

Voluntary and Community Action Central Bedfordshire

Volunteer



**- you'll be amazed
at what you can do**

INSIDE: More than 700 volunteering opportunities to choose from



Volunteer Centre

Central Bedfordshire

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Introduction

What is volunteering?

Volunteering is any non-compulsory activity that involves spending time, unpaid, doing something which is of benefit to others (not including relatives), society or the environment.

This includes formal activities through public, private or voluntary organisations as well as informal community participation and campaigning.

Volunteering is a great way to meet new people, develop your personal interests, learn new skills, improve self-confidence or help you get back into work. You could assist a local organisation, community group, club or society; alternatively, a statutory agency, such as a school, hospital or prison. If you feel strongly about a particular issue, what about helping individuals or a local group to get their voice heard?

Whatever your skills, background and experience, volunteering offers something for everyone. With more than 700 opportunities across Central Bedfordshire, we're sure you'll find something that you will enjoy.

Volunteering is a great way to:

- share skills
- help the community
- develop your interests
- improve self-confidence
- gain useful life experience
- learn new skills
- access training and / or qualifications
- relieve boredom
- enhance your CV
- get valuable work experience
- make new friends
- enjoy yourself and have fun

How to use this directory

Volunteering opportunities are grouped according to the type of activity involved or main interest rather than by charity name. For example, if you'd like to do something practical and are interested in the environment, look at both the Practical - Gardening, Maintenance and DIY, and the Environment and Conservation sections.

Frequently Asked Questions cover the most common queries that people considering volunteering have, but if you have any other questions, just contact the Volunteer Centre.

Remember

The Volunteer Centre is here to give advice and help on all aspects of volunteering.

Our services are free and confidential and given without obligation.

If you're not sure exactly what volunteering you want to do, have a go at our quick quizzes. They're fun and looking at the outcomes is an easy way to assess exactly what type of volunteering you're most likely to enjoy and which type of organisations should be most rewarding for you.

When do you want to volunteer? helps you consider how much time you have available to volunteer, and when.

When you have identified an activity area and/or opportunities that you are interested in or want to know more about, contact the Volunteer Centre.

What happens next? does what it says; it explains what happens when you've chosen one or more opportunities you're interested in and what's involved in the volunteer recruitment process.

Introduction

About the Volunteer Centre

Volunteer Centre Central Bedfordshire is a service of Voluntary and Community Action. Voluntary and Community Action works to support and strengthen the voluntary and community sector across Central Bedfordshire by providing advocacy, information, training, development support, funding advice and access to volunteering.

The local Volunteer Centre is the place to find out about volunteering opportunities in your area. We work in partnership with local organisations that involve volunteers to provide a wide range of interesting and rewarding volunteering opportunities.

Volunteering can be a highly satisfying and enjoyable experience, but can also be daunting, at first. That's why our advisers take the time to discuss your interests, likes and dislikes, and availability before suggesting opportunities that might appeal to you.

We can provide information and guidance on any aspect of volunteering and our service is free and confidential.

Contact us now by for further information or to make an appointment for an informal chat.

You might be amazed at what you can do!

Frequently Asked Questions

If you have questions not answered here, please contact the Volunteer Centre.

Q. How much time do I need to volunteer for?

A. This is really up to you. You can find volunteering that only takes an hour a month - there's a trend towards short-term volunteering requiring minimal commitment. Having said that, obviously the less time you have the harder it can be to find something that's right for you.

You can volunteer on any day of the week, daytime or evening, depending on what you want to do. Typical daytime volunteering, during the week, includes helping out at a school, day-care centre or in an office. Weekend or evening volunteering includes befriending, campaigning, the Samaritans, conservation and sports. Deciding how much time you are able and prepared to commit to volunteering will help determine where you volunteer.

Q. I'm working full-time. Will I still be able to volunteer?

A. Yes, there are many opportunities to volunteer that do not require you to be available Monday to Friday during the day. Don't be put off volunteering because you work full-time. Many organisations would love to find volunteers that are able to volunteer evenings,

nights and/or weekends. It is important however, to check with any organisation you are interested in volunteering for what time commitment they have in mind.

Q. Can I volunteer with my family or friends?

A. Yes, you can but be aware it may limit the number of volunteering opportunities available to you. Some volunteering is usually done in groups, so two or more people could easily join together. An example of this is Friends of Linslade Wood which organises one-off projects at weekends and on weekdays..

Q. Will I be paid something to cover my expenses, for travelling and similar?

A. Most organisations cover your out-of-pocket expenses that arise from volunteering, such as travel expenses, meals while volunteering, postage and telephone costs (if volunteering from home), protective clothing or other essential equipment. Unfortunately not all organisations pay expenses. This may be because they don't have enough funds or because they don't realise that volunteers should be paid expenses. We suggest you ask about expenses before starting your volunteering.

Frequently Asked Questions

Q. Can I claim benefits while volunteering?

A. Yes, you can. The benefits regulations are clear that you can volunteer. For detailed and up to date information on volunteering while you are claiming welfare benefits, including what you need to tell your local Jobcentre Plus staff, please visit our website or request our information sheet.

Q. Do I need qualifications to be a volunteer?

A. Usually you don't. Some very skilled work or specific roles may require you to have certain qualifications, but organisations generally offer any training that's necessary to enable you to do the work.

Q. Can I get a qualification through volunteering?

A. It's becoming more common for organisations to offer volunteers qualifications such as an NVQ or ASDAN Certificate, but it is still unusual. You are likely to learn a lot and gain valuable experience, skills and a reference through volunteering though. If you do need a formal qualification, ask at interview, or contact the Training team at Voluntary and Community Action South Bedfordshire.

Q. Will I get training?

A. You need to ask the organisation about this, as it varies a lot. Some organisations offer substantial training and support, but others don't. It also depends on the type of work you will be doing. So if you're spending one day clearing undergrowth from paths, expect about 15 minutes at the start being told what to do, how to use the tools and what health and safety precautions to take. However if, for example, you volunteer to give welfare benefits advice you should get much more training. You might get 10 two-hour training sessions spread over several weeks before you see a client, plus ongoing training to keep you up-to-date.

Q. I want to be a social worker. How can I get experience?

A. Volunteering can be an excellent way of gaining experience in social work or working with vulnerable people. There are many local organisations working in the health and social care field that involve volunteers in frontline

roles, for example hospitals, hospices, and organisations for people with a disability. Contact the Volunteer Centre for details of current opportunities.

Q. What if I have a criminal record?

A. You may be asked by the organisation you are volunteering with for information on your criminal record. Organisations will undertake a criminal records check (CRB Disclosure) on volunteers working with children and/or vulnerable adults. Your suitability for a particular voluntary role would be assessed taking into account the nature of the previous offence and how long ago it was committed.

Q. Can I leave if I don't like it?

A. Yes, of course you can. You are under no real obligation to keep volunteering for an organisation or stay in a role where you're not happy. You can always come back to the Volunteer Centre and explore other opportunities that might be more suitable. If you are unhappy, it is always worth talking to somebody about this first. This could be your volunteer manager, your supervisor, or someone who you have got on well with. You can then discuss with them why you feel unhappy and what you feel would improve your time as a volunteer in the organisation.

Q. I'm an asylum seeker, can I volunteer?

A. As an asylum seeker (someone in the process of applying for refugee status) you are allowed to volunteer. This includes whilst you are appealing against a decision to refuse you asylum, and those whose application has been turned down, but are registered with the International Organisation for Migration (IOM) for return to their home country when practical. As an asylum seeker you should have received a document saying that you must not engage in paid or unpaid work but this does not include genuine voluntary work. Home Office guidance states that care should be taken to ensure that the volunteering is for a not-for-profit organisation, and it does not amount to either employment or job substitution. It confirms that Asylum Seekers are entitled to receive out of pocket expenses just like other volunteers.

Frequently Asked Questions

Q. Are volunteers covered by health and safety legislation?

A. In general volunteers are not referred to by health and safety legislation that applies to employees. However, Section 3 of the Health and Safety at Work Act 1974, imposes a duty on every employer "to ensure, as far as reasonably practicable, that persons not in their employment, who may be affected by their undertaking, are not exposed to risks to their health or safety" and "to give to persons (not being their employees) who may be affected in a prescribed manner information as might affect their health or safety."

This means that organisations have a duty of care to avoid carelessly causing injury to their volunteers and an organisation could be found

Top Tip

Don't be afraid to ask questions of an organisation you want to volunteer for.

liable following an accident if a court decides they failed to take reasonable care. All organisations should make adequate risk assessments and when hazards are identified take appropriate steps to lower the risk, which could be through training, the provision of safety equipment, changes to work practices and so on.

Q. What are the most popular areas of voluntary activity?

A. In the 2001 Home Office Citizenship Survey, the top four areas of involvement for formal volunteering were: sports/exercise (34%); children's education/schools (30%); hobbies/recreation/arts/social clubs (25%) and religion (23%). The top activities were: raising or handling money (56%); organising or helping to run an activity or event (54%); giving other practical help (direct services) (35%) and leading a group or being a member of a committee (34%).

What motivates you?

Whether you are new to volunteering or have a lot of experience it is worth spending some time thinking about your own interests, needs and motivations.

Questions you might want to consider:

- Have you had previous contact with an organisation that you would like to support?
- Do you want to volunteer to work with certain groups e.g. children, older people, victims of crime?
- Do you want to volunteer for a particular cause, e.g. a cancer charity, an environmental organisation, or support the services in your local hospital or school?

Your reasons for volunteering will influence the type of role and organisation you choose. Some volunteers feel very strongly about a particular issue or cause and want to help change things. Others want to improve things in their local community or environment, or may want to use or develop their skills.

To explore the opportunities, look through the directory by activity type (e.g. Children, Environment & Conservation, Older People).

Volunteering can also be a great way to gain experience for paid employment. Volunteering should not affect your entitlement to state benefits, ask your Volunteer Centre adviser for more information.

There are two quick quizzes on the following pages to help you explore your reasons for volunteering. Why not have a go?

Quiz 1 - Exploring your motivations

Note the answers you agree with most, add up how many As, Bs, etc, and then refer to the outcomes on pages 6 and 7.

1. Which of these statements sounds most like you?

- a. Helping people in need is important to me.
- b. Volunteering is a good way to explore my career options.
- c. Volunteering can give me a new perspective on things.
- d. Helping people makes me feel good about myself.
- e. Most of the people I know volunteer for one group or another.

2. A colleague has organised a company-wide blood donor session. You're one of the first people to sign up because ...

- a. Local blood banks face a critical shortage at this time of year.
- b. Everyone in your department donates and you want to make a good impression.
- c. You've never given blood before so you thought you'd give it a try.
- d. You like knowing your blood could give someone a second chance at life.
- e. Your department is competing against others to sign up the most donors.

3. Your family have been involved with the local community centre for as long as you can remember. As for you.....

- a. You participate because of the big difference the centre makes to the local community.
- b. You joined because the centre is a good place to make contacts.
- c. You participated in activities as a child, but now you'd like to explore other opportunities.
- d. You gave the community centre a try, but you would like to get more involved with helping people in need.
- e. You joined so that you could spend quality time with your family and friends.

4. Your local sports club asks you to co-ordinate a fundraising day to raise money for new equipment as your career involves marketing. You say 'Yes..'

- a. Because you think that fundraising will be a great opportunity to promote the club and encourage more people to get fit.
- b. Because it's good experience and you could include it on your CV.
- c. You'd prefer to try something new but recognise that the club needs your expertise.
- d. Because it feels good to be able to do something positive and it's nice to be valued.
- e. Because you enjoy working and spending time with club members.

5. Every year, you and a friend participate in sponsored walk for a local children's charity. However, this year, your friend has a broken leg and has had to cancel. You....

- a. Go on your own – you've got a lot of sponsors and can't let the charity down.
- b. Put up posters at work to promote the charity and encourage others to get involved.
- c. Do it anyway – you were looking forward to the challenge.
- d. Would feel guilty if you didn't go, so you go by yourself.
- e. See if you can get a team together. It wouldn't be any fun to do it alone.

Total number of As: _____ Bs: _____ Cs: _____ Ds: _____ Es: _____

Quiz 2 - Likes and dislikes

Another way of finding out which volunteering activity suits you best is to identify your likes and dislikes. Read the statements below and tick the box of those you agree with most. Then look at page 7 to see how your talents and skills could be used to their fullest advantage.

1. I prefer doing the talking.
2. There's nothing I like more than listening to other people.
3. I have good office skills.
4. I'd like to work with other people to plan and run events and activities.
5. Sitting in committee meetings is frustrating; I want to be out there, helping to change things.
6. I enjoy driving.
7. When I see the extent of poverty and disadvantage in the world, I want to do something to help prevent the causes.
8. I enjoy helping other people to solve their problems.
9. There's nothing I like more than a pile of receipts or paperwork to sort out.
10. I want to make a difference to isolated people.
11. Social and group activities interest me most.
12. I like working outdoors.
13. When I see or hear people in distress, I want to help them.
14. Physical labour or repetitive practical jobs are not for me – I want to work directly with the people I'll be helping.
15. Influencing others is a talent of mine.
16. Give me a practical task working with a few people and I'll be happy.
17. I like to make sure the job is done properly.
18. I want to use and develop my skills to help an organisation.
19. I'm good at getting other people to support the things I believe in.
20. I hate all this 'first we must change the system' rubbish. I want to help by providing sound advice and information now.
21. I enjoy practical tasks and like working with my hands.

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Numbers ticked: _____

Quiz 1 - Outcomes

Compare your answers with the outcomes below. Included are examples of some opportunities that might be of interest to you. These are just a few of what is available, there are many more to choose from.

If you answered mostly 'A', your motivation is Issue-Driven

Many people are initially drawn to volunteering to support a particular certain cause or issue they feel strongly about. As an issue-driven volunteer you want to participate and act on values that are important to you. Highly motivated by concern for others, you feel compassion towards disadvantaged people. You want to make a difference, maybe even campaigning for change, whether it's at the policy level or the individual level. Consider the following ...

- A Planning Team Member for the Campaign for the Protection of Rural England – monitoring and responding to planning applications and identifying proposals which may impact on the countryside.
- Committee Member or Trustee – being part of a team responsible for determining the focus and direction of an organisation, enabling it to best serve the people it supports and/or the local community.
- Environmental Researcher for South Bedfordshire Friends Of the Earth – researching information for local campaigns, which could be finding the cheapest suppliers for re-cycled paper to encourage to local companies to re-use, or collecting the latest findings on climate change and its effect on local wildlife.

If you answered mostly 'B', your motivation is Career-Driven

You know volunteering provides invaluable opportunities to gain experience and build on existing skills or learn new ones. It boosts your CV and is a great way to get a taste of a particular career and find out whether it's really for you. You could try ...

- Fundraising – either working on your own or as part of a team for organisations such as The Prince's Trust or Macmillan Cancer Support.

- Marketing and publicity – for a national charity or local group. See your creative ideas come to fruition and show future employers what you can do.

- Children and youth work – there's lots of choice, from helping out a local sports team, youth club, school or the Scouts (including Beavers, Cubs and Scouts) or Guides (including Rainbows, Brownies and Guides).

If you answered mostly 'C', your motivation is Experience-Driven

As an experience-driven volunteer, you most enjoy the new and different experiences volunteering offers. You're interested in people and places and enjoy hands-on involvement. You'd prefer to do something very different from what you do at your regular job. You could be a...

- Young Offenders Mentor – with an organisation such as Trail-Blazers or The Prince's Trust, supporting young people who have offended or may be at risk of offending, giving practical advice and being a positive and encouraging influence.
- Special Constable – assisting the regular police force in carrying out their work protecting people in Central Bedfordshire. This could involve foot patrol, mobile patrol and providing assistance at local public events.
- Volunteer Advocate – working to assist people in making informed choices, or standing up for themselves, or representing their wishes on a range of issues or problems they face.

Remember

The opportunities mentioned here are just a few examples of more than 700 in Central Bedfordshire. To explore these, look through the directory by activity type (e.g. Animals, Children and Youth Work, Environment & Conservation, Mentoring, etc).

Quiz 1 - Outcomes

If you answered mostly 'D', your motivation is Feelings-Driven.

You like volunteering for the way it makes you feel; helping others makes you feel good, needed and useful. You like establishing emotional connections with people and seeing first-hand how your efforts make a difference. You feel compassion for people in need, whether it's in one-to-one or in groups. Consider the following...

- Volunteer visitor – you could provide information to disabled people and their families, or visit older people or young mums in their own homes, offering regular support, friendship and practical help.
- Befriender – to someone who is lonely, disadvantaged or in prison. You could be the person there when they need someone to talk to, providing social contact and emotional support.
- Disability Outreach Volunteer for The Disability Resource Centre – providing information to disabled people, their families and carers on topics such as disability, living allowance, holidays, direct payments, transport and equipment.

If you answered mostly 'E', your motivation is Social-Driven.

For you, much of the fun of volunteering is spending time with others. You enjoy meeting new people and like being part of a team. You prefer group activities to working alone and can be counted on to lend a hand where needed and you get on well with everyone. You could be a...

- Charity shop Assistant – working with other volunteers and staff, you get to meet lots of different people and often have the opportunity to specialise in an area that particularly interests you, e.g. window displays or looking after the shop's music section.
- Support Group Volunteer – providing social contact and a friendly ear at group meetings, maybe helping to put out tables, making and serving tea/coffee and/or light refreshments.
- Volunteer for a conservation or environment group – being part of a team helping to look after your local environment. This could be clearing paths and walkways, monitoring wildlife in a particular area or tidying up a canal or other waterway.

Quiz 2 - Outcomes

Helping to Solve Problems

If you answered 'yes' to 2, 8, 13 and 20, you are attracted by the idea of working in advice, counselling and mentoring or education. You enjoy empowering others to solve their own problems. You may also be interested in assisting other people to get a fair deal or becoming a listening ear in time of crisis.

Campaigning for Change

If you answered 'yes' to 5, 7, 15 and 19, you are most likely to be a campaigner or a promoter. You tend to take a long view of things – looking to secure an organisation's future or to tackle the root cause of problems such as poverty and disadvantage. The idea of taking part in a good, lively discussion of the key issues involved is tempting.

Practical, Immediate Action

If you answered 'yes' to 1, 6, 12, 16 and 21, you like to get on with things rather than just

talk about them. You may have some special skills or you are willing to try anything. Getting involved and also seeing some results at the end of your work will give you a lot of satisfaction.

A Caring Attitude

If you answer 'yes' to 4, 10, 11, and 14, you are drawn to activities, which involve helping other people. Activities like social events, befriending and visiting. You may be interested in the welfare of other people and like to establish good, supportive relationships.

Getting the Job Done

If you answered 'yes' to 3, 9, 17 and 18, you are tempted by activities, which enable a charity to function. Administration, secretarial work or helping the organisation to manage its own affairs as a committee member or trustee are top of your list because they all make sure a job is done properly.

When do you want to volunteer?

Volunteer-involving organisations need to plan ahead and invest in your training, supervision and support. Some opportunities require a specific level of a commitment, others may be more flexible. As a general rule, the more training and supervision you receive from an organisation, generally the greater the commitment they'll ask from you.

Short on time?

Ask our advisers about 'time flexible' opportunities, where you choose to give as much or as little time as you are able and willing to give.

Some opportunities may not be available immediately as volunteers need to undergo training or await criminal records checks before starting.

Top tip

Be realistic about the amount of time you can give; you can always increase your involvement later if you wish.

- Will you be able to offer one hour a week or twenty?
- Can you give time every week, once a month or only a couple of times a year?
- Are there certain days you would prefer to volunteer?
- Are you looking for a long-term commitment (for example one or more years)?
- Do you prefer a short-term project (this could be a one-off event, a particular campaign or helping out during holidays)?

Another thing to consider is the time you have available.

For example, you may want to volunteer for a particular group but it meets only on Wednesday afternoons, when you work or have other commitments. However, the group may well need help with tasks outside the meetings time which you could volunteer for.

Tick all the times you are available and would like to volunteer on the list on the right. Just because you tick every day/eve, it doesn't mean you have to volunteer all those times, but it does mean more opportunities will be open to you.

	am	pm	eve
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thurs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Transport difficulties?

Ask about home-based opportunities where you can do all/most of your volunteering from home.

Opportunities are available locally and throughout Bedfordshire as well as in Luton. Some opportunities will be close to home while others may be further a field so it's a good idea to consider transport and access issues.

- How far are you prepared to travel?
- If you don't have your own transport, is there a bus route?

Action

List two or three activities you would probably enjoy doing as a volunteer.

1. _____
2. _____
3. _____

List two or three organisations you would like to volunteer for.

1. _____
2. _____
3. _____

What happens next?

When you have identified one or more opportunities in the directory that interest you, or you would like further help or information, contact the Volunteer Centre on 01525 850559, or email volunteer@action-centralbeds.org.uk

Our advisers can discuss your interests, likes and dislikes, and availability either over the phone, via email or in a free, confidential and informal appointment, without obligation.

With your consent, we arrange for the organisations you are interested in to contact you. This a chance for you to ask questions about the organisation and find out more about the volunteering opportunity.

The recruitment process for volunteers varies depending on the organisation and the role you will be fulfilling. Normally, recruitment is informal and includes some or all of the following:

- application form
- informal discussions
- formal interviews
- references
- criminal record checks
- trial period.

Remember

The application process is as much about you deciding whether you like an organisation, as about them accepting you as a volunteer.

Don't be afraid to ask questions.

Application forms can seem very formal, but their primary purpose is to allow volunteers to give an idea of who they are, rather than being a selection or screening tool.

Many organisations use role descriptions and person specifications to outline what is involved. Naturally they will want to work with those volunteers who offer the skills and experience most suited to a particular role.

Most organisations will ask for references. Bear in mind that references do not have to come from an employer.

Volunteers who will be working with children or vulnerable adults will be asked to undergo a criminal records check (CRB Disclosure). This is a legal requirement to protect both volunteers and the client group they are working with.

Top tip

Finding it difficult to choose between two or more opportunities?

Ask for information about each of them, or arrange to visit the organisations. That way you can decide which one suits you best.

Checklist

Have you ...

- Any questions after reading FAQs?
- Found what motivates you?
- Looked at outcomes from Quiz 1.
- Considered outcomes from Quiz 2.
- Decided on times / days you can volunteer?
- Chosen what activities would you enjoy doing most?
- Chosen which organisation/s would you like to volunteer for?

When your checklist is done, you're ready to start volunteering. Good luck and enjoy!

Volunteering in an office or on a reception desk for a voluntary organisation or community group gives you the chance to gain transferable skills, experience an office environment and build confidence. Tasks vary depending on the opportunity but may include answering the phone, writing letters and other correspondence, word processing, mail-outs, maintaining databases, welcoming visitors or taking minutes.

Administrative opportunities are often popular with people looking to gain office experience for paid employment, but bear in mind that the type of activity, level of training you can expect to receive may be proportionate to the level of commitment you are able to make.

If you are already an experienced administrator or receptionist, volunteering in this area provide valuable help to the organisation or group, whilst giving you a valuable insight into both the organisation you are volunteering for and the voluntary and community sector as a whole.

Organisations needing volunteers to help with administration, office and reception tasks include:

Ardley Hill Lower School	<i>Administration Assistant</i>
Bedfordshire Army Cadet Force	<i>Civilian Assistant</i>
Bedfordshire Cricket Board	<i>County Disability Representative</i>
Bedfordshire Football Association	<i>Administrators for local Football Clubs</i>
Bedfordshire Football Association	<i>Fixture Secretaries for local Football Clubs</i>
Bedfordshire Police Authority	<i>Burglaries Project - Dunstable Police Station</i>
Bedfordshire Police Authority	<i>Enquiry Office Volunteers - Dunstable, Houghton Regis & Leighton Buzzard stations</i>
Bedfordshire Police Authority	<i>Forensic Dept - Leighton Buzzard</i>
Bedfordshire Police Authority	<i>Seized Property Dept - Dunstable, Houghton Regis and Leighton Buzzard stations</i>
Bedfordshire Police Authority	<i>Sergeants Office - Dunstable, Houghton Regis, and Leighton Buzzard Stations</i>
British Red Cross (Bedfordshire Branch)	<i>International Tracing and Messaging</i>
Campaign to Protect Rural England	<i>Hon. Branch Secretary (Bedfordshire branch)</i>
Cats Protection League	<i>Lost & Found Officer</i>
Cedars Upper School	<i>Admin Support</i>
Disability Resource Centre	<i>Equipment Display Area Assistant</i>
Dunstable & District Citizens Advice Bureau	<i>Reception Interviewer</i>
Dunstable & District Citizens Advice Bureau	<i>Survey Volunteers</i>
Dunstablians RUFC	<i>Fixtures Secretary</i>
Florence Nightingale House	<i>Meeters & Greeters</i>
Florence Nightingale House	<i>Office/Admin Support</i>
Ford End Watermill Society	<i>Society Secretary</i>
Girlguiding Bedfordshire	<i>Meetings Secretaries</i>
Greensand Trust, The	<i>Administrator</i>

1

Administration, Office and Reception

Organisations needing volunteers to help with administration, office and reception tasks include:

HFT	<i>Mailings Assistants</i>
HM Youth Offenders Institute	<i>Visitor Centre Receptionist</i>
Houghton Regis Lower School	<i>Admin Support</i>
Kensworth Lower School	<i>Administrative Assistant</i>
Kidsout	<i>Family Fun Project Inventory Clerk</i>
Leighton Buzzard Narrow Gauge Railway	<i>Booking Office</i>
Leighton Buzzard Narrow Gauge Railway	<i>Occasional Office Helper</i>
Leighton Linslade Access for All	<i>Minute Secretary</i>
Linslade Middle School	<i>Admin Support</i>
Linslade Middle School	<i>Library Assistant</i>
Luton & Dunstable Hospital	<i>Reception and Welcoming Assistant</i>
Macmillan Cancer Support	<i>Secretary (Leighton Buzzard)</i>
National Trust	<i>National Trust</i>
NOAH Enterprise	<i>Receptionist</i>
Open Choice Independence	<i>Part-time Admin Person</i>
Pasque Hospice	<i>Receptionist</i>
Prison Advice and Care Trust (PACT)	<i>Welcome and Greetings Aide</i>
Reach Out - A Mental Health Charity	<i>Administrative Volunteer</i>
St Giles Parish Church	<i>Telephone Assistant</i>
Stanbridge Lower School	<i>Admin Support</i>
Stoke Mandeville Hospital	<i>Claydon Wing - Door Monitor</i>
Stoke Mandeville Hospital	<i>Diabetes Centre - Patient Greeters</i>
Stoke Mandeville Hospital	<i>Human Resources - Admin Support</i>
Stoke Mandeville Hospital	<i>Medical Records Administrator</i>
Stoke Mandeville Hospital	<i>Occupational Therapy Administrator</i>
Stoke Mandeville Hospital	<i>Reception and Information Assistant</i>
Stoke Mandeville Hospital	<i>Risk Management - Filing</i>
Stoke Mandeville Hospital	<i>Rothschild Ward - Administrator</i>
Stoke Mandeville Hospital	<i>Reception/Clerical</i>
Stoke Mandeville Hospital	<i>Ward 21- Admin Support</i>
Studham V.C. Lower School and Pre-school	<i>Admin Support</i>
Woodcraft Folk - Leighton Buzzard District	<i>District Secretary</i>
Woodcraft Folk - Leighton Buzzard District	<i>Membership Secretary</i>
Yoga for Health and Education Trust	<i>Diary Organiser</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Do you have good listening and communication skills and enjoy meeting new people? If so, you may want to consider volunteering in one of these roles, providing advice and information to help people be better informed and live more independent lives. Time commitment varies depending on the role, from a weekly commitment to more time flexible opportunities requiring only a few hours a month. In addition to supervision and ongoing support, extensive training, often accredited, is provided by any organisations. Some opportunities are based at an information or drop-in centre, at the organisations' premises, in client's homes.

Organisations needing volunteers to help with advice, information and support include:

Age Concern Bedfordshire	<i>Home Visitor</i>
Age Concern Bedfordshire	<i>Outreach Worker</i>
Alcohol Services For The Community	<i>Support Worker (James Kingham Project)</i>
Bedfordshire Parent Partnership Service	<i>Independent Parental Supporter</i>
Bedfordshire Special Constabulary	<i>Special Constable - Houghton Regis & Leighton Buzzard</i>
British Red Cross (Bedfordshire Branch)	<i>Medical Loans Service</i>
British Red Cross (Bedfordshire Branch)	<i>Refugee Services</i>
Caraline	<i>Helpline Counsellor</i>
Citizens Advice Bureau	<i>Advisers for Citizens Advice Bureau - Dunstable & Leighton Buzzard</i>
Cruse Bedfordshire	<i>Bereavement Counsellors</i>
Disability Resource Centre	<i>Disability Outreach Volunteers</i>
Disability Resource Centre	<i>Equipment Display Area Assistant</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Individual Counselling For Prisoners</i>
HACRO	<i>Pre-release volunteers</i>
HACRO	<i>Housing Advisers</i>
Leighton Linlade Access for All	<i>Committee Member</i>
Leighton United Football Club	<i>Schools Liaison Officer</i>
Luton & Dunstable Hospital	<i>Reception and Welcoming Assistant</i>
Mayday Trust	<i>Women's Group Leader</i>
Open Choice Independence	<i>Outreach Support Worker</i>
Parkinson's Disease Society	<i>Welfare Officer</i>
Prince's Trust	<i>Mentor/Business Adviser</i>
Road Victims Trust	<i>Volunteer Counsellor</i>
Signposts	<i>Volunteer Mentor</i>
Soldiers, Sailors, Airmen And Families Association - Forces Help	<i>Welfare Caseworker (SSAFA Forces Help)</i>
Stoke Mandeville Hospital	<i>Patient Advice and Liaison Services (P.A.L.S.)</i>
Victim Support	<i>Volunteer Visitor</i>
Victim Support	<i>Witness Support</i>
WRVS	<i>Good Neighbours</i>
Young Enterprise South East	<i>Business Adviser</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Volunteering in an advocacy role differs from advice giving and information in that advocacy is about helping clients get their voice heard. Volunteers assist people to make informed and independent choices for themselves, give support to clients speaking out or represent the client's views and wishes.

In these roles it is important to be patient with good listening skills, to be empathetic but also assertive, and it is essential to be non-judgemental at all times. Volunteering opportunities involving advocacy generally entail induction training and a high level of on-going support.

Organisations needing volunteers to help with tasks relating to advocacy include:

Advocacy Alliance	<i>Advocate</i>
Advocacy Alliance	<i>Trustee</i>
Bedfordshire Advocacy Service for Older People	<i>Publicity & Promotions Assistant</i>
Bedfordshire Advocacy Service for Older People	<i>Advocate Volunteer</i>
Bedfordshire Advocacy Service for Older People	<i>Trustee</i>
Spoke	<i>Volunteer Advocate</i>
Spoke	<i>Volunteer Advocate - Advocacy for Deaf People Project</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Animal related volunteering opportunities include activities such as cleaning out animals' cages, feeding, dog walking, giving cats much needed playtime, or even comforting pets who are sick or need surgery. Animal fostering is rewarding but does require responsibility and help from all members of the household. There are also many opportunities that are not hands-on with animals, but are just as crucial to the running of organisations that help animals; these opportunities are listed under headings such as 'Administration Office and Reception', 'Computers, ICT and Websites' or 'Marketing, PR and Media'.

Organisations needing volunteers to help with animals include:

Appledown Rescue and Rehoming Kennels	<i>Dog Walkers</i>
Appledown Rescue and Rehoming Kennels	<i>Home Visitors</i>
Bedfordshire Wildlife Rescue	<i>Mammal and Bird Care Assistant -</i>
Cat and Kitten Rescue	<i>Cat and Kitten Foster</i>
Cat and Kitten Rescue	<i>Home Visitor/Checker</i>
Cats Protection League	<i>Fosterers</i>
Cats Protection League	<i>Home Visitor</i>
Cats Protection League	<i>Homing Officer</i>
Cats Protection League	<i>Lost & Found Officer</i>
Cats Protection League	<i>Recruitment Officer</i>
Cats Protection League	<i>Welfare Officer</i>
Cinnamon Trust	<i>Dog Walker</i>
Cinnamon Trust	<i>Occasional Helper</i>
Cinnamon Trust	<i>Short-term Fosterer</i>
Dogs for the Disabled	<i>Puppy Socialiser</i>
Feline Cat Rescue	<i>Cat Shelter Assistant</i>
Feline Cat Rescue	<i>Feline Fosterer</i>
HULA (Home for Unwanted & Lost Animals)	<i>Cat & Small Animal Carers</i>
HULA (Home for Unwanted & Lost Animals)	<i>Dog Carers/Exercisers</i>
HULA (Home for Unwanted & Lost Animals)	<i>Horse & Pony Helper</i>
Pets As Therapy	<i>Volunteer Visitors</i>
Riding for the Disabled Association - Chiltern District Group	<i>Side Helper</i>
Royal Society for the Protection of Birds	<i>Membership Recruitment Volunteer</i>
Royal Society for the Protection of Birds	<i>Schools Talks Organiser</i>
RSPCA Bedfordshire South Branch	<i>Animal Fosterer</i>
RSPCA Bedfordshire South Branch	<i>Home Visitor</i>
St George's Lower School	<i>Animal Care Assistant</i>
ZSL Whipsnade Zoo	<i>Whipsnade Volunteer</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Befriending and buddying volunteers offer friendship, support and a listening ear to individuals and families who may be affected by mental ill-health issues, learning difficulties, physical disabilities, or may be elderly or lonely. Volunteers assist people in developing informal and supportive social relationships, encouraging them to try new activities and take up opportunities, leading to increased self-esteem and self confidence.

Befriending and buddying volunteers range in age from 18 years old upwards and have a wide variety of life experiences and backgrounds. This broad mix of volunteers is essential to enable the best possible match between volunteers and clients. As a befriending or buddying volunteer, you are not a substitute social worker, teacher, parent or counsellor; your role is to be a supportive friend.

Organisations needing volunteers to help with befriending and buddying include:

See also 'Mentoring' and 'Counselling and Listening'.

Age Concern Bedfordshire	<i>Home Visitor</i>
Age Concern Bedfordshire	<i>Outreach Worker</i>
Alcohol Services For The Community	<i>Support Worker (James Kingham Project)</i>
Alzheimers Society	<i>Support Group Volunteers - Dunstable and Leighton Buzzard</i>
Alzheimers Society	<i>Support Group Volunteer</i>
Autism Bedfordshire	<i>Saturday Loafer</i>
Autism Bedfordshire	<i>Summer Playscheme Volunteers</i>
Autism Bedfordshire	<i>Youth Club Helpers</i>
Barton Helping Hands	<i>Good Neighbour</i>
Bedfordshire and Luton Mind	<i>Allotment Befriender - Dunstable</i>
Bedfordshire and Luton Mind	<i>Community Involvement Assistant</i>
Bedfordshire and Luton Mind	<i>Lunchtime Helpers</i>
Bedfordshire and Luton Mind	<i>Support Workers - Dunstable and Leighton Buzzard</i>
Bedfordshire and Luton Mind	<i>Swimming Helpers - Leighton Buzzard</i>
Bedfordshire Mentors and Peers	<i>Mentors and Peers</i>
Chicks	<i>Childrens Holiday Camp Volunteer</i>
Cinnamon Trust	<i>Occasional Helper</i>
Contact The Elderly	<i>Sunday Tea Hosts</i>
Downside Lunch Club for the Over 60s	<i>Enthusiastic Helper</i>
Face 2 Face	<i>Face To Face Befriender</i>
Florence Nightingale House	<i>Tea Time Assistant</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Prison Multi-faith Chaplaincy</i>
HACRO	<i>Prison Visitor And Befriender</i>
Headway - South Bedfordshire	<i>Community Volunteer</i>
Health Healing And Counselling	<i>Session Assistant</i>
Hockliffe Helping Hands	<i>Helping Hand</i>
Host UK	<i>Hosts</i>
Home-Start South Bedfordshire	<i>Volunteer Visitors</i>

Organisations needing volunteers to help with befriending and buddying include:

See also 'Mentoring' and 'Counselling and Listening'.

Hospice At Home Volunteers	<i>Volunteer Visitors</i>
	<i>- Dunstable and Leighton Buzzard</i>
John Grooms (Lifestyle Choices Project)	<i>Lifestyle Choices Volunteer</i>
Leighton Buzzard Otters Swimming Club for the Disabled	<i>Swimming Club Helpers</i>
Leonard Cheshire	<i>Befriender/Social Activities Helper</i>
Leonard Cheshire	<i>Craft Room Helper</i>
Leonard Cheshire	<i>Drivers For Cheshire Home</i>
Leonard Cheshire	<i>Escorts</i>
Leonard Cheshire	<i>IT Room Helper</i>
Leonard Cheshire	<i>Music Helper</i>
Leonard Cheshire	<i>Reading Helper</i>
Luton & Dunstable Hospital	<i>Conversation Partners</i>
Luton & Dunstable Hospital	<i>Volunteer Pathfinders</i>
Luton & Dunstable Hospital	<i>Volunteer Feeding Scheme</i>
Luton & Dunstable Hospital	<i>Ward Helper</i>
Luton & Dunstable Hospital	<i>'Wheelies' Chapel Helper</i>
Motor Neurone Disease Association	<i>Association Visitor</i>
Multiple Sclerosis Society	<i>Home Visitors - Leighton Buzzard Branch</i>
NOAH Enterprise	<i>Clothing Store Assistant</i>
Open Choice Independence	<i>Outreach Support Worker</i>
Parkside's Physically Disabled Club (The)	<i>Day Centre Helper</i>
Pasque Hospice	<i>Drivers</i>
Pasque Hospice	<i>Housekeeper</i>
Salvation Army	<i>Coffee Morning Assistant</i>
Salvation Army	<i>Over 75s Club Assistant</i>
Sight Concern Bedfordshire	<i>Home Visitor</i>
Sight Concern Bedfordshire	<i>Telephone Befriender</i>
Soldiers, Sailors, Airmen And Families Association - Forces Help	<i>Welfare Caseworker (SSAFA Forces Help)</i>
Spurgeon's Child Care Independent Visitors	<i>Independent Visitors</i>
Spurgeon's Child Care Young Carers Project	<i>One-to-One Befriender</i>
Spurgeon's Child Care Young Carers Project	<i>Youth Social Club Helper</i>
Stoke Mandeville Hospital	<i>CCHU - befriender</i>
Stoke Mandeville Hospital	<i>Wheelchair Pushers</i>
Toddington Area Helping Hands	<i>Helping Hand</i>
Whipsnade Village Lunch Club	<i>Lunch Club Helpers</i>
Willen Hospice	<i>Befriending Volunteer</i>
WRVS	<i>Conversation Partner</i>
WRVS	<i>Good Neighbours</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Catering is an essential service within many voluntary organisations and community groups. Whether this is providing daily meals in a hospice, running a café or organising food for an event, people are needed to help.

You don't necessarily have to have qualifications or experience as a chef to be a catering volunteer, just enthusiasm and a willingness to help out with a variety of tasks. These could include planning menus, preparing food, cooking, serving food, clearing tables, or washing up. Many of these opportunities provide an element of contact with the clients or service users, which can make volunteering in these roles a particularly rewarding and interactive experience.

Organisations needing volunteers to help with catering tasks include:

Alzheimers Society	<i>Dunstable Support Volunteer</i>
Alzheimers Society	<i>Leighton Buzzard Support Group Volunteer</i>
Ardley Hill Lower School	<i>Cookery Classroom Assistant</i>
Bedfordshire and Luton Mind	<i>Kitchen Assistant - Leighton Buzzard</i>
Bedfordshire and Luton Mind	<i>Lunchtime Helpers</i>
Bedfordshire and Luton Mind	<i>Sunday Lunch Helper</i>
Bedfordshire Football Association	<i>Catering Officers for local Football Clubs</i>
Chilterns Gateway Visitors Centre	<i>Kitchen Assistant</i>
Contact The Elderly	<i>Sunday Tea Hosts</i>
Downside Lunch Club for the Over 60s	<i>Enthusiastic Helper</i>
Dunstablans RUFC	<i>Match Day BBQ Organisers</i>
Friends of the Barn	<i>Coffee Club Helpers</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Welcoming Prison Visitors</i>
HM Youth Offenders Institute	<i>Tea Bar Person</i>
Leighton Linlade Town Council	<i>Refreshments volunteer</i>
Leonard Cheshire	<i>Dining Room Assistant</i>
NOAH Enterprise	<i>Kitchen Assistant</i>
Pasque Hospice	<i>Housekeeper</i>
Pasque Hospice	<i>Kitchen/Catering Assistant</i>
Prison Advice and Care Trust (PACT)	<i>Snacks & Refreshments Aide</i>
Salvation Army	<i>Coffee Morning Assistant</i>
Salvation Army	<i>Over 75s Club Assistant</i>
Salvation Army	<i>Parent & Toddlers</i>
Stoke Mandeville Hospital	<i>WRVS Tea Bar</i>
Tilsworth Lunch Club	<i>Lunchtime Helper</i>
Whipsnade Village Lunch Club	<i>Lunch Club Helpers</i>
Willen Hospice	<i>Lunches/Kitchen Helper</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Volunteers are essential for groups such as Scouts, Guides, playgroups and crèches to continue providing a service to the local community. Children and Youth Work offers a wide variety of different opportunities for volunteers. Whether you have previously worked or volunteered with children or young people, are looking for experience towards paid employment in these fields, or just want to help young people in your local community, there's plenty of choice.

Volunteering opportunities in schools and pre-schools are listed separately, please refer to Section 25 'Schools and Pre-schools' to find out more.

Organisations needing volunteers to help with children and youth work include:

See also 'Schools and Pre-schools'

1st Caddington Brownie Pack	<i>Assistant Guider</i>
1st Caddington Brownie Pack	<i>Occasional Helper</i>
1st Caddington Brownie Pack	<i>Unit Helper</i>
1st Caddington Brownie Pack	<i>Young Leaders</i>
1st Caddington Guides	<i>Assistant Guider</i>
1st Caddington Guides	<i>Occasional Helper</i>
1st Linslade Rainbows	<i>Assistant Guider</i>
4th Leighton Buzzard Brownies	<i>Brownie Helpers</i>
4th Leighton Buzzard Guides	<i>Guide Helpers</i>
4th Linslade Brownies	<i>Guest Speaker</i>
9th Dunstable Scout Group	<i>Assistant Scouts Helper</i>
Autism Bedfordshire	<i>Saturday Loafer</i>
Autism Bedfordshire	<i>Youth Club Helpers</i>
Barton Icknield Scout Group	<i>Assistant Cub Scout Leader</i>
Barton Icknield Scout Group	<i>Assistant Scout Leader</i>
Barton Icknield Scout Group	<i>Beaver Scout Assistant Leader</i>
Barton Icknield Scout Group	<i>Beaver Scout Helper, non-uniformed</i>
Barton Icknield Scout Group	<i>Beaver Scout Leader</i>
Barton Icknield Scout Group	<i>Cub Scout Helper, non-uniformed</i>
Barton Icknield Scout Group	<i>Cub Scout Leader</i>
Barton Icknield Scout Group	<i>Scout Helper, non-uniformed</i>
Barton Icknield Scout Group	<i>Scout Leader</i>
Bedfordshire Army Cadet Force	<i>Civilian Assistant</i>
Bedfordshire County Council Education Dept	<i>School Governor</i>
Bedfordshire County Council Youth Service	<i>Youth Worker - Leighton Buzzard</i>
Bedfordshire Cricket Board	<i>Young Cricketers Press Officer</i>
Bedfordshire Football Association	<i>Chairpersons for local Football Clubs</i>
Bedfordshire Football Association	<i>Club / Child Welfare Officers for local Clubs</i>
Bedfordshire Football Association	<i>Fixture Secretaries for local Football Clubs</i>
Bedfordshire Football Association	<i>Football Coaches for local Clubs</i>
Bedfordshire Football Association	<i>Football Development Officers for local Clubs</i>
Bedfordshire Football Association	<i>Fundraisers for local Football Clubs</i>
Bedfordshire Football Association	<i>Ground Persons for local Football Clubs</i>

Organisations needing volunteers to help with children and youth work include:

See also 'Schools and Pre-schools'

Bedfordshire Football Association	<i>Kit Persons required for local Football Clubs</i>
Bedfordshire Football Association	<i>Marketing Volunteers for local Football Clubs</i>
Bedfordshire Football Association	<i>Physio / First Aiders for local Football Clubs</i>
Bedfordshire Football Association	<i>Secretaries for local Football Clubs</i>
Bedfordshire Mentors And Peers	<i>Mentors And Peers</i>
Bedfordshire Parent Partnership Service	<i>Independent Parental Supporter</i>
British Red Cross (Bedfordshire Branch)	<i>First Aid Trainers in Schools & Youth Groups</i>
Buzzard Gateway Youth Club	<i>Youth Club Support Worker</i>
Caddington Young People's Forum	<i>Youth Supervisors - Caddington Youth Club</i>
Chicks	<i>Childrens Holiday Camp Volunteer</i>
CHUMS Child Bereavement Service	<i>Bereavement Support</i>
Community Link Project	<i>Community Worker</i>
Dunstable District Scouts	<i>Beaver Scout Helper</i>
Dunstable District Scouts	<i>Cub Scout Helper</i>
Dunstable District Scouts	<i>Explorer Scout Helper</i>
Dunstable District Scouts	<i>Scout Helper</i>
Eastern Region Roller Speed Association	<i>Roller Skating Coach</i>
Eastern Region Roller Speed Association	<i>Session Helper</i>
Families United Network	<i>October Fun Helper</i>
Families United Network	<i>Summer Fun Helper</i>
Ford End Watermill Society	<i>School Party Guides</i>
Girlguiding Bedfordshire	<i>Guide Helpers</i>
Girlguiding Bedfordshire	<i>Rainbow Helpers</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Prison Crèche Assistants</i>
Heath and Reach Sports Association	<i>Assistant Coaches - For All Sports</i>
HM Youth Offenders Institute	<i>Childrens Play Worker</i>
Home-Start South Bedfordshire	<i>Volunteer Visitors</i>
Home-Start South Bedfordshire	<i>Trustee</i>
Houghton Regis Reading Partnership	<i>Reading Assistant</i>
Kensworth Baby and Toddler Group	<i>Activities Helper</i>
Kidsout	<i>Ambassador</i>
Kidsout	<i>Community Research Assistant</i>
Kidsout	<i>Local Fundraising Group Members</i>
Kidsout	<i>Occasional Fundraising Helpers</i>
Kidsout	<i>Trustee</i>
KK Club	<i>Tuck Shop Volunteer</i>
KK Club	<i>Youth Club Assistant</i>
Leighton Buzzard Otters Swimming Club for the Disabled	<i>Swimming Club Helpers</i>
Leighton Corinthian Judo Club	<i>Judo Coach</i>
Leighton Corinthian Judo Club	<i>Judo Helper</i>

Organisations needing volunteers to help with children and youth work include:

See also 'Schools and Pre-schools'

Leighton Linslade District Scout Association	<i>Scout Leaders and Helpers</i>
Leighton United Football Club	<i>Football Coaches</i>
Leighton United Football Club	<i>Football Referees</i>
Leighton United Football Club	<i>Schools Liaison Officer</i>
Meadow Way Community Association	<i>Nursery Helpers</i>
Meadow Way Community Association	<i>Youth Club Assistant</i>
Mencap - Junior Gateway Club	<i>Club Assistant</i>
NACRO - National Association for the Care and Resettlement of Offenders	<i>Community Football / Cricket Coaches</i>
Open Choice Independence	<i>Outreach Support Worker</i>
Pasque Hospice	<i>Community Presenter</i> <i>- Keech Cottage Children's Hospice</i>
Pasque Hospice	<i>Occasional Drivers - Keech Cottage</i>
Prince's Trust	<i>Mentor/Business Adviser</i>
Prince's Trust	<i>Progress Mentor</i>
Prison Advice and Care Trust (PACT)	<i>Recreational Aide</i>
Richard's Trampoline Club	<i>Assistant Trampoline Coach</i>
Riding For The Disabled - Chiltern District	<i>Side Helper</i>
Royal Society for the Protection of Birds	<i>Schools Talks Organiser</i>
Safety Centre	<i>Tour Guides</i>
Salvation Army	<i>Friday Club Assistant</i>
Salvation Army	<i>Parent & Toddlers</i>
Save The Children Fund	<i>Deputy Trading Co-ordinator</i>
School Governors' One-Stop Shop	<i>School Governor</i>
Slip End Toddlers Group	<i>Refreshments Helper</i>
Slip End Youth Club	<i>Youth Club Assistant</i>
South Bedfordshire Friends of the Earth	<i>Youth Activities Officer</i>
Spurgeon's Child Care Independent Visitors	<i>Independent Visitors</i>
Spurgeon's Child Care Young Carers Project	<i>Driver</i>
Spurgeon's Child Care Young Carers Project	<i>One-to-One Befriender</i>
Spurgeon's Child Care Young Carers Project	<i>Youth Club Social Helper</i>
Trail-Blazers	<i>Young Offenders Mentor</i>
Victim Support	<i>Volunteer Visitor</i>
Victim Support	<i>Witness Support</i>
Watling Forest Club	<i>Assistant Playworker</i>
Watling Forest Club	<i>ICT Helper Volunteer</i>
Woodcraft Folk - Leighton Buzzard District	<i>Volunteer Group Leaders</i>
Young Enterprise South East	<i>Business Adviser</i>
ZSL Whipsnade Zoo	<i>Whipsnade Volunteer</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Do you have practical IT skills? Would you like the chance to develop these skills while helping a local voluntary organisation or community group? Whether you're starting out on a career in IT, an expert, or somewhere between the two, one of these volunteering opportunities could be just what you need. Some organisations also offer access to further IT training if the role requires it.

Organisations needing volunteers to help with computers, ICT and websites include:

Appledown Rescue and Rehoming Kennels	<i>Web Designer/Developer</i>
Bedfordshire and Luton Geology Group	<i>Webmaster</i>
Bedfordshire Cricket Board	<i>County IT Specialist</i>
Bedfordshire Football Association	<i>Website Designers for local Football Clubs</i>
Bedfordshire Police Authority	<i>Burglaries Project - Dunstable Police Station</i>
Cats Protection League	<i>Website Updating</i>
Citizens Advice Bureau (Leighton Linlade)	<i>Database Support</i>
Dunstablans RUFC	<i>Database Manager</i>
Florence Nightingale House	<i>Website Administrator</i>
Ford End Watermill Society	<i>Publicity Secretary</i>
Greensand Trust, The	<i>Graphic Designer</i>
Hadrian Lower School	<i>ICT Assistant</i>
Hadrian Lower School	<i>Website Administrator</i>
Heath and Reach Sports Association	<i>Website Designer/Web Master</i>
Hockliffe Lower School	<i>Website Design</i>
IT-Can-Help	<i>Computer Helper</i>
Kensworth Lower School	<i>ICT assistant</i>
Kensworth Lower School	<i>Website Updating</i>
Leighton Linlade Citizens Advice Bureau	<i>Database Support</i>
Leighton Linlade Ladies Football Club	<i>Website Designer</i>
Leighton United Football Club	<i>Website Designer/Developer</i>
Leonard Cheshire	<i>IT Room Helper</i>
Linslade Middle School	<i>Teaching Assistant</i>
Mayday Trust	<i>One-To-One IT Helpers</i>
Monday Club For The Blind	<i>Website Designer</i>
South Bedfordshire Friends of the Earth	<i>Website Administrator</i>
St George's Lower School	<i>ICT Assistant</i>
St George's Lower School	<i>Website Designer</i>
Studham V.C. Lower School and Pre-school	<i>ICT Support</i>
Thornhill Lower School	<i>ICT Support</i>
Watling Forest Club	<i>ICT Helper Volunteer</i>
Watling Forest Club	<i>Web Designer</i>
Yoga for Health and Education Trust	<i>E Commerce</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Counselling and listening volunteers help people in need of support, for example those who have been victims of crime or are traumatised following an accident, people who have suffered bereavement or are having relationship problems.

Comprehensive training and supervision is generally provided by organisations for volunteers in these roles. Although counselling and listening be demanding, they are also extremely rewarding. If you're looking to pursue a career in counselling or social care, or are interested in helping to provide a valuable service, have a look at the opportunities listed below. Qualities that organisations are looking for include good listening and communication skills, empathy, and the ability to be non-judgemental and to remain calm.

Organisations needing volunteers to help with counselling and listening include:

See also 'Befriending and Buddying' and 'Mentoring'

British Red Cross (Bedfordshire Branch)	<i>Fire & Emergency Support Service</i>
Caraline	<i>Helpline Counsellor</i>
CHUMS Child Bereavement Service	<i>Bereavement Support</i>
Cruse Bedfordshire	<i>Bereavement Counsellors</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Individual Counselling For Prisoners</i>
HACRO	<i>Prison Multi-faith Chaplaincy</i>
Relate - Bedfordshire and Luton	<i>Counsellor (Dunstable)</i>
Relate - Bedfordshire and Luton	<i>Counsellor (Leighton Buzzard)</i>
Road Victims Trust	<i>Road Traffic Support (victim support)</i>
Samaritans of Luton, South Bedfordshire & Harpenden	<i>Listening Volunteer</i>
Victim Support	<i>Volunteer Visitor</i>
Victim Support	<i>Witness Support</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Getting around, whether it's just down to the shops or to a hospital appointment, can be difficult for people with limited or no access to public transport. If you have a driving licence and a few hours to spare you could make a real difference to the lives of others. Different organisations need volunteer drivers at different times, ie some need help daytime during the week, some in the evening and others at weekends. Drivers are required both on a regular and casual basis.

There are also driving opportunities involving transporting goods or making deliveries. A number organisations offer training in related subjects such as emergency first aid, manual handling and MIDAS (Minibus Driving Awareness Scheme).

Organisations needing volunteer drivers include:

Alzheimers Society	<i>Support Group Driver</i>
Barton Helping Hands	<i>Good Neighbour</i>
Beecroft Balloon Society	<i>Minibus Driver</i>
British Heart Foundation Charity Shops	<i>Drivers - Dunstable and Leighton Buzzard</i>
British Red Cross (Bedfordshire Branch)	<i>Driver - Red Cross Transport & Escort Service</i>
British Red Cross (Bedfordshire Branch)	<i>Fire & Emergency Support Service</i>
Buzzer Buses (Dial a Ride)	<i>Buzzer Minibus Drivers</i>
Buzzer Buses (Dial a Ride)	<i>Car Drivers</i>
Cancer Research UK Shop, Dunstable	<i>Driver</i>
Cedars Upper School	<i>Minibus Drivers</i>
Chiltern Sports Partnership	<i>Minibus Driver</i>
Contact The Elderly	<i>Sunday Tea Driver</i>
Dunstable and District Handicapped Person's Typing Club	<i>Drivers</i>
Florence Nightingale House	<i>Day Hospice Driver</i>
Florence Nightingale House	<i>Driver</i>
Headway - South Bedfordshire	<i>Community Volunteer</i>
Health Healing And Counselling	<i>Driver</i>
Impact	<i>Driver</i>
Leighton Buzzard Narrow Gauge Railway	<i>Engine Drivers</i>
Leonard Cheshire	<i>Drivers For Cheshire Home</i>
National Trust	<i>Working Holiday Minibus Drivers</i>
Pasque Hospice	<i>Drivers</i>
Pasque Hospice	<i>Mini-Bus Driver</i>
Pasque Hospice	<i>Occasional Drivers - Keech Cottage</i>
Priory Middle School	<i>Minibus Driver</i>
Salvation Army	<i>Over 75s Club Assistant</i>
Spurgeon's Child Care Young Carers Project	<i>Driver</i>
St John Ambulance	<i>Driver (St John Ambulance Transport Service)</i>
Toddington Area Helping Hands	<i>Helping Hand</i>
WRVS	<i>Good Neighbours</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Helping both children and adults to achieve their potential by accessing the educational resources and information they need is the motivation at the heart of the organisations listed in this section.

Volunteering opportunities relating to education and literacy are varied. They include helping offenders achieve their educational goals, assisting with children's education, either in or out of a classroom setting, providing support to parents of young people with special educational needs, and giving informative talks on a range of subjects. Generally, previous experience is not required and organisations provide training and support to volunteers.

Organisations needing volunteers to help with education and literacy include:

See also 'Schools and Pre-schools', 'Children and Youth Work'

Autism Bedfordshire	<i>Summer Playscheme Volunteers</i>
Ford End Watermill Society	<i>School Party Guides</i>
Kensworth Lower School	<i>School Talk Volunteer</i>
British Heart Foundation	<i>Schools Co-ordinator</i>
Leighton United Football Club	<i>Schools Liaison Officer</i>
Royal Society for the Protection of Birds	<i>Schools Talks Organiser</i>
1st Caddington Brownie Pack	<i>Assistant Guider</i>
1st Caddington Brownie Pack	<i>Occasional Helper</i>
1st Caddington Brownie Pack	<i>Unit Helper</i>
1st Caddington Brownie Pack	<i>Young Leaders</i>
1st Caddington Guides	<i>Unit Helper</i>
Bedfordshire County Council Education Dept	<i>School Governor</i>
Bedfordshire Mentors And Peers	<i>Mentors And Peers</i>
Bedfordshire Parent Partnership Service	<i>Independent Parental Supporter</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Educational Support</i>
HACRO	<i>Pre-release volunteers</i>
HACRO	<i>Educational Support</i>
Headway - South Bedfordshire	<i>Learning Support Assistant</i>
Headway - South Bedfordshire	<i>Learning Support Volunteer</i>
Houghton Regis Reading Partnership	<i>Reading Assistant</i>
John Grooms (Lifestyle Choices Project)	<i>Lifestyle Choices</i>
Leonard Cheshire	<i>Reading Helper</i>
Mayday Trust	<i>One-To-One IT Helpers</i>
Royal Society for the Protection of Birds	<i>Schools Talks Organiser</i>
Safety Centre	<i>Tour Guides</i>
School Governors' One-Stop Shop	<i>School Governor</i>
South Bedfordshire Dyslexia Association	<i>Committee Helper</i>
South Bedfordshire Dyslexia Association	<i>Leaflet Distributor</i>
South Bedfordshire Dyslexia Association	<i>Reading With Adults</i>
Young Enterprise South East	<i>Business Adviser</i>
ZSL Whipsnade Zoo	<i>Whipsnade Volunteer</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Volunteers are a vital part of the emergency services, whether its as a registered First Aider, a Special Constable, or part of a nationwide team, trained and ready to respond in a national emergency.

Volunteer First Aiders are taught valuable skills from experts and they provide cover at public events, a vital service that helps others and can save lives. The Special Constabulary trains volunteers to work with and support the local police. As a Special, you get the chance to go out on patrol, interact with the public, and experience different challenges in a rewarding role.

Organisations needing volunteers to help in the emergency services include:

Bedfordshire Police Authority	<i>Burglaries Project - Dunstable Police Station</i>
Bedfordshire Police Authority	<i>Enquiry Office Volunteers - Dunstable, Houghton Regis and Leighton Buzzard Police Stations</i>
Bedfordshire Police Authority	<i>Forensic Dept - Leighton Buzzard Police Station</i>
Bedfordshire Police Authority	<i>Seized Property Dept - Dunstable, Houghton Regis and Leighton Buzzard Police Stations</i>
Bedfordshire Police Authority	<i>Sergeants Office - Dunstable, Houghton Regis and Leighton Buzzard Police Stations</i>
Bedfordshire Special Constabulary	<i>Special Constables - Dunstable, Houghton Regis and Leighton Buzzard</i>
British Red Cross (Bedfordshire Branch)	<i>First Aid Trainers in Schools & Youth Groups</i>
British Red Cross (Bedfordshire Branch)	<i>First Aider At Public Events</i>
Luton & Dunstable Hospital	<i>A & E Dept. Volunteer</i>
Luton & Dunstable Hospital	<i>Eye Department Assistant</i>
St John Ambulance	<i>Driver (St John Ambulance Transport Service)</i>
St John Ambulance	<i>First Aider (St John Ambulance)</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Are you passionate about the environment and conserving areas of natural beauty in your area? Do you want to get out of the house, enjoy some fresh air and meet new people in beautiful surroundings? If so, these opportunities could be the answer.

Roles to help organisations in this area are varied, from participating in practical conservation tasks to public speaking

Organisations needing volunteers to help with environment and conservation tasks include:

Ascott House	<i>Gardener</i>
Bedfordshire and Luton Geology Group	<i>Chairperson</i>
Bedfordshire and Luton Geology Group	<i>Webmaster</i>
Bedfordshire Otters & Rivers Project (Bedfordshire Rural Communities Charity)	<i>Conservation Volunteers</i>
Bedfordshire Otters & Rivers Project (Bedfordshire Rural Communities Charity)	<i>Survey and Monitoring Volunteers</i>
Bedfordshire Wildlife Rescue	<i>Mammal and Bird Care Assistant -</i>
Blows Downs Conservation Group	<i>Sunday Conservationists</i>
British Trust For Conservation Volunteers Bedfordshire and Hertfordshire	<i>Conservation Volunteer Officer</i>
British Trust For Conservation Volunteers Bedfordshire and Hertfordshire	<i>Conservation Volunteers</i>
Butterfly Conservation - Bedfordshire and Northamptonshire Branch	<i>Charity Fundraiser</i>
Butterfly Conservation - Bedfordshire and Northamptonshire Branch	<i>Conservation Work-Party Volunteer</i>
Campaign to Protect Rural England	<i>Chairperson</i>
Campaign to Protect Rural England	<i>Hon. Branch Secretary (Bedfordshire branch)</i>
Campaign to Protect Rural England	<i>Member of the Executive Committee</i>
Campaign to Protect Rural England	<i>Planning Team Members</i>
Campaign to Protect Rural England	<i>Treasurer</i>
Chiltern Society, The	<i>Countryside Conservation Volunteers</i>
Chiltern Society, The	<i>Quarterly Leaflet Distributor</i>
Chiltern Woodlands Project	<i>Special Trees and Woods Project Volunteer</i>
Chilterns Gateway Visitors Centre	<i>Kitchen Assistant</i>
Chilterns Gateway Visitors Centre	<i>Retail Assistant</i>
Chilterns Gateway Visitors Centre	<i>Volunteer Assistant Warden</i>
Friends of Clipstone Brook	<i>Working Party Volunteer</i>
Friends of Linslade Wood	<i>Working Party Volunteer</i>
Greensand Trust, The	<i>Administrator</i>
Greensand Trust, The	<i>Graphic Designer</i>

Organisations needing volunteers to help with environment and conservation tasks include:

Greensand Trust, The	<i>Midweek Conservation Team Member</i>
Greensand Trust, The	<i>Ranger Volunteer</i>
Greensand Trust, The	<i>Wildlife Surveyor</i>
Groundwork Luton and South Bedfordshire	<i>Health Walk Leader</i>
Leighton Buzzard Greening Group, The	<i>Neighbourhood Conservation Volunteer</i>
Leighton Linslade Public Transport Users Committee	<i>Committee Member</i>
Leighton United Football Club	<i>Assistant Groundsperson</i>
LOUD - Leighton Linslade Opposes Unsustainable Development	<i>Volunteers</i>
National Trust	<i>National Trust</i>
National Trust	<i>Working Holiday Leader Volunteer</i>
National Trust	<i>Working Holiday Volunteer Minibus Drivers</i>
Royal Society for the Protection of Birds	<i>Campaign Letter Writers</i>
Royal Society for the Protection of Birds	<i>Community Fundraiser</i>
Royal Society for the Protection of Birds	<i>Membership Recruitment Volunteer</i>
Royal Society for the Protection of Birds	<i>Schools Talks Organiser</i>
South Bedfordshire Friends of the Earth	<i>Costume/Prop Makers</i>
South Bedfordshire Friends of the Earth	<i>Environmental Researcher</i>
South Bedfordshire Friends of the Earth	<i>Fundraising Assistants</i>
South Bedfordshire Friends of the Earth	<i>Publicity and Press Officer</i>
South Bedfordshire Friends of the Earth	<i>Website Administrator</i>
South Bedfordshire Friends of the Earth	<i>Youth Activities Officer</i>
Whipsnade Working Parties	<i>Working Party Volunteers</i>
Wildlife Trust For Bedfordshire, Cambridgeshire, Northamptonshire & Peterborough	<i>Midweek Team Volunteer</i>
Willen Hospice	<i>Gardening & Maintenance Volunteer</i>
Woodcraft Folk - Leighton Buzzard District	<i>Volunteer Group Leaders</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Without sound financial guidance and support, voluntary organisations and community groups would not be able to continue to provide their services. People from many walks of life become trustees and committee members; some have specialist business or particular life experience, others are passionate about a particular cause.

Finance Officers, Trustees and Committee Members all play a vital role in supporting these organisations and helping them plan for the future. These roles offer the chance to influence the direction of an organisation and meet new people while improving your career prospects.

Organisations needing volunteers to help with finance, trusteeships and committees include:

Advocacy Alliance	<i>Trustee</i>
Alzheimers Society	<i>Committee Member</i>
Autism Bedfordshire	<i>Trustee</i>
Barton Village Hall	<i>Chairperson</i>
Bedfordshire Advocacy Service for Older People	<i>Trustee</i>
Bedfordshire & Luton Community Foundation	<i>Trustee</i>
Bedfordshire and Luton Geology Group	<i>Chairperson</i>
Bedfordshire and Luton Mind	<i>Board Director</i>
Bedfordshire and Luton Mind	<i>Trustee</i>
Bedfordshire Army Cadet Force	<i>Civilian Assistant</i>
Bedfordshire County Council Education Dept	<i>School Governor</i>
Bedfordshire Football Association	<i>Chairpersons for local Football Clubs</i>
Bedfordshire Football Association	<i>Football Development Officers for local Clubs</i>
Bedfordshire Football Association	<i>Treasurers / Accountants for local Clubs</i>
Brewers Hill Middle School	<i>Community School Governor</i>
Campaign to Protect Rural England	<i>Chairperson</i>
Campaign to Protect Rural England	<i>Member of the Executive Committee</i>
Campaign to Protect Rural England	<i>Treasurer</i>
Cancer Research UK	<i>Relay for Life Event Organiser</i>
Citizens Advice Bureau (Leighton Linlade)	<i>Promotions/Marketing</i>
Citizens Advice Bureau (Leighton Linlade)	<i>Trustee</i>
Cruse Bedfordshire	<i>Corporate and Trust Fundraiser Volunteer</i>
Disability Resource Centre	<i>Trustee</i>
Dunstable And District Disabled Sports	<i>Trustee</i>
Dunstable Mencap	<i>General Committee Members</i>
Ford End Watermill Society	<i>Grants and Funding Assistant</i>
Ford End Watermill Society	<i>Publicity Secretary</i>
Ford End Watermill Society	<i>Society Secretary</i>
Girlguiding Bedfordshire	<i>Treasurer</i>
Greenleas Lower School	<i>Accounts Assistant</i>
Hadrian Lower School	<i>School Governor</i>

Organisations needing volunteers to help with finance, trusteeships and committees include:

Heath and Reach Sports Association	<i>Committee Member</i>
Heathwood Lower School	<i>Community School Governor</i>
Hillcrest School	<i>School Governor</i>
Hockliffe Lower School	<i>Community School Governor</i>
Home-Start South Bedfordshire	<i>Trustee</i>
Hospice At Home Volunteers	<i>Trustees - Leighton Buzzard</i>
Kidsout	<i>Trustee</i>
Leighton Linslade Access for All	<i>Committee Member</i>
Leighton Linslade Access for All	<i>Minute Secretary</i>
Leighton Linslade Citizens Advice Bureau	<i>Trustee</i>
Leighton Linslade Public Transport Users Committee	<i>Committee Member</i>
Leighton United Football Club	<i>Treasurer</i>
Macmillan Cancer Support	<i>Chairperson</i>
Macmillan Cancer Support	<i>Committee Member (Leighton Buzzard)</i>
Macmillan Cancer Support	<i>Fundraising Team Members - Dunstable and Leighton Buzzard</i>
Macmillan Cancer Support	<i>Fundraising Team Members - Leighton Buzzard</i>
Macmillan Cancer Support	<i>Secretary (Leighton Buzzard)</i>
Macmillan Cancer Support	<i>Treasurer (Leighton Buzzard Committee)</i>
Mayday Trust	<i>Trustee</i>
Monday Club For The Blind	<i>Treasurer</i>
Parkinson's Disease Society	<i>Chairperson</i>
Parkinson's Disease Society	<i>Vice Chairperson</i>
Reach Out - A Mental Health Charity	<i>Trustees</i>
School Governors' One-Stop Shop	<i>School Governor</i>
Slip End Village Hall	<i>Management Committee Member</i>
South Bedfordshire Dyslexia Association	<i>Committee Helper</i>
St George's Lower School	<i>Community School Governor</i>
Thornhill Lower School	<i>Community School Governor</i>
Voluntary and Community Action South Bedfordshire	<i>Trustees</i>
Watling School	<i>Community School Governor</i>
Woodcraft Folk - Leighton Buzzard District	<i>Committee Members</i>
Woodcraft Folk - Leighton Buzzard District	<i>District Secretary</i>
Woodcraft Folk - Leighton Buzzard District	<i>District Treasurer</i>
Woodcraft Folk - Leighton Buzzard District	<i>Membership Secretary</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Fundraising is the financial lifeline for many voluntary organisations and community groups. The increasing need for greater income and the growing competition for funding between organisations means fundraising volunteers are more important than ever.

If you have ideas, enthusiasm and determination, fundraising could be for you. Opportunities involve many different tasks, from coming up with themes for campaigns to planning a local event, or doing a sponsored activity such as a walk or even a parachute jump – so there's something for everyone.

Organisations needing help with fundraising and event organising tasks include:

See also 'Marketing, PR and Media'.

10together	<i>Local Business Researcher</i>
Age Concern Bedfordshire	<i>Fundraising Event Organiser</i>
Age Concern Bedfordshire	<i>Fundraising Collectors</i>
Barton Players	<i>General Helper</i>
Bedfordshire Cricket Board	<i>County Fundraiser</i>
Bedfordshire Football Association	<i>Fundraisers for local Football Clubs</i>
Breast Cancer Campaign	<i>Breast Cancer Campaign Regional Volunteer</i>
British Heart Foundation	<i>BHF Speaker</i>
British Heart Foundation	<i>Events Co-ordinator</i>
British Heart Foundation	<i>Walkabout Co-ordinator</i>
British Red Cross (Bedfordshire Branch)	<i>Fundraising Volunteers</i>
Butterfly Conservation - Bedfordshire and Northamptonshire Branch	<i>Charity Fundraiser</i>
Campaign to Protect Rural England	<i>Chairperson</i>
Campaign to Protect Rural England	<i>Hon. Branch Secretary (Bedfordshire branch)</i>
Cancer Research UK	<i>Relay for Life Event Organiser</i>
Caraline	<i>Fundraisers</i>
Cats Protection League	<i>Christmas Collection Fundraisers</i>
Cats Protection League	<i>Fundraisers</i>
Cruse Bedfordshire	<i>Corporate and Trust Fundraiser Volunteer</i>
Dunstablians RUFC	<i>Match Day BBQ Organisers</i>
Eastern Region Roller Speed Association	<i>Event Organiser</i>
Feline Cat Rescue	<i>Fundraiser</i>
Ford End Watermill Society	<i>Grants and Funding Assistant</i>
Hospice At Home Volunteers	<i>Trustees - Leighton Buzzard</i>
Kidsout	<i>Fundraising Group Members</i>
Kidsout	<i>Occasional Fundraising Helpers</i>
Leighton Buzzard Narrow Gauge Railway	<i>Marketing and Events Volunteer</i>
Leighton Buzzard Town Cricket Club	<i>Fundraiser and Events Volunteer</i>
Leighton Linslade Public Transport Users Committee	<i>Committee Member</i>
Leighton Linslade Town Council	<i>Refreshments volunteer</i>
Leighton United Football Club	<i>Social/Fundraising co-ordinator</i>

Organisations needing help with fundraising and event organising tasks include:

See also 'Marketing, PR and Media'.

Leonard Cheshire	<i>Social fundraisers</i>
Leukaemia CARE	<i>Fundraiser Volunteers</i>
Macmillan Cancer Support	<i>Fundraising Minute Secretary</i>
Macmillan Cancer Support	<i>Fundraising Team Members</i>
Marie Curie Cancer Care	<i>Collecting Box Co-ordinators</i>
Marie Curie Cancer Care	<i>Great Daffodil Appeal Volunteer Collection Co-ordinators</i>
Marie Curie Cancer Care	<i>Great Daffodil Appeal Volunteer Collectors</i>
Multiple Sclerosis Society	<i>Occasional Promotion Volunteer</i>
National Gardens Scheme	<i>Open Garden Helper</i>
National Trust	<i>National Trust</i>
Oxfam	<i>Music Event Organiser - Oxjam</i>
Parkinson's Disease Society	<i>Fundraising Officer</i>
Pasque Hospice	<i>Collection Box Agent</i>
	<i>- Keech Cottage Children's Hospice</i>
Pasque Hospice	<i>Community Presenter</i>
	<i>- Keech Cottage Children's Hospice</i>
Pasque Hospice	<i>Fundraising Volunteers</i>
	<i>- and Keech Cottage Children's Hospice</i>
Pasque Hospice	<i>House to House Collectors</i>
Pasque Hospice	<i>Lottery Collector</i>
Prince's Trust	<i>Volunteer Fundraiser</i>
Royal Society for the Protection of Birds	<i>Community Fundraiser</i>
RSPCA Bedfordshire South Branch	<i>Fundraiser</i>
Samaritans of Luton, South Bedfordshire & Harpenden	<i>Non-Listening Volunteers</i>
Save The Children Fund	<i>Deputy Trading Co-Ordinator</i>
Sight Concern Bedfordshire	<i>Fundraiser</i>
Soldiers, Sailors, Airmen And Families Association - Forces Help	<i>Fundraiser (SSAFA Forces Help)</i>
South Bedfordshire Friends of the Earth	<i>Fundraising Assistants</i>
Stoke Mandeville Hospital	<i>Hospital Radio - Fundraisers</i>
Stoke Mandeville Hospital	<i>Hospital Radio - Fundraising Strategist</i>
Walk 4 Health	<i>Health Walk Leader</i>
Willen Hospice	<i>Hospice Lottery Promoter</i>
Woodcraft Folk - Leighton Buzzard District	<i>Fundraising Officer</i>
Yoga for Health and Education Trust	<i>Events Organisers</i>
Yoga for Health and Education Trust	<i>Fundraisers</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Hospitals and healthcare organisations offer a wide range of volunteering opportunities, from administration to hands-on nursing assistance, from providing aromatherapy to sitting on a health forum and influencing decisions that impact your local community.

Whether you have had personal experience of hospitals or hospices and are looking to give something back, want to gain experience in a hospital environment, or have a skill such as hairdressing, there are plenty of opportunities to choose from.

Organisations needing volunteers to help in roles relating to health, hospitals and hospices tasks include:

Age Concern Bedfordshire	<i>Admin Support</i>
Age Concern Bedfordshire	<i>Fundraising Collectors</i>
Age Concern Bedfordshire	<i>Home Visitor</i>
Age Concern Bedfordshire	<i>Outreach Worker</i>
Alzheimers Society	<i>Dunstable Support Volunteer</i>
Alzheimers Society	<i>Leighton Buzzard Support Group Volunteer</i>
Alzheimers Society	<i>Support Group Driver</i>
Alzheimers Society	<i>Therapist</i>
Bedfordshire and Luton Mind	<i>Allotment Befriender - Dunstable</i>
Bedfordshire and Luton Mind	<i>Art Group Assistant - Leighton Buzzard</i>
Bedfordshire and Luton Mind	<i>Community Involvement Assistant</i>
Bedfordshire and Luton Mind	<i>Drama Assistant - Leighton Buzzard</i>
Bedfordshire and Luton Mind	<i>Lunchtime Helpers</i>
Bedfordshire and Luton Mind	<i>Music Assistant</i>
Bedfordshire and Luton Mind	<i>Sport Assistant</i>
Bedfordshire and Luton Mind	<i>Support Workers</i>
Bedfordshire and Luton Mind	<i>Swimming Helpers</i>
	<i>- Dunstable and Leighton Buzzard</i>
Bedfordshire and Luton Mind	<i>Transport Adviser</i>
Bedfordshire and Luton Mind	<i>Walking Group Leader</i>
British Heart Foundation Charity Shops	<i>Volunteers</i>
British Heart Foundation	<i>BHF Speaker</i>
British Red Cross (Bedfordshire Branch)	<i>First Aider At Public Events</i>
Cancer Research UK	<i>Relay for Life Event Organiser</i>
Cancer Research UK Shops	<i>Volunteers</i>
Caraline	<i>Helpline Counsellor</i>
Florence Nightingale House	<i>Day Hospice Driver</i>
Florence Nightingale House	<i>Driver</i>
Florence Nightingale House	<i>General Help Volunteer</i>
Florence Nightingale House	<i>Meeters & Greeters</i>
Florence Nightingale House	<i>Tea Time Assistant</i>
Florence Nightingale House	<i>Website Administrator</i>

Organisations needing volunteers to help in roles relating to health, hospitals and hospices tasks include:

Groundwork Luton and South Bedfordshire	<i>Health Walk Leader</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Individual Counselling For Prisoners</i>
Health Healing And Counselling	<i>Driver</i>
Health Healing And Counselling	<i>Session Assistant</i>
Health Healing And Counselling	<i>Therapist</i>
Hospice At Home Volunteers	<i>Volunteer Visitors</i> <i>- Dunstable and Leighton Buzzard</i>
Leighton Linslade Ladies Football Club	<i>Football Physiotherapist</i>
Leukaemia CARE	<i>CARE Volunteers</i>
Luton & Dunstable Hospital Radio	<i>Presenter</i>
Luton & Dunstable Hospital	<i>Conversation Partners</i>
Luton & Dunstable Hospital	<i>Flower Arrangers</i>
Luton & Dunstable Hospital	<i>Hairdresser</i>
Luton & Dunstable Hospital	<i>Reception and Welcoming Assistant</i>
Luton & Dunstable Hospital	<i>Volunteer Feeding Scheme</i>
Luton & Dunstable Hospital	<i>Volunteer Pathfinders</i>
Luton & Dunstable Hospital	<i>Ward Helper</i>
Luton & Dunstable Hospital	<i>'Wheelies' Chapel Helpers</i>
Macmillan Cancer Support	<i>Administrative Support</i>
Marie Curie Cancer Care	<i>Great Daffodil Appeal Volunteer Collectors</i>
Multiple Sclerosis Society	<i>Occasional Promotion Volunteer</i>
Parkinson's Disease Society	<i>Welfare Officer</i>
Pasque Hospice	<i>Flower Arranger</i>
Pasque Hospice	<i>Housekeeper</i>
Pasque Hospice	<i>Laundry Help</i>
Pasque Hospice	<i>Lifeguard</i>
Pasque Hospice	<i>Mini-Bus Driver</i>
Pasque Hospice	<i>Maintenance</i>
Pasque Hospice	<i>Receptionist</i>
Sight Concern Bedfordshire	<i>Talking Newspaper Readers</i>
St John Ambulance	<i>Driver (St John Ambulance Transport Service)</i>
St John Ambulance	<i>First Aider (St John Ambulance)</i>
Stoke Mandeville Hospital	<i>Beauty Therapist (Wooden Spoon Unit)</i>
Stoke Mandeville Hospital	<i>CCHU - befriender</i>
Stoke Mandeville Hospital	<i>Claydon Wing - Door Monitor</i>
Stoke Mandeville Hospital	<i>Diabetes Centre - Patient Greeters</i>
Stoke Mandeville Hospital	<i>Gardeners & Garden Assistant</i>
Stoke Mandeville Hospital	<i>Hair Loss Adviser (Wooden Spoon Unit)</i>
Stoke Mandeville Hospital	<i>Hospital Radio - Membership Secretary</i>
Stoke Mandeville Hospital	<i>Hospital Radio - Technician/Technical Trainer</i>

Organisations needing volunteers to help in roles relating to health, hospitals and hospices tasks include:

Stoke Mandeville Hospital	<i>Human Resources - Admin Support</i>
Stoke Mandeville Hospital	<i>MacCarthy Ward - Door Monitor</i>
Stoke Mandeville Hospital	<i>Manicurist - National Spinal Injuries Centre</i>
Stoke Mandeville Hospital	<i>Medical Records Administrator</i>
Stoke Mandeville Hospital	<i>Meeting & Greeting Volunteers (Wooden Spoon Unit)</i>
Stoke Mandeville Hospital	<i>Occupational Therapy Administrator</i>
Stoke Mandeville Hospital	<i>Patient Advice and Liaison Services (P.A.L.S.) Volunteers</i>
Stoke Mandeville Hospital	<i>Reception and Information Assistant</i>
Stoke Mandeville Hospital	<i>Relaxation/Art & Craft Therapies (Wooden Spoon Unit)</i>
Stoke Mandeville Hospital	<i>Risk Management - Filing</i>
Stoke Mandeville Hospital	<i>Rothschild Ward - Administrator</i>
Stoke Mandeville Hospital	<i>Verney Ward - Ward Support</i>
Stoke Mandeville Hospital	<i>Voluntary Services - Librarian</i>
Stoke Mandeville Hospital	<i>Voluntary Services - Reception/Clerical</i>
Stoke Mandeville Hospital	<i>Voluntary Services Shop Assistant</i>
Stoke Mandeville Hospital	<i>Ward 21- Admin Support</i>
Stoke Mandeville Hospital	<i>Ward Support</i>
Stoke Mandeville Hospital	<i>Wheelchair Pushers</i>
Stoke Mandeville Hospital	<i>WRVS Tea Bar</i>
Walk 4 Health	<i>Health Walk Leader</i>
Willen Hospice	<i>Bereavement Volunteer</i>
Willen Hospice	<i>Complementary Therapies Volunteer</i>
Willen Hospice	<i>Day Hospice Escort Volunteer</i>
Willen Hospice	<i>Day Hospice Volunteer</i>
Willen Hospice	<i>Hairdressing Volunteer</i>
Willen Hospice	<i>Laundry/Drinks Volunteer</i>
Willen Hospice	<i>Lunches/Kitchen Helper</i>
Willen Hospice	<i>Memorial Service Volunteer</i>
WRVS	<i>Conversation Partner</i>
WRVS	<i>Good Neighbours</i>
Yoga for Health and Education Trust	<i>Charities Liaison Volunteer</i>
Yoga for Health and Education Trust	<i>Diary Organiser</i>
Yoga for Health and Education Trust	<i>E Commerce</i>
Yoga for Health and Education Trust	<i>Events Organisers</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Do you enjoy visiting buildings and gardens of historical interest? Are you interested in preserving heritage sites for the future?

Heritage organisations are largely dependent on volunteers in many aspects of their work. Volunteers help in a variety of roles including room stewards, gardeners, catering and retail assistants. You can get involved in a local organisation or national charity and help preserve local heritage, while learning about local history and meeting new, like-minded people.

Organisations needing volunteers to help in roles relating to heritage include:

Age Concern Charity Shop	<i>Collectables Adviser</i>
Ascott House	<i>Gardener</i>
British Trust For Conservation Volunteers Bedfordshire and Hertfordshire	<i>Conservation Volunteer Officer</i>
Chiltern Woodlands Project	<i>Special Trees and Woods Project Volunteer</i>
Ford End Watermill Society	<i>Assistant Warden</i>
Ford End Watermill Society	<i>Grants and Funding Assistant</i>
Ford End Watermill Society	<i>Publicity Secretary</i>
Ford End Watermill Society	<i>School Party Guides</i>
Ford End Watermill Society	<i>Society Secretary</i>
Friends of Clipstone Brook	<i>Working Party Volunteer</i>
Friends of Linslade Wood	<i>Working Party Volunteer</i>
Friends of Studham Common	<i>Work Party Volunteer</i>
Friends of the Barn	<i>Restoration Volunteer</i>
Kensworth Church Friends	<i>Working Party Volunteer</i>
Leighton Buzzard Narrow Gauge Railway	<i>Booking Office</i>
Leighton Buzzard Narrow Gauge Railway	<i>Buildings Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Carriage Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Engine Drivers</i>
Leighton Buzzard Narrow Gauge Railway	<i>Locomotive Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Occasional Office Helper</i>
Leighton Buzzard Narrow Gauge Railway	<i>Marketing and Events Volunteer</i>
Leighton Buzzard Narrow Gauge Railway	<i>Railway Track Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Shop Assistant</i>
Leighton Buzzard Narrow Gauge Railway	<i>Signal/Radio Operator</i>
Leighton Buzzard Narrow Gauge Railway	<i>Trainee Guards</i>
National Trust	<i>National Trust</i>
National Trust	<i>Working Holiday Leader Volunteer</i>
National Trust	<i>Working Holiday Volunteer Minibus Drivers</i>
Studham Church Friends	<i>Working Party Volunteer</i>
Whipsnade Church Friends	<i>Working Party Volunteers</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

There are many exciting volunteering opportunities in marketing, PR and media for voluntary organisations and community groups. Opportunities are varied and include planning campaigns, public speaking, photography, event management, designing leaflets and newsletters.

Volunteering in this area can be a great way to gain experience and to use your skills to give an organisation the publicity it deserves.

Organisations needing volunteers to help with marketing, PR and media tasks include:
See also 'Fundraising and Event Organising'.

Bedfordshire Advocacy Service for Older People	<i>Publicity & Promotions Assistant</i>
Bedfordshire Cricket Board	<i>Press Officer</i>
Bedfordshire Cricket Board	<i>Young Cricketers Press Officer</i>
Bedfordshire Football Association	<i>Marketing Volunteers for local Football Clubs</i>
British Heart Foundation	<i>BHF Speaker</i>
Cats Protection League	<i>Publicity Officer</i>
Chiltern Society, The	<i>Quarterly Leaflet Distributor</i>
Cinnamon Trust	<i>Promotions Assistant</i>
Citizens Advice Bureau (Leighton Linlade)	<i>Promotions/Marketing</i>
Cruse Bedfordshire	<i>Corporate and Trust Fundraiser Volunteer</i>
Dunstable And District Disabled Sports	<i>Publicity Volunteer</i>
Dunstablians RUFC	<i>Match Day Photographer</i>
Dunstablians RUFC	<i>Newsletter Editor</i>
Dunstablians RUFC	<i>Press Officer</i>
Dunstablians RUFC	<i>Programme Editor</i>
Dunstablians RUFC	<i>Rugby Videographer</i>
Eastern Region Roller Speed Association	<i>Event Organiser</i>
Eastern Region Roller Speed Association	<i>Publicity Assistant</i>
Ford End Watermill Society	<i>Publicity Secretary</i>
Friends of the Barn	<i>Publicity Assistant</i>
Greensand Trust, The	<i>Graphic Designer</i>
Kidsout	<i>Ambassador</i>
Leighton Buzzard Narrow Gauge Railway	<i>Marketing and Events Volunteer</i>
Leighton Linlade Citizens Advice Bureau	<i>Promotions/Marketing</i>
Leighton United Football Club	<i>Public Relations Officer</i>
Leighton United Football Club	<i>Publicity Officer</i>
Leighton United Football Club	<i>Social/Fundraising co-ordinator</i>
Luton & Dunstable Hospital Radio	<i>Presenter</i>

Organisations needing volunteers to help with marketing, PR and media tasks include:

See also 'Fundraising and Event Organising'.

Multiple Sclerosis Society

Occasional Promotion Volunteer

Oxfam

Music Event Organiser - Oxjam

Prince's Trust

Mentor/Business Adviser

Royal Society for the Protection of Birds

Membership Recruitment Volunteer

Samaritans of Luton, South Bedfordshire & Harpenden

Non-Listening Volunteers

South Bedfordshire Friends of the Earth

Costume/Prop Makers

South Bedfordshire Friends of the Earth

Publicity and Press Officer

South Bedfordshire Friends of the Earth

Youth Activities Officer

Woodcraft Folk - Leighton Buzzard District

Publicity Officer

Yoga for Health and Education Trust

Events Organisers

Yoga for Health and Education Trust

Magazine Editor

Yoga for Health and Education Trust

Magazine Editor Assistant

Yoga for Health and Education Trust

Marketing Volunteers

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Mentoring involves the development of one-to-one relationships based on trust, confidentiality and mutual involvement. Compared to befriending, mentoring tends to have an emphasis on goal setting and often operates within a clearly defined time frame.

If you feel that you could provide support and guidance to someone, to help them achieve their goals and gain independence, consider the opportunities below. Full training is generally provided and on-going support by experienced members of staff is available.

Organisations needing volunteers to help with mentoring include:

See also 'Befriending and Buddying'

Bedfordshire and Luton Mind	<i>Tutor/Mentor - Dunstable</i>
Bedfordshire and Luton Mind	<i>Tutor/Mentor - Leighton Buzzard</i>
Bedfordshire Mentors And Peers	<i>Mentors And Peers</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Individual Counselling For Prisoners</i>
HACRO	<i>Prison Multi-faith Chaplaincy</i>
Hadrian Lower School	<i>Mentors for Talented Children</i>
Open Choice Independence	<i>Outreach Support Worker</i>
Prince's Trust	<i>Mentor/Business Adviser</i>
Signposts	<i>Volunteer Mentor</i>
Trail-Blazers	<i>Young Offenders Mentor</i>
Young Enterprise South East	<i>Business Adviser</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Local, regional and national organisations across Central Bedfordshire work to promote the well-being of older people and help make later life a more fulfilling and enjoyable experience.

You can get involved by helping someone do their shopping or housework, fill in forms for them, or just by having a chat. There are also opportunities in driving, administration, reception work and publicity for organisations helping older people (also see opportunities listed in sections with those headings).

Organisations needing volunteers to help older people include:

Age Concern Bedfordshire	<i>Fundraising Collectors</i>
Age Concern Bedfordshire	<i>Fundraising Event Organiser</i>
Age Concern Bedfordshire	<i>Home Visitor</i>
Age Concern Bedfordshire	<i>Outreach Worker</i>
Age Concern Charity Shop	<i>Collectables Adviser</i>
Age Concern Charity Shop	<i>Sales Adviser</i>
Age Concern Charity Shop	<i>Stockroom Volunteer</i>
Alzheimers Society	<i>Dunstable Support Volunteer</i>
Alzheimers Society	<i>Leighton Buzzard Support Group Volunteer</i>
Alzheimers Society	<i>Therapist</i>
Barton Helping Hands	<i>Good Neighbour</i>
Bedfordshire Advocacy Service for Older People	<i>Advocate Volunteer</i>
Bedfordshire Advocacy Service for Older People	<i>Publicity & Promotions Assistant</i>
Bedfordshire Advocacy Service for Older People	<i>Trustee</i>
Beecroft Balloon Society	<i>Gardening Assistant/Handyperson</i>
Beecroft Balloon Society	<i>Minibus Driver</i>
British Red Cross (Bedfordshire Branch)	<i>Driver - Red Cross Transport & Escort Service</i>
British Red Cross (Bedfordshire Branch)	<i>Medical Loans Service</i>
Buzzer Buses (Dial a Ride)	<i>Buzzer Minibus Drivers</i>
Buzzer Buses (Dial a Ride)	<i>Car Drivers (Buzzer Buses)</i>
Cinnamon Trust	<i>Dog Walker</i>
Cinnamon Trust	<i>Occasional Helper</i>
Cinnamon Trust	<i>Short-term Fosterer</i>
Contact The Elderly	<i>Sunday Tea Driver</i>
Contact The Elderly	<i>Sunday Tea Hosts</i>
Downside Lunch Club for the Over 60s	<i>Enthusiastic Helper</i>
Downside Lunch Club for the Over 60s	<i>Cook</i>
Hockliffe Helping Hands	<i>Helping Hand</i>

Organisations needing volunteers to help older people include:

Hospice At Home Volunteers	<i>Volunteer Visitors</i>
Kensworth Community Scheme	<i>Be a Good Neighbour</i>
Kensworth Community Scheme	<i>Duty officers</i>
Kensworth Community Scheme	<i>Volunteer Drivers</i>
Leighton Buzzard Day Centre	<i>Day Care Centre Assistant</i>
Leighton Linslade Access for All	<i>Committee Member</i>
Older People's Healthy Living Project	<i>General Activities Assistants</i>
Salvation Army	<i>Coffee Morning Assistant</i>
Salvation Army	<i>Over 75s Club Assistant</i>
Sight Concern Bedfordshire	<i>Home Visitor</i>
Sight Concern Bedfordshire	<i>Talking Newspaper Readers</i>
Sight Concern Bedfordshire	<i>Telephone Befriender</i>
Soldiers, Sailors, Airmen And Families Association - Forces Help	<i>Welfare Caseworker (SSAFA Forces Help)</i>
Soldiers, Sailors, Airmen And Families Association - Forces Help	<i>Fundraiser (SSAFA Forces Help)</i>
Tilsworth Lunch Club	<i>Lunchtime Helper</i>
Toddington Area Helping Hands	<i>Duty Officers</i>
Toddington Area Helping Hands	<i>Helping Hand</i>
Whipsnade Village Lunch Club	<i>Lunch Club Helpers</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

If you're a keen gardener or enjoy DIY and maintenance work, you should find plenty of opportunities in this section that appeal to you.

Practical tasks vary from running errands and general handyman tasks, to maintaining a light railway or a rugby pitch. In addition, people with professional qualifications, such as electricians, are always needed and welcomed.

Organisations needing volunteers to help with practical tasks include:

Ardley Hill Lower School	<i>Gardener/Grounds Maintenance</i>
Ardley Hill Lower School	<i>Woodwork Classroom Assistant</i>
Ascott House	<i>Gardener</i>
Ashton St Peters	<i>Gardener/Handyperson</i>
Barton Helping Hands	<i>Good Neighbour</i>
Barton Players	<i>Costume Designer/Maker</i>
Barton Players	<i>General helpers</i>
Bedfordshire and Luton Mind	<i>Allotment Befriender - Dunstable</i>
Bedfordshire and Luton Mind	<i>Courtyard Gardener - Dunstable</i>
Bedfordshire and Luton Mind	<i>Courtyard Gardener - Leighton Buzzard</i>
Bedfordshire Football Association	<i>Ground Persons for local Football Clubs</i>
Beecroft Balloon Society	<i>Gardening Assistant/Handyperson</i>
Blows Downs Conservation Group	<i>Sunday Conservationists</i>
British Trust For Conservation Volunteers	<i>Conservation Volunteer Officer</i>
Butterfly Conservation - Bedfordshire and Northamptonshire Branch	<i>Gardener - Whipsnade Zoo Butterfly Garden</i>
Chiltern Society, The	<i>Countryside Conservation Volunteers</i>
Chilterns Gateway Visitors Centre	<i>Volunteer Assistant Warden</i>
Dunstablians RUFC	<i>Health & Safety Officer (Fire Officer)</i>
Eaton Bray Lions AFC	<i>Groundsperson</i>
Friends of Studham Common	<i>Work Party Volunteer</i>
Friends of the Barn	<i>Restoration Volunteer</i>
Greensand Trust, The	<i>Midweek Conservation Team Member</i>
Greensand Trust, The	<i>Ranger Volunteer</i>
Greensand Trust, The	<i>Wildlife Surveyor</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Helping plants grow with Offenders</i>
Hadrian Lower School	<i>Gardening Help</i>
Heath and Reach Sports Association	<i>Grounds Development & Landscaping Assistant</i>
Heathwood Lower School	<i>Gardener</i>
Hockliffe Helping Hands	<i>Helping Hand</i>
Hockliffe Lower School	<i>Gardening/Maintenance</i>
Hockliffe Lower School	<i>Hobby Club Assistant</i>
Hockliffe Lower School	<i>Lunch Club Assistant</i>
Houghton Regis Lower School	<i>Gardening</i>
Houghton Regis Lower School	<i>Handyperson/DIY Help</i>
Houghton Regis Lower School	<i>Lunch Time Hobby Assistant</i>

Organisations needing volunteers to help with practical tasks include:

Kensworth Church Friends	<i>Working Party Volunteer</i>
Kensworth Community Scheme	<i>Be a Good Neighbour</i>
Leighton Buzzard Greening Group, The	<i>Neighbourhood Conservation Volunteer</i>
Leighton Buzzard Narrow Gauge Railway	<i>Buildings Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Carriage Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Engine Drivers</i>
Leighton Buzzard Narrow Gauge Railway	<i>Locomotive Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Railway Track Maintenance</i>
Leighton Buzzard Narrow Gauge Railway	<i>Trainee Guards</i>
Leighton Buzzard Town Cricket Club	<i>Ground Maintenance</i>
Leighton United Football Club	<i>Assistant Groundsperson</i>
Mayday Trust	<i>Gardening Group Helper</i>
Mayday Trust	<i>DIY Make Over</i>
National Gardens Scheme	<i>Garden Host</i>
National Trust	<i>National Trust</i>
National Trust	<i>Working Holiday Leader</i>
NOAH Enterprise	<i>Furniture Removal</i>
NOAH Enterprise	<i>Handy Person</i>
Parkside Voice Residents Association	<i>Garden Maintenance</i>
Pasque Hospice	<i>Gardeners</i>
Pasque Hospice	<i>Maintenance</i>
Priory Middle School	<i>After School Club Assistant</i>
Priory Middle School	<i>Gardening and General Maintenance Help</i>
Priory Middle School	<i>Lunch Time Club Assistant</i>
Sparx Theatre Company	<i>Backstage Theatre Assistant</i>
St John Ambulance	<i>First Aider (St John Ambulance)</i>
St Leonards Lower School	<i>Gardening and General DIY Assistant</i>
Stanbridge Lower School	<i>Gardening/Handyperson</i>
Stoke Mandeville Hospital	<i>Garden Assistant</i>
Stoke Mandeville Hospital	<i>Gardeners (Wooden Spoon Unit)</i>
Studham Church Friends	<i>Working Party Volunteer</i>
South Bedfordshire Friends of the Earth	<i>Costume/Prop Makers</i>
Tithe Farm Neighbourhood Centre	<i>Gardener</i>
Tithe Farm Neighbourhood Centre	<i>Vegetable Gardener</i>
Toddington Area Helping Hands	<i>Helping Hand</i>
Watling School	<i>Gardening Project Volunteer</i>
Whipsnade Church Friends	<i>Working Party Volunteers</i>
Whipsnade Working Parties	<i>Working Party Volunteers</i>
Wildlife Trust For Bedfordshire, Cambridgeshire, Northamptonshire & Peterborough	<i>Midweek Team Volunteer</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

There are several organisations in Bedfordshire that work towards rehabilitating offenders into the community. They aim to provide alternative choices to ex-offenders through education and support and prevent re-offending.

There are lots of ways to volunteer and assist these organisations, from befriending an offender to supporting prisoners' families during visiting hours; from gardening to mentoring.

Organisations needing volunteers to help in their work with prisoners and ex-offenders include:

HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Educational Support</i>
HACRO	<i>Helping plants grow with Offenders</i>
HACRO	<i>Individual Counselling For Prisoners</i>
HACRO	<i>Prison Multi-faith Chaplaincy</i>
HACRO	<i>Prison Visitor And Befriender</i>
HACRO	<i>Prison Crèche Assistants</i>
HACRO	<i>Welcoming Prison Visitors</i>
HACRO	<i>Pre-release volunteers</i>
HACRO	<i>Activities Assistant</i>
HACRO	<i>Housing Advisers</i>
HACRO	<i>Assistant Guitar Volunteer</i>
HM Youth Offenders Institute	<i>Childrens Play Worker</i>
HM Youth Offenders Institute	<i>Tea Bar Person</i>
HM Youth Offenders Institute	<i>Visitor Centre Receptionist</i>
Mayday Trust	<i>Gardening Group Helper</i>
Mayday Trust	<i>Music Group Helper</i>
Mayday Trust	<i>One-To-One IT Helpers</i>
Mayday Trust	<i>Trustee</i>
Mayday Trust	<i>Women's Group Leader</i>
NACRO - National Association for the Care and Resettlement of Offenders	<i>Community Cricket Coach</i>
NACRO	<i>Community Football Coach</i>
Open Choice Independence	<i>Outreach Support Worker</i>
Prince's Trust	<i>Mentor/Business Adviser</i>
Prison Advice and Care Trust (PACT)	<i>Recreational Aide</i>
Prison Advice and Care Trust (PACT)	<i>Snacks & Refreshments Aide</i>
Prison Advice and Care Trust (PACT)	<i>Welcome and Greetings Aide</i>
Signposts	<i>Volunteer Mentor</i>
Trail-Blazers	<i>Young Offenders Mentor</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

The Red Cross helps reunite families and restore links between close relatives separated by war or disaster. Volunteers help to successfully trace an average of 500 people every year and assist thousands more, including unaccompanied children, to adjust to life in a new country.

Some organisations work with people at risk of being homeless, helping them move towards a more settled way of life. Volunteers are required for a variety of tasks, some working directly with clients and others in roles supporting the organisation's work.

Organisations needing volunteers to help with refugees, homelessness and housing include:

Age Concern Bedfordshire	<i>Home Visitor</i>
Age Concern Bedfordshire	<i>Outreach Worker</i>
Age Concern Bedfordshire	<i>Information And Advice</i>
Age Concern Bedfordshire	<i>Home Visitor</i>
British Red Cross (Bedfordshire Branch)	<i>International Tracing and Messaging</i>
British Red Cross (Bedfordshire Branch)	<i>Fire & Emergency Support Service</i>
British Red Cross (Bedfordshire Branch)	<i>Fundraising Delivery Driver</i>
Citizens Advice Bureau	<i>Advisers For Citizen's Advice Bureaux</i>
Citizens Advice Bureau (Leighton Linlade)	<i>Database Support</i>
Disability Resource Centre	<i>Disability Outreach Volunteers</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Housing Advisers</i>
Host UK	<i>Hosts</i>
Leighton Linlade Homeless Service	<i>Volunteer Coordinators</i>
Mayday Trust	<i>DIY Make Over</i>
Mayday Trust	<i>Gardening Group Helper</i>
Mayday Trust	<i>Music Group Helper</i>
Mayday Trust	<i>One-To-One IT Helpers</i>
Mayday Trust	<i>Women's Group Leader</i>
NOAH Enterprise	<i>Driver</i>
NOAH Enterprise	<i>Furniture Removal</i>
NOAH Enterprise	<i>Handy Person</i>
NOAH Enterprise	<i>Kitchen Assistant</i>
Open Choice Independence	<i>Outreach Support Worker</i>
Oxfam	<i>Furniture Assistant</i>
Oxfam	<i>Shop Volunteers</i>
Prince's Trust	<i>Volunteer Fundraiser</i>
Salvation Army	<i>Coffee Morning Assistant</i>
Signposts	<i>Volunteer Mentor</i>
Victim Support	<i>Volunteer Visitor</i>
YMCA Charity Shop Dunstable	<i>Shop Assistant</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Many charitable organisations and community groups are able to provide their services to the community only because of the income generated by their shops. These shops are staffed mainly by volunteers whose contribution ensures the success of the shops and the organisations they support.

As well as the opportunity to gain retail experience, volunteers can also benefit by meeting new people, learning new skills and having the chance to specialise in an area of personal interest, such as fashion, window dressing, books or music. Some organisations also offer training in customer service skills.

Organisations needing volunteers to help in retail outlets and charity shops include:

Age Concern Charity Shop	<i>Collectables Adviser</i>
Age Concern Charity Shop	<i>Sales Adviser</i>
Age Concern Charity Shop	<i>Stockroom Volunteer</i>
British Heart Foundation Charity Shop	<i>Accessories/Shoes Specialist</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Book Specialist</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Bric-a-Brac Specialist</i>
British Heart Foundation Charity Shop	<i>Driver - Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Keeping the standard</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Music Specialist</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Salesfloor Supervisor</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Steamer - Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Stock Processor</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Till Operator - Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Volunteer Recruiter</i> <i>- Dunstable & Leighton Buzzard</i>
British Heart Foundation Charity Shop	<i>Window Dresser - Leighton Buzzard</i>
British Red Cross (Bedfordshire Branch)	<i>Medical Loans Service</i>
Cancer Research UK Shop	<i>Volunteer Assistant - Leighton Buzzard</i>
Cancer Research UK Shop	<i>Book Specialist - Dunstable</i>
Cancer Research UK Shop	<i>Driver - Dunstable</i>
Cancer Research UK Shop	<i>Homeware Volunteer - Dunstable</i>
Cancer Research UK Shop	<i>Shop Assistant - Dunstable</i>
Cancer Research UK Shop	<i>Stock Preparation Volunteer - Dunstable</i>
Chilterns Gateway Visitors Centre	<i>Kitchen Assistant</i>
Chilterns Gateway Visitors Centre	<i>Retail Assistant</i>

Organisations needing volunteers to help in retail outlets and charity shops include:

Disability Resource Centre	<i>Equipment Display Area Assistant</i>
Dunstablians RUFC	<i>Club Shop Assistant</i>
Dunstablians RUFC	<i>Match Day Programme Seller</i>
Ford End Watermill Society	<i>Assistant Warden</i>
Leighton Buzzard Narrow Gauge Railway	<i>Shop Assistant</i>
NOAH Enterprise	<i>Charity Shop Assistant</i>
Oxfam	<i>Book Specialist</i>
Oxfam	<i>Bric-a-Brac Specialist</i>
Oxfam	<i>Furniture Assistant</i>
Oxfam	<i>Shop Volunteer (Leighton Buzzard)</i>
Pasque Hospice	<i>Retail Assistant - Book Specialist</i>
Pasque Hospice	<i>Retail Assistant (Bric-a-Brac Specialist)</i>
Pasque Hospice	<i>Retail Assistant (Fashion)</i>
Pasque Hospice	<i>Retail Assistant (Till Operator)</i>
Relate Charity Shop	<i>Shop Assistant</i>
Save The Children Fund	<i>Deputy Trading Co-Ordinator</i>
Sue Ryder Care	<i>Shop Assistant</i>
The ExtraCare Charitable Trust	<i>Shop Assistant</i>
Willen Hospice	<i>Shop Volunteer (Leighton Buzzard)</i>
YMCA Charity Shop Dunstable	<i>Book Specialist</i>
YMCA Charity Shop Dunstable	<i>Movie/Video Specialist</i>
YMCA Charity Shop Dunstable	<i>Music Specialist</i>
YMCA Charity Shop Dunstable	<i>Retail Assistant (Fashion)</i>
YMCA Charity Shop Dunstable	<i>Shop Assistant</i>
YMCA Charity Shop Dunstable	<i>Steamer</i>
YMCA Charity Shop Dunstable	<i>Stockroom Volunteer</i>
Yoga for Health and Education Trust	<i>E Commerce</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Volunteering opportunities in a school or pre-school are varied and can include anything from administration to helping children read, from supporting teaching staff in the classroom or taking part in a lunchtime or after school club. If you have a specialist skill or interesting hobby that you could share, schools want to hear from you.

These opportunities are ideal for anyone considering a career in education or working with children, as well as those who just want to contribute to children's educational and social development. Volunteers receive ongoing support by teachers and other staff. Most of these opportunities are term-time only so are perfect for volunteers with child-care commitments.

Organisations needing volunteers to help in schools and pre-schools include:

See also 'Children and Youth Work'

Ardley Hill Lower School	<i>Administration Assistant</i>
Ardley Hill Lower School	<i>After-School Hobby Club Assistant</i>
Ardley Hill Lower School	<i>Cookery Classroom Assistant</i>
Ardley Hill Lower School	<i>Gardener/Grounds Maintenance</i>
Ardley Hill Lower School	<i>Lunch-Time Hobby Club Assistant</i>
Ardley Hill Lower School	<i>Reading Help</i>
Ardley Hill Lower School	<i>Woodwork Classroom Assistant</i>
Ashton St Peters Lower School	<i>After School Club</i>
Ashton St Peters Lower School	<i>Gardener/Handyperson</i>
Ashton St Peters Lower School	<i>Learning Support</i>
Ashton St Peters Lower School	<i>Library Assistant</i>
Ashton St Peters Lower School	<i>Lunchtime Club</i>
Brewers Hill Middle School	<i>Community School Governor</i>
Brewers Hill Middle School	<i>Library Helpers</i>
Brewers Hill Middle School	<i>Lunch Time Activity Helpers</i>
British Heart Foundation	<i>Schools Co-Ordinator</i>
Cedars Upper School	<i>Admin Support</i>
Cedars Upper School	<i>Library Assistant</i>
Cedars Upper School	<i>Midday Supervisor</i>
Cedars Upper School	<i>Minibus Drivers</i>
Downside Pre School Playgroup	<i>Childcare Assistant</i>
Ford End Watermill Society	<i>School Party Guides</i>
Glenwood School	<i>Curriculum Support Volunteer</i>
Glenwood School	<i>Curriculum Support Volunteer</i>
Glenwood School	<i>Swimming Assistant for Disabled Children</i>
Greenleas Lower School	<i>Accounts Assistant</i>
Hadrian Lower School	<i>After School Clubs</i>
Hadrian Lower School	<i>Gardening Help</i>
Hadrian Lower School	<i>ICT Assistant</i>
Hadrian Lower School	<i>Learning Support</i>

Organisations needing volunteers to help in schools and pre-schools include:

See also 'Children and Youth Work'

Hadrian Lower School	<i>Mentors for Talented Children</i>
Hadrian Lower School	<i>School Governor</i>
Hadrian Lower School	<i>Website Administrator</i>
Heathwood Lower School	<i>Community School Governor</i>
Heathwood Lower School	<i>Gardener</i>
Hillcrest School	<i>Midday Supervisor</i>
Hillcrest School	<i>School Governor</i>
Hillcrest School	<i>Teaching Assistant</i>
Hockliffe Lower School	<i>Children's Book Club Assistant</i>
Hockliffe Lower School	<i>Community School Governor</i>
Hockliffe Lower School	<i>Gardening/Maintenance</i>
Hockliffe Lower School	<i>Hobby Club Assistant</i>
Hockliffe Lower School	<i>Lunch Club Assistant</i>
Hockliffe Lower School	<i>Website Design</i>
Houghton Regis Lower School	<i>1-1 teaching support</i>
Houghton Regis Lower School	<i>Admin Support</i>
Houghton Regis Lower School	<i>After School Club Assistant</i>
Houghton Regis Lower School	<i>Gardening</i>
Houghton Regis Lower School	<i>Handyperson/DIY Help</i>
Houghton Regis Lower School	<i>Lunch Time Hobby Assistant</i>
Houghton Regis Lower School	<i>Nursery Assistant</i>
Kensworth Lower School	<i>Administrative Assistant</i>
Kensworth Lower School	<i>ICT assistant</i>
Kensworth Lower School	<i>Learning Support</i>
Kensworth Lower School	<i>Lunchtime Club Helpers</i>
Kensworth Lower School	<i>Maintenance Help</i>
Kensworth Lower School	<i>Pre-School Classroom Assistant</i>
Kensworth Lower School	<i>School Talk Volunteer</i>
Kensworth Lower School	<i>Website Updating</i>
Leedon Lower School	<i>Reading Support Helper</i>
Leighton United Football Club	<i>Schools Liaison Officer</i>
Linslade Middle School	<i>1-1 Teaching Support</i>
Linslade Middle School	<i>Admin Support</i>
Linslade Middle School	<i>Library Assistant</i>
Linslade Middle School	<i>Photography Club Assistant</i>
Linslade Middle School	<i>School Displays Volunteer</i>

Organisations needing volunteers to help in schools and pre-schools include:*See also 'Children and Youth Work'*

Linslade Middle School	<i>Special Guest Classroom Speaker</i>
Linslade Middle School	<i>Teaching Assistant</i>
Priory Middle School	<i>After School Club Assistant</i>
Priory Middle School	<i>Gardening and General Maintenance Help</i>
Priory Middle School	<i>Lunch Time Club Assistant</i>
Priory Middle School	<i>Minibus Driver</i>
Priory Middle School	<i>Reading and Numeracy Support</i>
Royal Society for the Protection of Birds	<i>School Talks Organiser</i>
School Governors' One-Stop Shop	<i>School Governor</i>
St George's Lower School	<i>1-1 Support</i>
St George's Lower School	<i>Animal Care Assistant</i>
St George's Lower School	<i>Classroom or Assembly Occasional Speaker</i>
St George's Lower School	<i>Community School Governor</i>
St George's Lower School	<i>ICT Assistant</i>
St George's Lower School	<i>Library and 'Story Sack' Assistant</i>
St George's Lower School	<i>Website Designer</i>
St Leonards Lower School	<i>Gardening and General DIY Assistant</i>
Studham V.C. Lower School and Pre-school	<i>Admin Support</i>
Studham V.C. Lower School and Pre-school	<i>After School Club Volunteers</i>
Studham V.C. Lower School and Pre-school	<i>Assistant Playworker</i>
Studham V.C. Lower School and Pre-school	<i>Classroom Help</i>
Studham V.C. Lower School and Pre-school	<i>ICT Support</i>
Thornhill Lower School	<i>Classroom Support</i>
Thornhill Lower School	<i>Community School Governor</i>
Thornhill Lower School	<i>ICT Support</i>
Thornhill Lower School	<i>Language Support</i>
Thornhill Lower School	<i>Library Assistant</i>
Thornhill Lower School	<i>Nursery Help</i>
Thornhill Lower School	<i>P.E. Support</i>
Thornhill Lower School	<i>Storytime Helper</i>
Totternhoe Pre-school	<i>Assistant Playworker</i>
Watling School	<i>1-1 Reading Support</i>
Watling School	<i>Community School Governor</i>
Watling School	<i>Gardening Project Volunteer</i>
Watling School	<i>Lunch Club Assistant</i>
Watling School	<i>Teaching Assistant</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

Approximately 5.8 million people volunteer in sport in the UK, contributing over one billion hours and helping to sustain more than 100,000 affiliated clubs. Volunteering is a great way for anyone to be involved with sport and the local community, regardless of age, experience or sporting ability.

Volunteers are the life blood of local sports clubs and teams. They are involved in every aspect, from coaching to helping in a club's shop or social venue, from marking out pitches to publicity, from organising fixtures to looking after the team's kit.

The London 2012 Olympic and Paralympic Games will be the biggest and most exciting volunteering event ever seen in this country, requiring an estimated 70,000 volunteers. If you'd like to register an interest in volunteering at the Olympics and Paralympics, please contact the Volunteer Centre.

Organisations needing volunteers to help with sports and outdoor activities include:

See also 'Driving' and 'Environment and Conservation'

Bedfordshire and Luton Mind	<i>Walking Group Leader</i>
Bedfordshire and Luton Mind	<i>Sport Assistant</i>
Bedfordshire and Luton Mind	<i>Swimming Helpers</i> <i>- Dunstable & Leighton Buzzard</i>
Bedfordshire Army Cadet Force	<i>Instructor Beds Army Cadet Force</i>
Bedfordshire Cricket Board	<i>County Disability Representative</i>
Bedfordshire Cricket Board	<i>County Fundraiser</i>
Bedfordshire Cricket Board	<i>County IT Specialist</i>
Bedfordshire Cricket Board	<i>Cricket Volunteer Co-ordinator</i>
Bedfordshire Cricket Board	<i>Press Officer</i>
Bedfordshire Cricket Board	<i>Young Cricketers Press Officer</i>
Bedfordshire Football Association	<i>Administrators for local Football Clubs</i>
Bedfordshire Football Association	<i>Catering Officers for local Football Clubs</i>
Bedfordshire Football Association	<i>Chairpersons for local Football Clubs</i>
Bedfordshire Football Association	<i>Club / Child Welfare Officers for local Clubs</i>
Bedfordshire Football Association	<i>Fixture Secretaries for local Football Clubs</i>
Bedfordshire Football Association	<i>Football Coaches for local Football Clubs</i>
Bedfordshire Football Association	<i>Football Coaches for local Football Clubs</i>
Bedfordshire Football Association	<i>Football Development Officers for local Clubs</i>
Bedfordshire Football Association	<i>Fundraisers for local Football Clubs</i>
Bedfordshire Football Association	<i>Ground Persons for local Football Clubs</i>
Bedfordshire Football Association	<i>Kit Persons for local Football Clubs</i>
Bedfordshire Football Association	<i>Marketing Volunteers for local Football Clubs</i>
Bedfordshire Football Association	<i>Physio / First Aiders for local Football Clubs</i>
Bedfordshire Football Association	<i>Secretaries for local Football Clubs</i>
Bedfordshire Football Association	<i>Website Designers for local Football Clubs</i>
British Heart Foundation	<i>Walkabout Co-ordinator</i>
Cinnamon Trust	<i>Dog Walker</i>

Organisations needing volunteers to help with sports and outdoor activities include:

Dunstable And District Disabled Sports	<i>Leisure & Sporting Volunteers</i>
Dunstable And District Disabled Sports	<i>Publicity Volunteer</i>
Dunstablians RUFC	<i>Match Day Programme Seller</i>
Dunstablians RUFC	<i>Team Manager</i>
Eastern Region Roller Speed Association	<i>Event Organiser</i>
Eastern Region Roller Speed Association	<i>Publicity Assistant</i>
Eastern Region Roller Speed Association	<i>Roller Skating Coach</i>
Eastern Region Roller Speed Association	<i>Session Helper</i>
Eaton Bray Lions AFC	<i>Groundsperson</i>
Ford End Watermill Society	<i>Assistant Warden</i>
Glenwood School	<i>Swimming Assistant for Disabled Children</i>
Girlguiding UK	<i>Volunteers for Rainbows, Brownies & Guides</i>
Groundwork Luton and South Bedfordshire	<i>Health Walk Leader</i>
Heath and Reach Sports Association	<i>Assistant Coaches - For All Sports</i>
Heath and Reach Sports Association	<i>Sports Coaches - For All Sports</i>
Heath and Reach Sports Association	<i>Committee Member</i>
Heath and Reach Sports Association	<i>Website Designer/Web Master</i>
John Grooms (Lifestyle Choices Project)	<i>Lifestyle Choices</i>
Leighton Buzzard Otters Swimming Club for the Disabled	<i>Swimming Club Helpers</i>
Leighton Buzzard Town Cricket Club	<i>Cricket Coaches</i>
Leighton Corinthian Judo Club	<i>Judo Coach</i>
Leighton Corinthian Judo Club	<i>Judo Helper</i>
Leighton Linslade Ladies Football Club	<i>Football Physiotherapist</i>
Leighton United Football Club	<i>Assistant Groundsperson</i>
Leighton United Football Club	<i>Football Coaches</i>
Leighton United Football Club	<i>Football Referees</i>
HACRO - Hertfordshire Association for the Care and Resettlement of Offenders	<i>Activities Assistant</i>
NACRO - National Association for the Care and Resettlement of Offenders	<i>Community Cricket Coach</i>
NACRO	<i>Community Football Coach</i>
National Gardens Scheme	<i>Open Garden Helper</i>
National Trust	<i>Working Holiday Leader Volunteer</i>
Richard's Trampoline Club	<i>Assistant Trampoline Coach</i>
Riding for the Disabled Association	<i>Side Helper</i>
Scouts	<i>Volunteers for Beavers, Cubs & Scouts</i>
Thornhill Lower School	<i>P.E. Support</i>
Walk 4 Health	<i>Health Walk Leader</i>

If you are interested in volunteering within this field, contact the Volunteer Centre to discuss current opportunities in more detail and to match your skills, interests and motivations to the most suitable volunteering role for you.

How to contact us

Our offices are open to the public Monday to Friday from 9.30am to 3.00pm and at other times by appointment.

You can contact us by telephone, email, post, or visit our website.

We can also arrange to meet you at a venue closer to where you live or work if you cannot get to Leighton Buzzard. For example, we can make appointments to meet at local libraries (Dunstable, Houghton Regis etc.)

Telephone: 01525 850559

Fax: 01525 376281

Email: volunteer@action-centralbeds.org.uk

Website: www.action-centralbeds.org.uk

Voluntary and Community Action
Bossard House
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LU7 1DA

Volunteer Centre Central Bedfordshire is a service of
Voluntary and Community Action

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Registered in England No. 5386570 · Registered Office as above

Member of the National Association for Voluntary and Community Action

Member of Volunteering England and a licensed Volunteer Centre

Volunteering is a great way to:

- enjoy yourself and have fun
- improve self-confidence
- enhance your CV
- help the community
- get valuable work experience
- share skills
- develop your interests
- access training and / or qualifications
- learn new skills
- relieve boredom
- make new friends
- gain useful life experience



Volunteer Centre

Central Bedfordshire