photos	Assist staff member to support 2 people learning about: food hygiene; providing simple lunches and giving good service	
Petersfield		
On Track Day Service		
Activities Asst - Needlework		
Weekdays between 9-3 2hrs or more, weekly		
People skills & team worker Needlework skills		
Assist supervisor to teach members basic sewing, knitting, embroidery & crochet		
Petersfield		
On Track Day Service		
Activities Assistant		
EAST SUSSEX	SURREY & SOUTH LONDON	KENT & ESSEX
Uckfield	Richmond-upon-Thames	Gravesend
Residential Home	Day Service	Supported Living
Home Visitor	Activities Assistant	Home Visitor
Uckfield	Penge	Rayleigh
Residential Home	Supported Living	Residential Home
Church Supporter		Group Supporter
		Monday or Tuesday evenings
		People skills and team worker Reasonably fit
		Assist 3-4 people (with staff) at Social Club – dancing, cookery, computing, games; also assist in and out of vehicle
MORE OPPORTUNITIES BELOW		

Uckfield		Rayleigh
Residential Home		Residential Home
Driver		Church Supporter
		Rayleigh
		Residential Home
		Gardener