

Volunteering Roles

We are very happy to chat about our volunteering roles, either in person, by phone or on zoom. Call 023 8250 0050 or email volunteer@communicareinsouthampton.org.

Telephone Support: We currently offer 2 types of telephone support. You will use your own phone to make calls and we will show you how to withhold your number.



- **Telephone befriending:** This means calling someone regularly for a social chat. Once a week at a pre-arranged time usually works best. Calls will usually last between 20 and 40 minutes but this will depend on how chatty the person you call is! We suggest they don't last more than 1 hour.
- **Hello Southampton:** Hello Southampton is our shorter more frequent 'check in' call service. Volunteers call a short list of people for a friendly check on how they are. These calls all take place during weekday mornings. You will need a tablet or computer to log onto our website to get your list and report back on these calls. Volunteers sign up for a regular slot which last about 1 hour.

Shopping/ Prescriptions: Some volunteers are matched with a regular service user who needs shopping every week, other people prefer to pick-up one-off requests. We send out most of our requests by email but if you don't use email we can set you up with a regular person to help. Most of the people we help will refund you with cash, some use cheques. Cheques are usually paid to us and we reimburse you. You will need a DBS for shopping.



Transport: Volunteers use their own cars to give lifts. You will need a DBS check for this role. Some volunteers are matched with a regular service user who needs a lift every week, other people prefer to pick-up one-off requests. We send out most of our requests by email but if you don't use email we can set you up with a regular person to help. We reimburse your mileage, currently at 45p mile.

Activity Buddies: Volunteers support people to access opportunities to become more physically active. This might include driving them to an activity, going for a walk, or accompanying them during an activity such as an exercise class.

Face to Face befriending: Volunteers visit people in their homes or go for a local walk. Volunteers visit weekly or fortnightly, visits usually last 1-2 hours. You need a DBS check for this role.

Gardening/DIY /Decorating: Short term practical help. We don't offer specialist help such as plumbing.

Taking people Shopping or on Trips Out: This is usually a regular commitment and normally involves you taking someone in your car although sometimes public transport is used. Occasionally someone just wants to go for a walk from their home.



Events: We hold fundraising events such as craft fairs and are always grateful for help.

Friendship groups, tea parties and lunch clubs: We partner with other organisations to hold regular multigenerational friendship groups, lunch clubs and occasional tea parties. Ask us for more details.

Better at Home: We provide short term help for people when they come out of hospital. We also support people to stay in their home when this is the preferred option for them. We offer help with shopping, errands, and friendly chats -in person or over the phone.