

# **Volunteering in Bristol and the Surrounding Areas**



## **June Edition**

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# **The Benefits of Volunteering**

## **Reduces Stress.**

Making a meaningful connection can take our mind off our own worries, diverting attention which helps improve our mood and feel less stressed.

## **Helps Combats Depression.**

Volunteering increases motivation and provides a sense of accomplishment. It distracts us from being critical particularly of ourselves.

## **Prevents Feelings of Isolation.**

Extends social network. Picking an activity that we like and are interested in, we are likely to meet likeminded people who we have the same interests.

## **Increases Confidence.**

We may learn new skills and learn about a different or new environment.

## **Provides a Sense of Purpose.**

Volunteering can provide meaning and purpose, beyond our normal day to day activity. It can help us appreciate what we have and develop a sense of compassion for others.

## **Ignites Passion.**

Volunteering can offer something different to our day-to-day activity, providing a worthwhile escape from our daily routine.

## **It Makes You Happy.**

Research shows that feel good hormones and brain activity spike during volunteer activities

# **Other Benefits of Volunteering**

## **Skills Development**

Volunteering offers a practical, hands-on way to build both personal and professional skills. These include:

- Communication and teamwork
- Leadership and initiative,
- Problem-solving and adaptability
- Time management and organisation –
- Confidence and self-awareness

## **Networking Opportunities**

Volunteering gives you the chance to build meaningful connections with people while contributing your time and skills to a cause

## **Gaining Relevant Experience**

By developing practical, hands-on skills that directly relate to a person's career goals or desired job role.

## **Exploring Career Paths**

Volunteer experiences allow you to discover different job roles, industries, and work environments

## **Boosting Your CV and Job Applications**

You can use volunteer experience to strengthen how you present yourself to employers

## **Gaining a Reference**

Volunteering allows you to earn a professional endorsement from someone you've worked with in a voluntary role

# Useful Volunteering Hubs

These hubs are a quick and easy way to find volunteering opportunities in Bristol and the surrounding areas.

Remember, other useful places to find volunteering opportunities can be local community hubs, or even your local jobcentre

**Can Do** is a great site to search for volunteering, and you can narrow it down to area.

[www.candobristol.co.uk](http://www.candobristol.co.uk)

**Voscur** You can search for volunteering here, and for paid roles in the voluntary sector.

[www.voscur.org](http://www.voscur.org)

**Bristol City Council:** For those interested in what is available in Bristol, the council hub is a great link:

[www.bristol.gov.uk/residents/people-and-communities/volunteering-](http://www.bristol.gov.uk/residents/people-and-communities/volunteering-)

For the over 50s, **Restless** gives the opportunity to search for roles catering for this audience:

[www.restless.co.uk](http://www.restless.co.uk)

For volunteer matching, **idealist** has a directory worth exploring

[www.idealists.org/volunteermatch](http://www.idealists.org/volunteermatch)

For ex-offenders, **Clinks** may be a good start to find organisations who focus on supporting those with experience of the criminal justice system

[www.clinks.org/directory?search\\_api](http://www.clinks.org/directory?search_api)

# **Bristol Wide**

## **Indoors**

**Brandon Trust** has a range of volunteering roles available across bristol and the wider area.

[Contact Us | Brandon Trust | Learning Disability Charity](#)

**Reengage** offers the chance to take part in activity groups for the over 75s, from co-ordinators, drivers and activity leads

[Volunteer at Re-engage and be a change maker in the heart of your community](#)

**Changes Bristol** have a wide **range** of volunteering opportunities to support with delivery of their services.

[Changes Bristol - Can Do Bristol](#)

**Jacari** are looking for volunteer tutors for 1 hour a week to support pupils who speak English as an additional language

[Volunteer Tutor with Jacari - 1 hour per week - Can Do Bristol](#)

## **Outdoors**

The **Avon Wildlife Trust** often has a range of volunteer roles or projects available.

[Volunteering | Avon Wildlife Trust](#)

**Your Park** has a number of locations across the city, with a number of tasks available.

[Your Park Bristol and Bath](#)

This **Bristol City Council** website has links to a wide range of opportunities across the City, with links on how to apply.

[Volunteer in your local park or green space](#)



# Central Bristol and Surrounding Areas

## Indoors

**The Stradling Collection** is looking for volunteer gallery stewards for a range of shifts.

[Volunteer Gallery Steward - Can Do Bristol](#)

**St Luke's** Lunch are looking for food bank volunteers in Barton Hill, with a range of shifts available

[Family Food Shop Volunteer Assistant \(Food Bank\) - Can Do Bristol](#)

**Citizens Advice** Bristol are looking for volunteers for some of their admin-based roles – a great way to get admin experience.

[Volunteer - Citizens Advice Bureau Bristol](#)



## Outdoors

**Bristol Pride** are looking for volunteers for their next event in July.

[Bristol Pride - volunteers needed! : VOSCUR](#)

**Avon Gorge and Downs** are looking for volunteers for both these areas, helping with coppicing, dead hedging and other roles

[Get involved - Avon Gorge & Downs Wildlife](#)

**Friends of Horfield Common** are always looking for people to support them with the tasks needed in the area

[Join us - FRIENDS OF HORFIELD COMMON](#)

**St Werburgh's City Farm** has a range of volunteer options, which could be worth having a look at

[Volunteering | St Werburghs City Farm](#)



# Hartcliffe, Hengrove, Withywood and Bishopsworth

## Indoors

**224 Youth Zone** have a range of different support worker volunteer roles, from general support to sports and fitness

[Volunteer Youth Support Worker - Can Do Bristol](#)

**Bristol Waste** are looking for volunteers in their Reuse shop in Hartcliffe Way

[Reuse Shop Volunteer - Can Do Bristol](#)

**MHA Hartcliffe nursing care home** are looking for someone to help assist or run sessions

[Activities volunteer - MHA Hartcliffe nursing care home, Bristol | MHA | Live Later Life Well](#)

**South Bristol Advice Service** has a range of volunteer roles, and could be a great way of developing some admin skills

[Funding and volunteering - South Bristol Advice Services](#)

## Outdoors

**Step and Stone** are looking for a market garden mentor, to help and support those in the garden

[Step and Stone Volunteer Market Garden Mentor - West Knowle - Can Do Bristol](#)

**Lush Greens** are a community farm in Hengrove. They have a range of roles available, in the farm and also looking for support in other areas

[Lush Greens Bristol](#)

**Heart of BS13** – Varied roles they have a range of roles available, keep an eye on site.

[Community Volunteering | Heart of BS13 - Volunteering Bristol](#)





# Whitchurch, Stockwood and Brislington

## Indoors

The **Whitchurch Folk House** is looking for social media and marketing volunteers to support promotions and reaching out

[Social Media & Marketing Volunteer/s - Can Do Bristol](#)

The **British Heart Foundation** are looking for volunteer furniture assembly assistants to help in their brislington branch

[Volunteer Furniture Assembly Assistant - Brislington Furniture Charity shop - Can Do Bristol](#)

The **BS14 Social Club** need volunteers to help with their monthly family night events, with a range of roles through the evening available.

[In need of additional volunteers to help run our monthly family night events. - Can Do Bristol](#)

The **Milestones Trust** are looking for a Chess Buddy in Brislington (they also are looking for a sports buddy) – great for those who can play chess and would like to support someone in this

[Chess Buddy - Brislington - Can Do Bristol](#)

## Outdoors

**Arnos Vale Cemetery** have a number of roles that could be useful, across their site. They also have indoor roles as well.

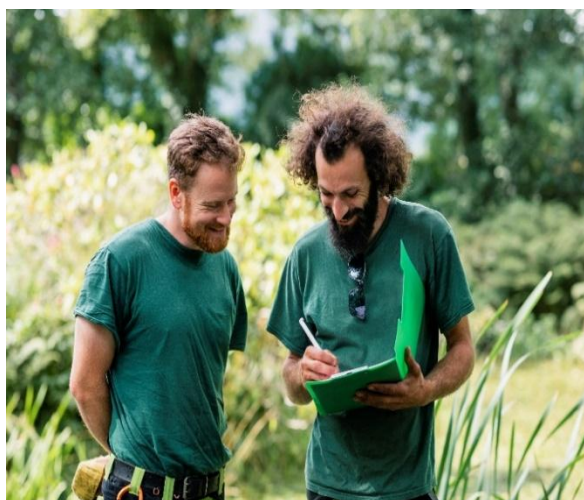
[Volunteering - Arnos Vale](#)

**Friends of Brislington Brook** have regular meet ups to look after the local area.

[Welcome to Brislington Brook](#)

**Your Park** has a number of locations across the city, especially South Bristol with a number of tasks available.

[Your Park Bristol and Bath](#)



# **Bedminster, Southville, Knowle, Knowle West and Filwood**

## **Indoors**

**Acta Community Theatre** are looking for Front of House Volunteers in their Bedminster Venue

[Front of House Volunteers at acta Community Theatre - Can Do Bristol](#)

**Brandon Trust** are looking for volunteer for their retail shop in North Street, no experience required!

[Volunteer Charity Shop Assistant - Brandon Trust - Bedminster Shop : VOSCUR](#)

**The Park Centre** has a range of opportunities, for those who can spare an hour or two to those who can spend more time.

[Volunteering | The Park Centre | Knowle, Bristol](#)

**Creative Wellbeing Cafe** are looking for volunteers and have a range of roles, in a café environment.

[Creative Wellbeing Café Volunteers - Can Do Bristol](#)

## **Outdoors**

**Redcatch Community Gardens** are looking for volunteers for a range of roles across their site – from gardening, maintenance, events. shop or cafe

[Volunteering at Redcatch Community Garden](#)

**South Street Park** are looking for volunteers with their community picnic, but may also have other opportunities

[Help support the running of South Street Park BS3 community picnic. - Can Do Bristol](#)



# **North Somerset, covering Long Ashon, Chew Magna and East Harptree**

## **Indoors**

**Chew Valley and Keynsham Befrienders** are looking for volunteers to support in person or by telephone

[Chew Valley and Keynsham Befrienders - Home](#)

**Community Learning** Volunteers support students who struggle with confidence in reading, writing and computer skills.

[Become a Community Learning volunteer | North Somerset Council](#)

**North Somerset Council** have a range of library vacancies for volunteers, across a wide area of north somerset

[Vacancies | North Somerset](#)



## **Outdoors**

**North Somerset Council** are looking for Health Walk Leaders are always needed in a range of areas in North Somerset, once a week.

[Health Walk Leader](#)

**Long Ashton Youth Club** are looking for volunteers to support their activities

[Support Our Work - Long Ashton Youth Club](#)

**Chew Magna community farm** volunteering weekday and some Saturday volunteering options, no experience needed.

[Volunteering - The Community Farm](#)

**The Lance Trust** run a host of land and plant management events, in the Long Ashton area.

[Volunteer | Long Ashton Nature Community and Environment Trust](#)

# Sea Mills, Shirehampton, Avonmouth and Lawrence Weston

## Indoors

**Shire News** are looking for support in producing their community newspaper, with a range of newspaper related roles!

[Various roles working for our free community newspaper. - Can Do Bristol](#)

**St Monica's Trust** are looking for someone with knitting skills for Knitting/Craft group in Westbury on Trym.

[Knitting / Craft Group Support at St Monica Trust Retirement Village, Westbury on Trym BS9 3UN - Can Do Bristol](#)

**Oxfam** are looking for a books and Music volunteer to support the shop in Westbury on Trym.

[Jobs & Volunteering – Voscur](#)

**Great western Air Ambulance** Charity have vacancies in their shop in Westbury on Trym.

[Shop Housekeeping Volunteer – flexi hours - Westbury on Trym \(Age 18+\) - Can Do Bristol](#)

## Outdoors

**Lawrence Weston Community Farm** are looking for volunteers to help out with a range of farm related roles

[Volunteer – Lawrence Weston Community Farm](#)

**Friends of Blaise** meet on Wednesday mornings to help out estates, where they are guided by a park ranger or two.

[Volunteering @ Blaise – Friends Of Blaise](#)



# **Horfield, Southmead, Filton and Lockleaze**

## **Indoors**

**Sims Hill Shared Harvest** are looking for a pack shed member to help with packing veg, etc.

[Volunteer pack shed member. : VOSCUR](#)

**The Vench** are looking for volunteer kitchen assistants to help during the school holidays and term times

[Kitchen Assistant - Can Do Bristol](#)

**ACH Resettling communities Hub** are looking for volunteer Kitchen Assistants (and other roles), no experience needed

[Kitchen Assistant \(washing-up\) 1pm-2pm on Wednesdays - Can Do Bristol](#)

**League of Friends** coffee shop are looking for support in their café, with a couple of shift options available

[Coffee Shop Volunteer - League of Friends | North Bristol NHS Trust](#)

## **Outdoors**

**Friends of Horfield Common** are looking for support with a range of activities in that area.

[FRIENDS OF HORFIELD COMMON - Home](#)

**The Ardagh Community trust** have a range of outdoor roles, from events, gardening and maintenance.

[Volunteering - The Ardagh Community Trust](#)

**Age UK** Walking group volunteers offers the chance for volunteering while walking, in the Filton and Longwell Green Areas

[Walking Group - Can Do Bristol](#)





# Kingswood, Emersons Green and Longwell Green

## Indoors

**The Park Centre** offers a range of support to the community

[The Park Centre Kingswood - Can Do Bristol](#)

**Library of Things** are looking for a volunteer librarian to help with their Kingswood branch

[Librarian of Things - Kingswood : VOSCUR](#)

**Ignite Life** food bank are looking for a volunteer to help with their foodbank.

[Ignite Life Food Bank - Can Do Bristol](#)

**PDSA** are looking for volunteers in their charity shop in Kingswood.

[Charity Shop Volunteer - Kingswood - PDSA](#)

**South Gloucester Library Service** are looking for volunteers in a range of roles.

[Volunteer at our libraries | BETA - South Gloucestershire Council](#)

## Outdoors

**Royal West Football Club** are looking for volunteers to help bring their new site back to life, with a range of roles – there may also be some paid roles.

[Help Bring a Bristol Football Clubhouse Back to Life - Can Do Bristol](#)

**Friends of Grimsbury Farm** are welcome to new volunteers, just contact them to see what they have.

[The Friends of Grimsbury Farm - Get Involved](#)

Volunteer Drivers are needed for **Kingswood Community Transport** – training given at no cost.

[Volunteering | Kingswood](#)

