

Volunteering Opportunities

The Nottingham Multiple Sclerosis Centre



enables people with MS, their carers and families to manage the effects of the condition by alleviating the symptoms and improving their quality of life.

We offer a range of therapies and treatments, and rely on volunteers to run the Centre.

There is a varied range of roles, and we are specifically looking for:

- Assessment Assistant
- Information Assistant
- Reception/Admin Assistant
- Fundraisers
- Oxygen Therapy Chamber Operator
- Trustees

If you would like more information about any of these roles, please contact:

Maureen Mangan on 0115 9505991 or email her at: maureen.nmstc@btconnect.com



Royal National Institute of Blind People (RNIB) is the UK's leading charity offering information, support and advice to over two million people with sight loss.



Every day 100 people start to lose their sight. We need your help to provide vital services for blind and partially sighted people.

Do something today and make a difference.

Why not become a **Telephone Group Facilitator?**

You would be offering

blind and partially sighted people the opportunity to socialise with others. Tempted? Then, please contact:

The Volunteering Team at RNIB on 01733 375 450 or email them at: volunteering@rnib.org.uk



The Cornwater Club Ravenshead Day Centre Ltd

The Cornwater Club needs volunteers to help with all the different activities it offers, supporting professional staff at club sessions or escorting people on outings.

Helpers also needed at the Charity Shop in Mansfield.

For more information, please contact:

Maxine Dakin on 01623 491159 or email at: maxdakn@btconnect.com





Nottinghamshire County LINK

is made up of local individuals, community groups and organisations. They work together to raise community concerns about any publicly funded health and social care services in the county. The **LINK** encourages local people and groups to say what they think about local social care and health services.

Volunteering with the **Nottinghamshire County LINK** is completely flexible to suit your availability. We want to hear about communities' experiences of health and social care services and ideas for improvements or changes.

Participants of the **LINK** can get involved in any of the following:



- Engaging with the community to find out what people think about health and social care service in their locality
- Researching issues important to the community
- Visiting health and social care services
- Helping to design questionnaires
- Completing consultations



Want to get involved and make a difference to the Health of your community, then please contact: **Katy Jeffery** on **0115 975 4647** or email: **info@strongerlocalvoice.com**



Library Volunteer needed at Gedling CVS

Do you like getting new books?

A volunteer is needed to help run the resource library, cataloguing existing resources in the library and adding new resources as they arrive.

Depending on the individuals interest, they could also get involved in reviewing new items and promoting the resource library.

Think this is a role for you? Please contact: **Jean Ramsden** on **0115 9266750** or email: **info@gedlingcvs.org.uk**



Gedling CVS Voluntary Transport Scheme

is looking for **Volunteer Drivers**

Gedling Voluntary Transport Scheme provides a service for residents in the Borough of Gedling who experience temporary or permanent difficulties using public transport as a result of age, illness, disability or geographical location.

The pleasure **volunteer drivers** get out of meeting such a diverse cross-section of the community and listening to their life stories is a reward in itself and without them the scheme that makes such a difference to people's lives can't continue to operate.

Think you can help? Then please contact: **Peter Chettle** on **0115 926 6750**

