



# **VOLUNTEER OPPORTUNITIES**

**SEPTEMBER 2021**

**Barnsley CVS runs the Volunteer Centre at  
Priory Campus, Pontefract Road, S71 5PN and 23 Queens  
Road, S71 1AN.**

**At the Volunteer Centre we can help you find a volunteering  
opportunity that is right for you, within Barnsley, from our database.**

**We provide a personal one to one service to help you get into  
volunteering.**

**Each month, our newsletter will highlight some of the best volunteer  
opportunities available in Barnsley.**





# Welcome to our newsletter!

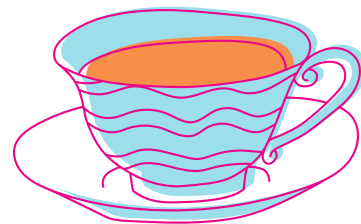
Hello everyone!

Welcome to our jam packed September newsletter!

We have some really exciting, new roles in this edition for you to get involved in. Everything from heritage cinema organs to gardeners, drivers and good neighbours!

There are also some great opportunities to get involved in activities happening across Barnsley, including the wonderful Dearne Arts Festival and the Walk for Recovery happening later this month.

So make the most of the last of the lovely summer weather, grab a cuppa and have a read through of where your next volunteer journey may take you!



Any roles can be applied for on our website unless otherwise stated - [barnsleycvs.org.uk/volunteering](https://barnsleycvs.org.uk/volunteering)

Thank you & stay safe,  
The Volunteer Team at Barnsley CVS

We are still working from home, so you can contact Yasmin on [07939521425](tel:07939521425) or email [volunteer@barnsleycvs.org.uk](mailto:volunteer@barnsleycvs.org.uk)

#VolunteerInBarnsley



Rachel



Janette



Yasmin

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**WELCOME**



# VOLUNTEER OPPORTUNITIES

## Dearne Community Arts Festival Volunteers - Dearne Community Arts Festival

Dearne Community Arts' Festival, is taking place on Saturday 25 September between 11 a.m. and 4 p.m. at Astrea Academy Dearne, Goldthorpe Road, Goldthorpe, S63 9EW.



This annual festival championing creativity and celebrating community is a great day out for all the family.

Free entry to exhibitions, workshops, demonstrations and performances giving access to art, photography, story-telling, poetry, crafts, circus skills, dance, music and drama.

It's an opportunity to showcase local talent and also to have a go at something new - try hot wax painting or circus skills, sand art or learning a new art form like 'Inktense.' Learn from other people and be amazed at the diversity and range of the arts.

The festival is looking for volunteers on the following days -

- Friday 24 September 4pm-8 pm - set up for the event
- Saturday 25 September 9am - 11am - Setting up and meeting and greeting people
- Saturday 25 September - 10am - 4pm - meeting and greeting people
- Saturday 25 September 4pm - 5pm - Tidying away

They can reimburse travel expenses and will provide drinks/ refreshments (lunch) on the day itself.

If you can help us at the Dearne Community Arts' Festival, either on Friday 24 September or Saturday 25 September, please contact Julie Turner by calling - **07729 421405** or email [julie@gpcchurch.co.uk](mailto:julie@gpcchurch.co.uk)

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# Music Support Volunteers - National Theatre Organ Heritage Centre, The Astoria Centre

Would you like to become part of a unique heritage venue?

The Astoria Centre, Barnsley has a number of volunteering opportunities available for you to get involved with!



The Astoria Centre is home to the National Theatre Organ Heritage Centre and houses a fascinating collection of theatre pipe organs from the halcyon days of the 1930s.

Without the great work their volunteers do, they wouldn't be able to operate. There are always lots of volunteering opportunities to get involved at the Astoria Centre. Every volunteer brings their own individual skill set and is an important member of their team.

Don't worry if you haven't had any first hand experience with a Cinema Organ or similar venue - we all have to start somewhere and many of their current volunteers had very little hands-on experience before they became a volunteer but have since learnt new skills, as well as developing long lasting friendships along the way.

Current volunteer opportunities include -

- Stewarding at events
- Helping to preserve and restore these mighty music machines
- Preparing & cleaning the venue for public events
- Helping with publicity & promotion
- Digitising their fascinating archive of theatre organ memorabilia and documentation
- Helping with admin
- Developing their online presence, together with furthering their media output.

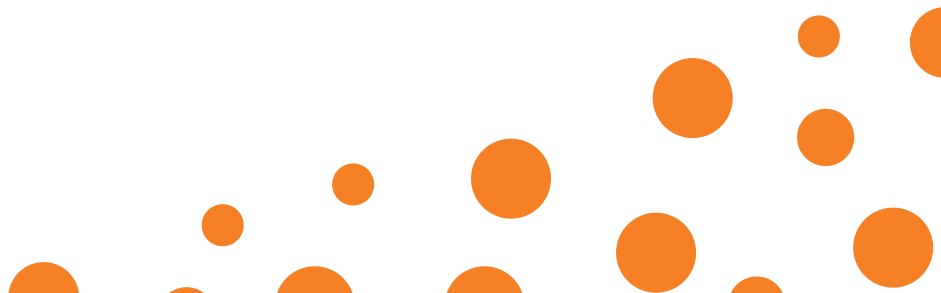
They are a friendly group of volunteers, that also enjoy being part of a sociable team, helping to preserve these rare instruments.

No musical knowledge is necessary, some of their existing volunteers are not musical at all but are still valued members of the organisation.

If you are interested in becoming a volunteer, please contact **07944 566972** or email [info@astoriacentre.co.uk](mailto:info@astoriacentre.co.uk) for further details.

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# VOLUNTEER OPPORTUNITIES

## Volunteer Tutor- The Access Project

The Access Project is an education charity supporting young people from disadvantaged backgrounds. The programme provides in-school support which includes 1 to 1 mentoring, university trips and workshops as well as personalised academic tuition, to help disadvantaged young people gain places at top-third ranked universities.



At the moment, young people in the UK from disadvantaged backgrounds are six times less likely to progress to a top-third university compared to their peers working at a similar academic level, so The Access Project seeks to change this. They help these young people to see university as something that is 'for them', to support them to make competitive applications and to get the grades they deserve so that they can fulfil their potential.

The Access Project is looking for volunteers to support disadvantaged young people aged 14-18 for 1 hour a week with their academic studies, through their easy-to-use dedicated online platform. All volunteering is done online, so you can be based anywhere in the UK!

Support a young person in one school subject to achieve the GCSE / A level grades they deserve and to fulfil their potential.

Inspire, motivate and raise aspirations towards higher education & the world of work.

Students supported by The Access Project typically achieve a grade higher at GCSE and are four times more likely than their peers to progress to a top-third ranked university.

Interested? You'll need to:

- Either have an undergraduate degree / equivalent qualification or be currently studying for an undergraduate degree at a UK university
- Have an A Level in the subject you wish to tutor at GCSE or an undergraduate degree in a subject you wish to tutor at A level
- Be able to spare 1 hour a week in school term time over the next academic year to tutor (starting early autumn), plus approx 30 mins a week preparation time
- Be prepared to undertake an enhanced DBS check (at no cost to you) and provide two references (personal or professional)

No prior experience necessary, full training given.

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# VOLUNTEER OPPORTUNITIES

## Volunteer Tutor- The Access Project Cont.

In particular, they are seeing high demand from students for support with Science and Maths so volunteers who are able to support in those subjects would be particularly welcome.

There are also opportunities for volunteer tutors in other subjects including English, humanities, social sciences and languages.



How does it work?

1. Sign up at [www.theaccessproject.org.uk/volunteer](http://www.theaccessproject.org.uk/volunteer)
2. Training: They will then invite you to choose a 2.5hour training sessions to suit you. During this session, you'll learn everything you need to know for your weekly 1-hour tutoring sessions.
3. You'll complete a DBS check (criminal records check) and an online safeguarding course
4. They will match you with a student who is looking for support in your subject.

Questions? Please email [volunteering@theaccessproject.org.uk](mailto:volunteering@theaccessproject.org.uk)

## Club Night Volunteers - Penistone Gateway Club

Penistone Gateway Club run a social club night for members with learning difficulties each Friday, during school term times. Activities for members include craft making, board games, physical games, discos etc. They often have guests leading activities and have trips out too.

Their members are a happy bunch, and they try to make the evening as entertaining and fun as possible.

The best way to find out if you would enjoy volunteering with them is to pop down on a Friday night (6:30pm- 8:30am during term time) at St Andrews Church (next to Penistone library) and see what they do and have a chat. They will explain the induction process and how they can work together to see if you are right for each other.

All they need is someone with a friendly face, they will provide all training. Though if you have a particular skill or talent they'd love you to lead a session (when you are ready). If decide to join, then they will require a current DBS.

To see more of the club, visit - [www.facebook.com/PeniGatewayClub](http://www.facebook.com/PeniGatewayClub)

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# VOLUNTEER OPPORTUNITIES

## Trustee - National Voices

**National Voices do things differently.**

**They are a small team that punches above its weight in influencing policy for and with people who rely on health and care services, and on behalf of their 180 member organisations.**



**National Voices will be welcoming five trustees onto their committed and friendly board this year. The Board appoints independent trustees, who can and should come from a wide range of backgrounds and walks of life, and their membership elects member trustees, to ensure that all their work is grounded in the insight, practice and ambitions of the organisations who make up their membership and work directly with people and communities.**

**Their existing board of trustees have experience of working in the voluntary and community sector, in policy organisations and regulators, and in the health system. Their backgrounds reflect a degree of diversity – not all of it visible – in terms of ethnicity, migration, education, sexual orientation and experience of ill health and disability. But they have agreed that they need to strengthen their diversity, skills and experience in these key areas:**

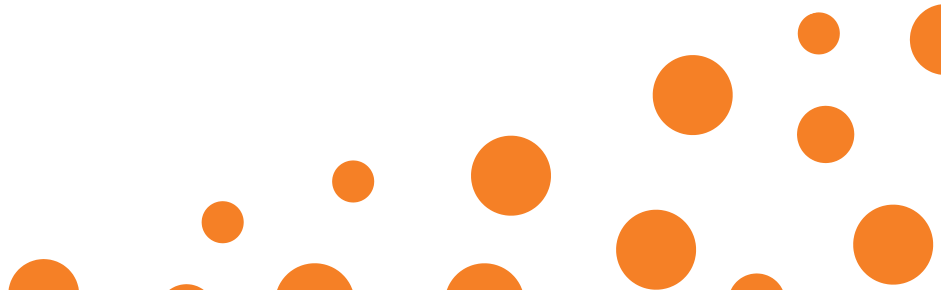
- **People from Black or other racialised or minoritised communities**
- **People working in a clinical role for the NHS (any staff group)**
- **People with a finance background (not necessarily accountancy, but an ability to handle budgets and accounts acquired in any sector – private, public, voluntary)**
- **People with substantial experience of living with ill health or disability – everyone has some experience of using health and care services, but some people need those services to work much better in order to have a good quality of life than others.**

**They are committed to this round of recruitment leading to a more diverse board, reflective of the communities they serve and knowledgeable about the lives lived by people from all walks of life. They are keen to hear from people who might not have previously considered joining a board, and will support people to acquire new skills.**

**They do not need people to meet all the requirements of the person specification.**

**They are looking someone who is honest, with integrity and a commitment to National Voices and its objectives. You must have an understanding and acceptance of the legal responsibilities and liabilities of trusteeship (training on these aspects will be provided if necessary), and a willingness to devote time and effort to your duties as a trustee.**

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# VOLUNTEER OPPORTUNITIES

## Appointed Trustees - National Voices

It's important that you understand how inequalities and discrimination shape health and service use, and have a commitment to reduce inequalities and disadvantage through everything National Voices does.



The ability to probe facts, challenge assumptions and identify the advantages and disadvantages of proposals is imperative, as is the ability to work collaboratively and the ability to communicate effectively with other trustees and with staff.

If this sounds like you, they'd love to hear from you.

Please see their candidate pack for further details on how to apply - [www.nationalvoices.org.uk/about-us/vacancies/national-voices-trustee-appointed](http://www.nationalvoices.org.uk/about-us/vacancies/national-voices-trustee-appointed)

If you have any questions, please contact [recruitment@nationalvoices.org.uk](mailto:recruitment@nationalvoices.org.uk) and a member of the team will be able to help.

Closing date: Monday 27 September 2021.

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# VOLUNTEER OPPORTUNITIES

## Volunteer Drivers - Barnsley Foodbank Partnership

Barnsley Foodbank Partnership are looking for Volunteer Drivers for immediate start to distribute /collect Food from their main warehouse to their foodbank sites.



They are looking for volunteers on Mondays, Wednesdays, Thursdays and Fridays between 9.00am until 11.30am.

Individuals can just do one day if they wish.

Volunteers are the lifeblood of foodbanks. Your skills could be just what they need. They need volunteers for Monday, Wednesday, Thursday and Fridays.

Volunteers must have a clean driving licence- the van can be driven on a normal licence.

Individuals also need to have some level of fitness as there are some physical aspects to the role.

If you are interested please contact us at [01226 235280](tel:01226235280) or [manager@barnsley.foodbank.org.uk](mailto:manager@barnsley.foodbank.org.uk)

## Retail Assistants - Sense

Sense are looking for retail assistants to work in their popular Barnsley shop.



There are many available positions, such as -

- Back Sorting room positions - these include sorting, ticketing, pricing, and steaming roles.
- Shop floor positions - these include merchandising and till operation

If you have a few hours to spare, come and join their team, learn new skills and support our charity.

Please contact them on [01226 208009](tel:01226208009) for an application form.

No special skills are required, as all volunteers will receive full training.

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# Gardening Volunteer - South Yorkshire Housing Association

Being outside in nature has become many people's favourite pastime during the Coronavirus pandemic and South Yorkshire Housing Association want our communal outdoor spaces to be brilliant.

South  
Yorkshire  
Housing  
Association



They are looking for green fingered volunteers to help make their extra care scheme gardens into lovely looking places that their customers can enjoy.

You may work alone or as part of a team with other volunteers, and volunteering with them can be flexible at a time that suits you.

You'll receive all the basic training and equipment to get you started and you'll have access to their full suite of development training, should you require.

They'd welcome applicants with all variations of experience and garden/landscape interests, so don't worry if you are not a flower expert, there will still be tasks for you to do!

You won't be out of pocket whilst volunteering with them and they will discuss potential expenses when they meet you.

## Main Tasks and Role Requirements -

- Complete South Yorkshire Housing Associations volunteer induction
- Work with scheme supervisors and possibly customers to improve outdoor spaces
- Work either alone or with other volunteers to maintain flower beds, pot plants and arrange hanging baskets.
- Follow any health and safety guidance given by supervisors
- Report any health and safety issues

## What you can expect from them -

- Support you throughout your time volunteering
- Provide you with everything you need to volunteer, including gardening equipment
- Provide all the necessary training
- Have access to their full suite of online training and classroom courses. If you're interested in doing a course, they will support you with setting up the training
- Cover any reasonable expenses you incur whilst volunteering with us, including travel

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# Gardening Volunteer - South Yorkshire Housing Association Cont.

## Locations available to Volunteer:

- Whitfield House - Glossop
- Westmeads - Royston, Barnsley
- Whinn Dale - Normanton, Wakefield
- Stonelow Court - Dronfield
- White Willows - Jordanthorpe, Sheffield
- The Meadows - Shirecliffe, Sheffield
- Newsome Vale - Wombwell, Barnsley

South  
Yorkshire  
Housing  
Association



## Desirable Skills

- Physically able (There will be light gardening opportunities available, so give them a call to discuss if you're in doubt)
- Creativity
- A keen eye for outdoor space
- Willing to undertake any training required

They will carry on with this role while ever the weather permits.

A DBS check isn't essential for this role.

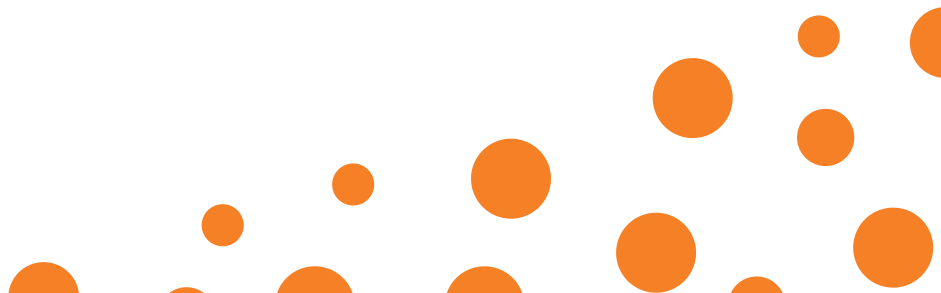
For more information please contact the volunteering team on **07384510101** or [volunteering@syha.co.uk](mailto:volunteering@syha.co.uk)

You can also apply via the link on their website

<https://careers.syha.co.uk/vacancy/gardening-volunteer-454099.html>

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# VOLUNTEER OPPORTUNITIES

## Good Neighbour Volunteers, Penistone - Age UK Barnsley

Volunteer Good Neighbours are available to visit older people who live in their local area at times when they need some extra help. It may be that they have been ill, been in hospital or that the weather is really bad and they can't get out to do their shopping. It may be that the older person does not get out very often and would benefit from their Good Neighbour calling in or telephoning for a regular chat. It may be a relationship that only needs to last a short time until the older person feels better or the weather picks up and the amount of involvement will depend on how much the volunteer wishes to have and the needs of the older person.



Each Good Neighbour Volunteer will have an agreement in place that sets out the nature and limits of support that they would like to offer.

Tasks may include:

- Visiting or telephoning an older person in your locality on a regular or short term basis e.g. once a week or just at times when they need a bit of extra support.
- Providing low level practical support when it is needed e.g. posting letters, collecting prescriptions or doing some shopping.
- Taking the older person out in the community e.g. to attend groups, go to the library or support them to go shopping.
- Checking to ensure that the older person is well and that they are able to call in other services if they need them.
- Relieving social isolation by talking with the older person about what is happening in their lives.
- Making accurate and legible records.
- Reporting any concerns to the Service Manager
- Complying with service standards and boundaries and recognising Age UK Barnsley's policies and procedures.
- Attending induction and occasional ongoing training by arrangement

Age UK Barnsley aim to contact you within 2 working days of submitting your enquiry. There is a short application form (where they ask for two references) and then you will be contacted by the inclusion worker for the area for an informal chat. This post is subject to a satisfactory DBS check (there is no charge to you for completing this)

Volunteer Good Neighbours do not need any special qualifications or experience, but you would be:

- Prepared to give up a little time. This may be a regular commitment or an undertaking to provide time limited practical help only when an older person in your locality needs it, e.g. following illness or in bad weather.

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# VOLUNTEER OPPORTUNITIES

## Good Neighbour Volunteers, Penistone - Age UK Barnsley Cont.

- Have good daily living skills and be able to support an older person with practical tasks like shopping, reminding them about appointments or making a hot drink.
- Comfortable talking to older people, able to make them feel at ease and have good listening skills.
- Respectful of other people's home and wishes
- Able to maintain confidentiality and follow service boundaries
- Committed to ensuring a good quality of life for older people.
- Willing to attend induction and occasional training and support sessions
- Able to complete a basic written record of the support you provide
- Comfortable in following service policies and procedure

The role is for people in the Penistone and surrounding area, and workers will be based in the Penistone library.

Age UK Barnsley are also looking for Good Neighbour volunteers for the Cudworth/Wombwell and Central/North areas of Barnsley.

## Assisted Shopping Buddy (Community Car Driver) - Age UK Barnsley

Due to the ongoing regeneration in Barnsley Town centre, this role is to collect clients from their home and bring them in to Barnsley Town centre and assist with any help that they need in accessing the shops and market. This role comes under Age UK Barnsley's Access Barnsley service and clients may book a scooter or wheelchair from it to enable them to have full access to the town centre.



### Main Tasks:

- To collect clients from their home address and bring in to the Town centre only
- To assist clients in and out of vehicles and in a safe and proper manner (as required)
- To help clients access the new town centre and market areas
- May be required to escort via the use of a wheelchair and volunteers must be able to carry out this task safely
- To keep up to date records of journeys undertaken, take part in monitoring requirements as required by Age UK Barnsley and follow their Driver Conduct Policy

### Requirements:

- A genuine interest in older people and their welfare
- Good communication and interpersonal skills
- Honesty, reliability and trustworthiness

This post requires a satisfactory DBS check, of which there is no charge to the volunteer.



# Volunteer Speech Support Worker - Speak With IT

Speak With IT is a Yorkshire based charity that helps people with aphasia. Aphasia can follow a stroke or brain injury and the condition not only affects a person's ability to speak and/or comprehend, it can also have a devastating impact on other aspects of their life. They specialise in using computer therapy to support people with aphasia and were awarded funding from the Big Lottery in 2017 to develop support in Yorkshire.



Volunteers will visit people with aphasia in their own home and support them to work on communication goals using a variety of computer therapy programs and supported conversation techniques. It takes as little as 2 hours a month to support someone with aphasia and whilst the commitment may seem small, the impact can be huge.

#### Main Tasks:

- Develop a good understanding of the computer therapy programs the charity supports
- Visit clients in their own home and support with communication goals. Minimum one visit per client per month.
- Complete client visit report and return to Volunteer Coordinator
- Attend regular training organised by charity

#### Person Specification:

- Demonstrate a commitment for supporting people with aphasia
- IT literate
- Friendly, positive and patient
- A self-starter who is able to work independently

This is a great opportunity for someone wanting to give back to their community by helping people at high risk of social isolation. Volunteers work in partnership with their clients to develop a learning friendship based on mutual respect and strong rapport. Computer therapy has been found to be at its most effective when used in combination with supported conversation, so they are looking for volunteers confident they can have a good natter!

**Days required:** This is a role that can happen any day of the week to suit

To apply to become a SWIT volunteer, prospective applicants will firstly be required to fill out an application form. This will request the provision of two referees whom the charity will contact directly to comment on your suitability for the role. Once they have received satisfactory references they will support you to apply for an Enhanced DBS Check at no cost to you - this is necessary for supporting vulnerable adults in their homes.

Once all of these elements have been returned, you will be invited to a full day induction, where training on Aphasia and computer therapy will be delivered by a qualified Speech and Language Therapist.

No formal qualifications are required for the role, but because of the supportive nature of the role they look for volunteers who can demonstrate: good communication skills, patience, empathy and confidence.

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# Peer Support Facilitator - Survivors of Bereavement by Suicide

**Have you been bereaved by Suicide?  
Do you have a desire to help other people who have also been bereaved by Suicide?**



**If you are a superb organiser, great communicator and are comfortable listening to the experiences of others, then you could be just the person SoBS are looking for.**

**They have self-help support groups across the UK, where you can meet with other people who have been bereaved by suicide, and they want to recruit additional volunteers to compliment those they already have in order to establish a new group in Barnsley.**

**Typically, their groups meet once a month and last for around 2 hours. Presently many groups are meeting virtually via Zoom but when regulations allow, they will return to Face to Face. They provide an opportunity to listen, to share, to ask questions and to connect with others.**

**Each local SoBS group is run by a team of 3: the group leader and two group volunteers, all of whom have been bereaved by suicide themselves. Between them, they facilitate the session, get the conversation started, make sure everyone has the opportunity to talk if they want to, and generally look out for people and each other. The team also work together to manage the administration, fundraising and communication for the group, sometimes with the help of additional support volunteers who are not themselves bereaved.**

**Good listening skills, basic IT and organisational skills are an advantage. All volunteers must be 18 years of age or over and have been bereaved by suicide at least 2 years ago.**

**Volunteers will initially complete an application form with 2 references. Once the referees have returned the reference the application will be discussed by the volunteer managers. The relevant volunteer manager will then have an informal chat with the volunteer before putting the application before the trustees.**

**Once approved the volunteer will be sent links to online training and once that is completed, they will be invited to the 1/2 day facilitator training course. Once completed they will be introduced to the other members of the team and can commence support for other Survivors of Bereavement by Suicide. Generally this will take around 3 months depending on timings of meeting / training etc**

**For more information please contact Phil Abbiss via email - [Philabbiss@uksobs.org](mailto:Philabbiss@uksobs.org) or apply through our website.**

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# Single Parents Support and Advice Services

# VOLUNTEER OPPORTUNITIES



**Concerned about child food poverty?  
Worried about food waste?  
Want to make a difference?  
Spare time on your hands?  
Then we need YOU!**

The food hub of our charity SPSAS collects surplus food from local supermarkets and food outlets from which food parcels are created and distributed to vulnerable members of the local community. Not only does this help in the fight against child food poverty but also helps stop good food from going to waste.

**We are looking for volunteers to help us with the following roles:**

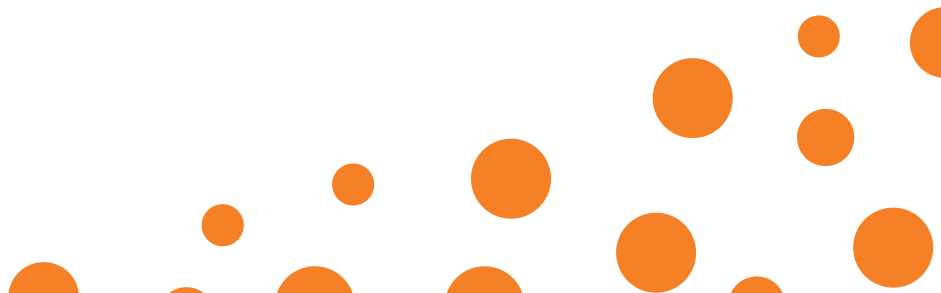
- **Packers to make up food parcels**
- **Drivers to deliver parcels to our families**
- **Drivers to collect surplus food from the stores and take to our unit on Queens Rd (a van is available if required)**
- **Driver's buddies to assist with store collections**
- **Weekend coordinators to oversee packing/delivering at the weekend**

Hours are flexible with no set days or times. If you have as little as 2 hours per month free to help in any of the roles mentioned above it will be a huge help, gratefully received. Perfectly good, nutritious food that would have otherwise been destined for landfill is being put to great use by families and children who would otherwise be going without.

If you would like more information, please contact [donna.land@spsas.co.uk](mailto:donna.land@spsas.co.uk)



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# Social Mentor Volunteer - Rotherham and Barnsley Mind

Rotherham and Barnsley Mind's Social Mentor Volunteer offers facilitation support to their group sessions consisting of service users with mental health issues.



Social sessions provide an opportunity for peer support; relearn lost skills and find new ones; regain confidence and self-esteem; reduce social isolation; increase independence and to build a new social network.

The Social Mentor will greet service users on arrival – especially ones who are new to the group. Making them feel supported, encourage social interaction with peers and participate in the programmed activities.

For more information, please contact Claire Rowley / Liz Hopkinson:  
Email: [claire.rowley@rbmind.co.uk](mailto:claire.rowley@rbmind.co.uk) / [Elizabeth@rbmind.co.uk](mailto:Elizabeth@rbmind.co.uk) or if you are interested in applying, please email [contactus@rbmind.co.uk](mailto:contactus@rbmind.co.uk) to request an application pack.

## Volunteer Telephone Befriender - Rotherham and Barnsley Mind

Role Description: To provide companionship and support via weekly contact to reduce social isolation to people living in the Barnsley area.



### Tasks Involved:

- To make weekly telephone calls to a range of clients from all walks of life to support in reducing their social isolation.
- To adapt topics of conversation accordingly, considering the needs and life experience of each individual client.
- To listen to the client and to ensure that the conversation is client led.
- To inform the Service Lead of any concerns regarding the client's welfare or potential safeguarding issue in line with our policy and procedures.
- To participate in group supervision session with other volunteers chaired by the Project Coordinator.
- To participate in individual supervision and support in line with RB Mind's volunteer policy and procedures.
- To participate in mandatory training.
- Helping individuals keep up to date with RB Mind services.

For more information please contact Claire Rowley / Liz Hopkinson:  
Email: [claire.rowley@rbmind.co.uk](mailto:claire.rowley@rbmind.co.uk) / [Elizabeth@rbmind.co.uk](mailto:Elizabeth@rbmind.co.uk)  
or if you are interested in applying, please email [contactus@rbmind.co.uk](mailto:contactus@rbmind.co.uk) to request an application pack.

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# Support Services

## Working Win



Free support to find and stay in work.

Working Win supports people who have a health condition to find and stay in employment.

If you're looking for a new role, or struggling at work, sign up for our free support.

You'll receive one-to-one support from your dedicated Employment Specialist.

This includes:

- Help with job applications, CVs and interview skills, to find a job that would suit your skills and strengths
- One-to-one support from your Work and Enterprise Coach to help you continue working and manage your health condition at work
- Meeting with your employer to talk about your needs at work

You can receive support from a qualified team of Health & Wellbeing Coaches to:

- Learn how to cope better with your health condition in work and everyday life
- Create self-care strategies in order to thrive at work
- Receive practical support to improve your wellbeing and thrive in work

You will be given access to a free Westfield Health and Wellbeing package, which includes:

- Togetherall - safe online mental health community support and resources
- 24 Hour Advice and Information Line – 24/7 access to speak to a counsellor, lawyer or medical advisor
- Westfield Rewards – offers and discounts from over 1,000 leading restaurants, retailers and destinations
- DoctorLine™ - 24/7 GP telephone line

You can also access debt, benefit and employment law support from Citizens Advice, including:

- Access to dedicated expert support for income and debt advice
- Fast-track debt and benefits support
- Advice on employment, housing and finance
- 

Sign up to take part for free at [www.workingwinreferrals.co.uk](http://www.workingwinreferrals.co.uk) or call us on 0114 2900 218.

SUPPORT SERVICES

SEPTEMBER  
2021





# Support Services

# SUPPORT SERVICES



## We all need a little social time

Whether it's a **chat and a drink**, a regular **phone conversation**, joining one of our **groups**, or booking a **mindfulness** or **wellbeing** session, we can help to open the world back up for you, and put in you touch with other local people, just like you.

Give us a call, and ask us what we can do for you.

***We will tailor our service around your needs.***

We are your local **MIND** group, building **THRIVING COMMUNITIES**

in:

Central,  
Dodworth,  
Worsbrough,  
Stairfoot and  
Kingstone.

**Building bridges in your community**

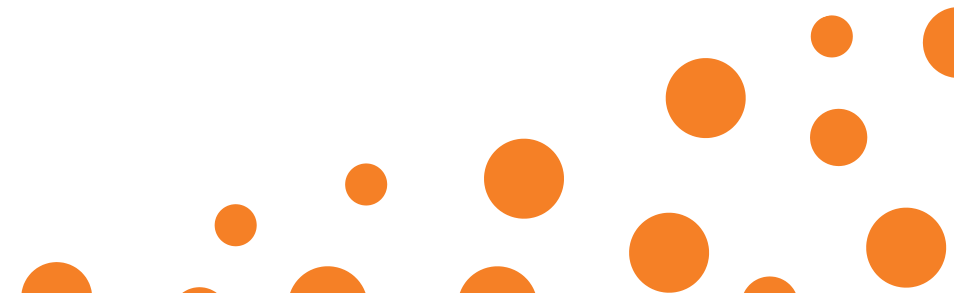
[contactus@rbmind.co.uk](mailto:contactus@rbmind.co.uk)

01226211188



Registered charity number 0147740

**SEPTEMBER  
2021**





# Things to do



WORKING TOGETHER TO  
CREATE A PLACE FOR EVERYONE.

## Stronger Families

**Stronger Families: Kindred** is a free, two-day programme of outdoor and arts-based activities for Barnsley families with 11-18-year-olds.

Activities involve craft, art, nature identification and micro-volunteering.

Families must live in the Barnsley borough.

Children involved in the programme must be aged between 11 and 18 years old.

Stronger Families is for families who feel that they need some help with 2 or more of the following issues:

- Staying safe in the community. Parents or children who are affected by crime and/or antisocial behaviour
- Getting a good education and skills for life. Children who have not been attending school regularly
- Improving children's life chances. Children who need extra help, from the earliest years to adulthood
- Improving living standards. Families who are out of work, who need help with money matters, or who are worried about being homeless.
- Staying safe in relationships. Families who are affected by domestic abuse
- Living well, improving physical and mental health and wellbeing. Parents and children with health needs.

If you're unsure about your eligibility, please give Joanna a call on **07968 869732**.

You can also apply here - <https://surveys.barnsley.gov.uk/s/20QGG7/>

All activities are FREE. Lunch is included. Taxis to and from your home and Cannon Hall / Worsbrough Mill are included.

The programme is for parents / carers and 11-18 year olds and, ideally, arrangements would be made for childcare for any younger children in the family for the two days. However, if you're unable to arrange childcare for any younger children, please still apply, and we will do our best to accommodate them.

The next dates to take part are -

- Saturday 18th & Sunday 19th September - 10:30am – 3:15pm

Taxis to collect at 10:00am and drop off at 3:45pm

- Saturday 25th & Sunday 26th September - 10:30am – 3:15pm

Taxis to collect at 10:00am and drop off at 3:45pm

- Saturday 16th & Sunday 17th October - 10:30am – 3:15pm

Taxis to collect at 10:00am and drop off at 3:45pm

THINGS TO DO

SEPTEMBER  
2021

# Things to do

Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month Action for Happiness are encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.

# THINGS TO DO

**Self-Care September 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>6 Focus on the basics: eat well, exercise and go to bed on time</p>	 <p>7 Give yourself permission to say 'no'</p>	<p>1 Find time for self-care. It's not selfish, it's essential</p>	<p>2 Notice the things you do well, however small</p>	<p>3 Let go of self-criticism and speak to yourself kindly</p>	<p>4 Plan a fun or relaxing activity and make time for it</p>	 <p>5 Forgive yourself when things go wrong. Everyone makes mistakes</p>
<p>13 Be as kind to yourself as you would to a loved one</p>	<p>8 Be willing to share how you feel and ask for help when needed</p>	<p>9 Aim to be good enough, rather than perfect</p>	<p>10 When you find things hard, remember it's ok not to be ok</p>	<p>11 Make time to do something you really enjoy</p>	<p>12 Get active outside and give your mind and body a natural boost</p>	<p>19 No plans day. Make time to slow down and be kind to yourself</p>
<p>20 Enjoy photos from a time with happy memories</p>	<p>14 If you're busy, allow yourself to pause and take a break</p>	<p>15 Find a caring, calming phrase to use when you feel low</p>	<p>16 Leave positive messages for yourself to see regularly</p>	<p>17 Notice what you are feeling, without any judgment</p>	<p>18 Ask a trusted friend to tell you what strengths they see in you</p>	<p>26 Avoid saying 'I should' and make time to do nothing</p>
<p>27 Free up time by cancelling any unnecessary plans</p>	<p>21 Don't compare how you feel inside to how others appear outside</p>	<p>22 Take your time. Make space to just breathe and be still</p>	<p>23 Let go of other people's expectations of you</p>	<p>24 Accept yourself and remember that you are worthy of love</p>	<p>25 Find a new way to use one of your strengths or talents</p>	
<p>28 Choose to see your mistakes as steps to help you learn</p>	<p>29 Write down three things you appreciate about yourself</p>	<p>30 Remind yourself that you are enough, just as you are</p>				

Happier · Kinder · Together

ACTION FOR HAPPINESS



## Sustainable Barnsley events

In the run up to the UN's COP26 climate change conference in November, Barnsley Council have organised a series of events and activities to get everyone talking about sustainability. There are a wide range of activities to get involved in - take a look at the below and sign up to take part!



### Sustainable Barnsley events

A series of online webinars open to the public - everyone is welcome!

#### [Go green and save money at home](#)

5.30pm - Wednesday 6 October - book via Eventbrite  
<https://www.eventbrite.co.uk/e/169631192463>

#### [Infant feeding and climate change](#)

12pm - Wednesday 13 October - book via Eventbrite  
<https://www.eventbrite.co.uk/e/169622261751>

#### [Energise Barnsley on decarbonising housing](#)

5.30pm - Wednesday 13 October - book via Eventbrite  
<https://www.eventbrite.co.uk/e/169641035905>

#### [Active travel: 'Little changes, big impacts'](#)

5.30pm - Wednesday 20 October - book via Eventbrite  
<https://www.eventbrite.co.uk/e/169624472363>

#### [Barnsley Council and climate change](#)

5.30pm - Wednesday 27 October - book via Eventbrite  
<https://www.eventbrite.co.uk/e/169637848371>

### Sustainable Food Systems

TBC

### Green volunteering sessions:

This is your opportunity to get take action to help improve our beautiful borough. The following opportunities are available:

#### [Cannon Hall hedge trimming and habitat piles creation](#) 9.30am

- 3.30pm - Wed 10 November - book via Eventbrite  
<https://www.eventbrite.co.uk/e/169601397345>

#### [An introduction to Goldthorpe's Tiny Forest](#)

TBC



# THINGS TO DO





THINGS TO DO

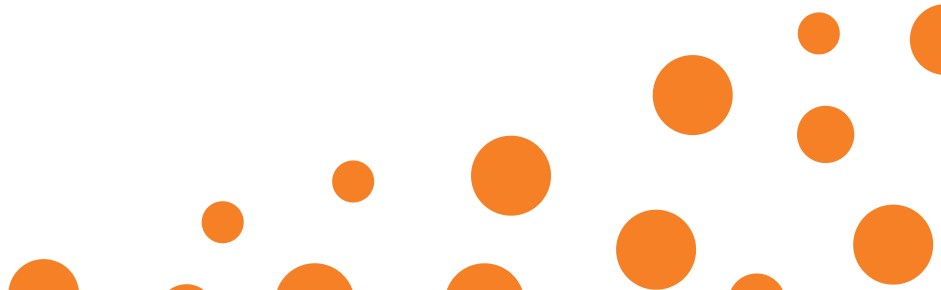
# HAVE YOUR SAY ON THE FUTURE DESIGN OF BARNSELEY TOWN CENTRE

SHARE YOUR VIEWS ON HOW WE WORK TOWARDS A SUSTAINABLE BARNSELEY TOWN CENTRE THROUGH OUR SIX KEY THEMES:

**RETAIL – CULTURE – EMPLOYMENT AND SKILLS – HOUSING – GREENSPACE – CONNECTIONS**



To have your say, or for more info visit:  
[barnsley.gov.uk/urbed-town-centre-strategy](https://barnsley.gov.uk/urbed-town-centre-strategy)  
or scan the QR code below



## Free Online Basics Courses

6 sessions with Barnsley Council's Digital Champions to increase your confidence to access online services, use email and stay safe online.  
You can learn on a laptop or tablet!

**The Recovery College, Gawber Rd - Thursday 10am-12pm from 9 Sept to 14 Oct**

**Penistone Library - Friday 10am-12pm from 1 Oct to 5 November**

**Library @ the Lightbox - commencing October, dates TBC**

**Hoyland Library - commencing October, dates TBC**

To register your interest **ask at the course venue**, call **01226 773555** or email **DigitalChampions@barnsley.gov.uk**







THINGS TO DO

## RECOVERY STEPS BARNSELY

Drug & Alcohol Services

humankind®



# WALK *for* RECOVERY

Friday 17<sup>th</sup> September 2021

Starting 09:30am @ McLintocks

National Recovery Month takes place throughout the month of September. This is the month to celebrate Recovery and reinforces the positive message that behavioural health is essential to overall health, prevention works, treatment is effective, and people can do recovery. The theme for this year's National Recovery Month is "Recovery is For Everyone: Every Person, Every Family, Every Community," This message reminds people who are in recovery and those who support them that no one is alone in the journey through recovery.

This year to celebrate Recovery on Friday 17<sup>th</sup> September 2021 Barnsley Recovery Steps will be working in partnership with the Umbrella and THRIVE service to complete a sponsored Recovery Walk. This will be a 10mile walk at a steady pace starting at McLintocks, through Locke Park down to Worsborough reservoir on to the TPT by passing Wombwell woods onto Stairfoot then out of the TPT just below Windsor shoes near Butleigh Court then walk back to McLintocks. This will be a fantastic day with plenty of rests when needed **Everyone welcome.**



TOGETHER  
WE CAN

If you want to attend, please contact Adrian or Andy on 01226 70409

You can donate to our JustGiving page by visiting: [www.justgiving.com/fundraising/page-barnsley](http://www.justgiving.com/fundraising/page-barnsley). Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Humankind Charity, so it's the most efficient way to give.

(McLintocks, Crookes Street, Off Summer Lane, Barnsley, S70 2NZ)

SEPTEMBER  
2021



# Job Opportunities

## INDEPENDENT SEXUAL VIOLENCE ADVOCATE (ISVA)



**BSARCS (Barnsley Sexual Abuse & Rape Crisis Services)**

**Hours: 37 Hours per week, possibility of 30 hours, until**

**March 2024**

**Closing Date: Sunday, September 12, 2021**

**Salary: £26,556 to £27,394 (pay review pending)**

### **Description:**

**BSARCS is looking for an experienced and enthusiastic individual to deliver a high quality service that ensures prompt, safe and effective support for adults who have experienced sexual violence and are accessing the criminal justice system.**

**You should have substantial, recent experience of direct work with adults, safe guarding and the legal justice system. A recognised qualification in ISVA support/social work or similar is desirable.**

**Closing Date: Sunday the 12 September 2021**

**Interviews will be held on Tuesday the 28 September 2021**

**For an application pack, go to [www.bsarcs.org.uk/vacancies](http://www.bsarcs.org.uk/vacancies) or email [recruitment@bsarcs.org](mailto:recruitment@bsarcs.org) for further details.**

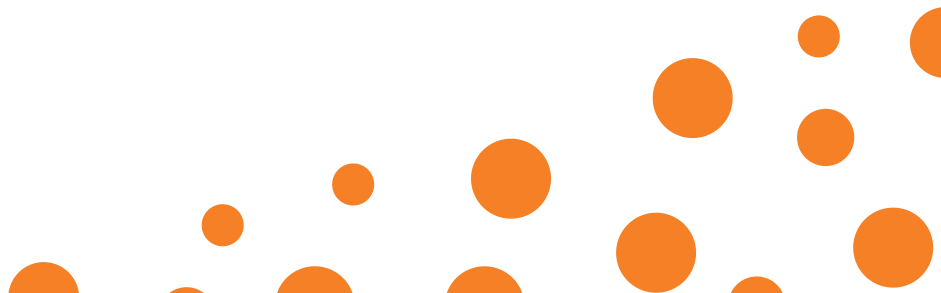
**CVs will not be accepted.**

**This post is not open to job share.**

**Due to the nature of this work, the post is subject to an enhanced DBS check though previous criminal convictions may not necessarily be a bar to this employment.**

**JOB OPPORTUNITIES**

**SEPTEMBER  
2021**





# VOLUNTEER OPPORTUNITIES

To apply for the volunteer opportunities in this newsletter, you can visit our website at [barnsleycvs.org.uk](https://barnsleycvs.org.uk) or make an appointment to speak to one of our volunteer advisers who can tell you more about the opportunity and help you apply.

Phone [07939521425](tel:07939521425) to make a one to one personal appointment. This will put you through to Yasmin, our volunteer coordinator.

Appointments can be conducted via the phone, video call, text, email or in person at a local venue to you, by arrangement.

Our volunteer opportunities update on a daily basis, so to keep up to date and see special volunteering events, follow the volunteer centre on Twitter [@VCBarnsley](https://twitter.com/VCBarnsley) or like us on Facebook or Instagram [@BarnsleyCVS](https://www.instagram.com/BarnsleyCVS) or YouTube Channel - Barnsley CVS!

If you would like to subscribe to the newsletter please visit [barnsleycvs.org.uk/volunteering/newsletter](https://barnsleycvs.org.uk/volunteering/newsletter)

The best efforts have been taken to ensure everything we have published is correct as of 7 September 2021.



**SEPTEMBER  
2021**

