CARE VOLUNTEERING OPPORTUNITIES

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| Volunteer Lifeguards/Volunteer Poolside Assistants |
| Volunteer Lifeguards in the Hydrotherapy Pool – Minimum age 16   * We’re looking for qualified lifeguards. However, full training can be provided for those who do not have the NLPQ. Volunteers must be confident swimmers; able to swim 50 metres in less than a minute. 5 day training courses take place at Lewsey or Inspire swimming pools during school holidays. * Volunteers must be reliable, honest and trustworthy. * Excellent communication skills, able to volunteer as part of a team and able to follow instructions. * Applicants must have availability weekdays between either 10.00 am – 1.00 pm or 1.00 pm – 4.00 pm and can give a regular commitment.   **Volunteer Poolside Assistants – Minimum age 16**   * We’re looking for volunteer poolside assistants to provide supervision of pool users. * Volunteers will be responsible for the safety of all pool users and to ensure that pool rules are enforced. * Duties include observing pool users for signs of danger, getting buoyancy aids/equipment and sweeping away puddles to prevent slipping. * **Note: Both opportunities are based at our hydrotherapy pool at the hospice in Luton.** |

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| Volunteer Complementary Therapists |
| * Friendly team of staff and volunteers provide complementary therapy to hospice patients and their carers Tuesday – Friday each week. * Excellent communication skills to communicate with patients, carers and families. * Good listening skills, sensitive, tactful and emotionally mature. * Must be a member of a professional association which undertakes a programme of Continued Professional Development. * Two-year post-qualification experience. * Four volunteer meetings held throughout the year, volunteers would be expected to attend at least two meetings. |

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| Volunteer Bereavement Support Visitors  Opportunities available throughout the week in the Luton area |
| * Volunteer support-visitors provide bereavement support to their clients according to the philosophy of the Hospice Bereavement Support Service, acting always in such a manner as to justify trust and confidence and to safeguard the interests of the client. * Volunteers visit bereaved people referred by the Bereavement Service with the aim of establishing, within accepted boundaries and agreed time contracts, a supportive and caring relationship that will enable the bereaved to experience the natural process of grieving. * To assist at memorial events at both the hospice and local venues. * We’re looking for volunteers with excellent communication skills to befriend adults with life-limiting illness and their families in their own homes. Full training is provided. * Minimum age 18. |

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| Befriending Volunteers |
| * Befriending volunteers provide additional support to patients experiencing a life limiting illness, and those that live with them, we provide care and support where it matters – in the home. * In the course of complementing the statutory services befriending volunteers provide time, emotional support and practical help to enable people to continue living with dignity, respect and companionship. * Our befriending volunteers have excellent communication skills supporting adult patients and their families in their own homes. Full training is provided. * Minimum age 18. |

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| Palliative Care Volunteer Drivers |
| * Volunteer drivers transport adult patients to and from our Keech Palliative Care Centre in Luton:   + our adult patients live in Bedfordshire, Hertfordshire and Milton Keynes   + our children live in Bedfordshire, Hertfordshire and Milton Keynes * Most opportunities are Monday to Friday, between the hours 9.00 am and 4.30 pm; occasionally we require drivers of an evening and at weekends. * Volunteer drivers assist patients with life-limiting illnesses and their families/carers to access services provided by the hospice by the provision of transport. * Volunteer drivers must drive and act in accordance with the Highway Code and all legislation relating to driving a vehicle, ensuring the safety and comfort of the patients during journeys. * Volunteer drivers can use either their own vehicle or a hospice fleet vehicle. * Training is provided and mileage expenses reimbursed. |

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| Childrens Day Support Volunteer |
| * Childrens Day Support Volunteers provide assistance in activities and specialised play for children with life-limiting illnesses who are accessing hospice services. Our children include babies, toddlers and children up to the age of 19. * Volunteers assist the Play Specialist and work alongside parents in the hospice to deliver activities and specialist play for children. * Volunteers support and assist children in the hospice, on outings and events; this may be in groups or on a one to one basis. Duties will include the delivery of activities, topical projects and creating memories. * Volunteers occasionally may assist with support in the hydrotherapy pool. |

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| Independence and Wellbeing Volunteers |
| The Independence and Wellbeing Service supports and educates patients to self-manage their condition and improve their well-being. Patients participate in walking, exercise and movement therapy sessions on Mondays, Wednesdays and Thursdays.   * Volunteers and staff support patients in the self-management of their condition to improve their well-being and quality of life. * To assist the Physiotherapist and Occupational Therapist in the running and setting up of palliative rehabilitation groups. * Minimum age 16. |

VOLUNTEERING OPPORTUNITIES

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| Administration Volunteers |
| We are looking for administration volunteers with good organisational and IT skills.   * Tasks may include:   + Updating and maintaining databases (training will be provided)   + Printing, photocopying, scanning and filing   + Researching information |

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| Reception Volunteers |
| We are looking for reception volunteers with great communication skills who enjoy supporting others.   * Tasks may include:   + Welcoming visitors (patients, staff, relatives and members of the public)   + Answering telephone enquiries both internal and external (training will be provided)   + Dealing with visitor enquiries (donations, information and meetings) |

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| Fleet Maintenance Volunteers |
| We are looking for volunteers to help co-ordinate the servicing of our fleet of vehicles.   * Tasks include: * Book repairs to be undertaken at a nominated garage * Book for servicing and MOT at a nominated garage * Complete vehicle checks (eg) water, oil, tyres and lights and record checks * Highlight concerns to the appropriate people (eg) the Fleet Coordinator * Assist with the cleaning of the vehicles (external and internal) |

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| Volunteer Gardeners |
| We are looking for keen gardeners to join our team of volunteer gardeners to help develop and maintain our beautifully landscaped gardens used by patients and their relatives.   * Tasks may include: * Tree and shrub planting * Pruning * Hedge trimming * Grass cutting * Leaf collection * Pot new plants and seedling * General garden maintenance |

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| Housekeeping Volunteers |
| We are looking for volunteers to join our housekeeping team.   * Tasks may include:   + To provide clean and well-presented bed linen and hospice laundry   + To organise the washing, drying and ironing of all laundry   + Comply with the Health and Safety guidelines as per the detailed instructions   + Be warm and welcoming to patients and visitors   + To help ensure the hospice is clean and presentable at all times |

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| Marketing and Communications Volunteers |
| We are looking for volunteers to assist our Marketing and Communications Team with promoting the charity.  Digital Volunteers   * Assist with a range of publicity-related tasks which may include proofing pages, devising layouts for posters and leaflets, taking publicity photos, sizing images and logging information on a spreadsheet. * Assist with maintaining digital-based platforms, which may include proofing the website and social-media sites for typos and out-of-date content; making small updates to our website; and resizing/uploading images to the website and social media.   Ideally, volunteers should have:   * Proofing experience or an ability to spot typos * Experience of resizing photos using PhotoShop or other image-resizing software * Previous experience in using a web content management system (desirable)   Marketing Volunteers   * To help the Marketing and Communications Team to raise greater awareness of the charity’s work * To assist in writing articles, editing and proof reading, contributing to design and layout * To build and maintain working relationships with all local media and relevant national press * To assist in the development and maintenance of the charity’s website |

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| Volunteer Drivers and Driver’s Mate |
| We are looking for volunteers to help on our fleet of retail vans.   * Tasks may include:   + Collect donated items from hospice shops for delivery to the warehouse   + Collect from donor’s homes for delivery to the warehouse   + Ensure safe transportation of donated items   + Carry-out daily routine maintenance checks on the van (tyres, oil, water etc)   + Drive in a competent manner at all times   + Clean driving licence essential (only necessary for volunteer drivers) |

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| Fundraising Volunteers |
| We are looking for volunteers to join our friendly team to support the Fundraising Department in organising and running events and activities.   * Tasks may include: * Helping to set-up and run a stall at a fundraising event; including handling cash * Office administration * House-to-house, street or store collections * Setting-up/breaking-down display stands at events * Marshalling or car parking stewards * Collecting cheques or giving presentations to local groups - training is provided * Delivering/collecting goods or collection boxes * 2018 events include:   + Bubble Rush - 15 July 2018   + Glow Walk – 27 October 2018   + Christmas Market - 24 and 25 November 2018   + Smiley Sam and Sleigh - 24 November – 24 December 2018   + Santa Run Bedford - 02 December 2018   + Santa Run Luton – 16 December 2018 |

Retail Volunteering Opportunities

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| Retail Volunteers |
| * Our fun and friendly team of retail staff and volunteers support Keech Hospice Care by raising £1.4 million each year * We have 32 shops across Bedfordshire, Hertfordshire and Milton Keynes * Volunteers assist in our shops with sorting, pricing and merchandising donations * PAT (Portable Appliance Testing) testing (training will be given)   **Keech Hospice Care Shops in Bedfordshire**  24 Allhallows, Bedford, MK40 1LJ (01234 364720)  58 Birdsfoot Lane, Luton, LU3 2DQ (01582 599496)  9 Ashton Square, Dunstable, LU6 3SN (01582 476411)  1 Cowlgrove Parade, Steppingley Road, Flitwick, MK45 1AJ (01525 721316)  59 Katherine Drive, Dunstable, LU5 4NP (01582 477280)  Unit 3, Roman Gate, Great Denham, MK40 4FU (01234 327863)  249 Bedford Road, Kempston, MK42 8BP (01234 856500)  174 Marsh Road, Leagrave, Luton, LU3 2QL (01582 494837)  12-14 Park Street, Luton, LU1 3EP (01582 481130)  3 Market Square, Sandy, SG19 1HT (01767 691304)  652-654 Hitchin Road, Stopsley, Luton, LU2 7XH (01582 732803)  31 Sundon Park Parade, Sundon Park, Luton, LU3 3BJ 01582 579966)  Unit 8F Britannia Estate, Leagrave Road, Luton, LU3 1RJ (01582 480062) Warehouse  (01582 411180) Shop  **Keech Hospice Care Shops in Milton Keynes**  170 Queensway, Bletchley, Bucks HP2 2SW (01908 370836)  28 High Street, Newport Pagnell, Bucks MK16 8AQ (01908 216565)  **Keech Hospice Care Shops in Hertfordshire**  35-37 Lower Kings Road, Berkhamsted, HP4 2AB (01442 863893)  7 Witton House, 24-38 Lower Road, Chorleywood, Rickmansworth, WD3 5LB (01923 283023)  130 The Gossamers, Watford, WD25 9AD (01923 671768)  12-13 Bowers Parade, High Street, Harpenden, AL5 2SH (01582 760450)  15 Bowers Parade, High Street, Harpenden, AL5 SH (01582 462578)  167 The Marlowes, Hemel Hempstead, HP1 1BH (01442 257050)  12 The Queen’s Square, Hemel Hempstead, HP2 4ES (01442 768963)  11 Maidenhead Street, Hertford, SG14 1DW (01992 503670)  18 Churchyard, Hitchin, SG5 1HP (01462 441171)  81 High Street, Hoddesdon, EN11 8TL (01992 462041)  18 How Wood, Park Street, St Albans, AL2 2P (01727 875532)  285 Watling Street, Radlett, WD7 7LA (01923 854576)  21 High Street, St Albans, AL3 4EH (01727 895790)  7 Queensway, Stevenage, SG1 1DA (01438 314598)  46 High Street, Watford, WD17 2BS (01923 819812)  135 High Street, Waltham Cross, EN8 7AP (01992 643251)  19-21 Cole Green Lane, Welwyn Garden City, (01707 376315) |