

SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September

-
Sun 6th
October 2019

Suffolk's bid to boost volunteering: New campaign urges county to 'Get Inspired. Get Involved. Get Volunteering'

A NEW COUNTY-WIDE campaign to encourage volunteering is being launched by a collective of Suffolk's charities and voluntary organisations.

The first Suffolk Action Week will take place between Monday 30th September and Sunday 6th October, *with events and fairs being held throughout the region.*



Emmaus, Suffolk Libraries, Family First, West Suffolk Sight, Community Action Suffolk

Events during this week

Suffolk Libraries will be hosting 8 volunteer fairs across the county

Diane Moore, Suffolk Libraries Volunteer Engagement Manager, said: "Suffolk Libraries is delighted to be supporting Suffolk Action Week.

The campaign will hopefully highlight the valuable contribution volunteers make in the county as well as the many opportunities available and the benefits of volunteering.

Our libraries are ideal places to host volunteer fairs as they are accessible, welcoming places at the heart of their local community."

Thinking about Volunteering?

Drop by to talk to groups about volunteering opportunities for you.



Volunteer Fairs
10:30am - 2:00pm

Mon 30th September | Ipswich Library

Tues 1st October
Woodbridge Library | Halesworth Library
Weds 2nd October
Lowestoft Library | Felixstowe Library
Eye Library (till 1pm)

Thurs 3rd October | Haverhill Library

Fri 4th October | Newmarket Library

SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September
-
Sun 6th
October 2019

Why is volunteering so important?

22%

of the population
take part in
volunteering at least
once a month

Organisers of Suffolk Action Week have aspirations of making this county a shining example of a community committed to giving their time to causes they believe in.

Why do people volunteer?

In Suffolk we have such a diverse range of organisations in the voluntary sector, that it provides scope for people to take a role which is a perfect fit with their lifestyle, their hobbies, experiences or their passions.



John, Suffolk Fire
and Rescue Service
Volunteer

Volunteering makes a difference

Being retired and with more free time, I wanted to have a more regular volunteer commitment that also provided a variety of activities. As a Community Fire Volunteer with Suffolk Fire and Rescue Service, and issued with the service uniform, I feel a real part of the Prevention Team and valued for what I do. The message I am spreading is about fire safety, and I find it really satisfying when a person thanks you and realises that they can easily improve their family's safety.



Sarah, Family First
Service Lead

Volunteering leads to employment

I am currently the Service Lead for Family First but I started out with the charity as a Family Volunteer just 4 years ago. I have been privileged to see just how much volunteering can change people's lives – not only the people who are supported but the volunteers themselves. It is amazing to see people blossom and grow in confidence and gain a real sense and pride and achievement. I wouldn't be the person I am today without the opportunity to volunteer and I would recommend it to anyone.

SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September

-
Sun 6th
October 2019



Sheila, Suffolk Archives,
Wolsey Theatre,
Colchester & Ipswich
Museums Service

Volunteering; to give a little but to gain so much

My volunteering experience has been wonderful for my self-esteem and confidence and I am constantly gaining fresh knowledge and learning new skills, from a wide variety of professionals, who have welcomed me into their establishments to help support them with their various aims and goals. Volunteering is a very productive and satisfying way, to give a little but to gain so much.



Richard, Befriender
Volunteer with
West Suffolk Sight

Volunteering keeps you healthy

I am a volunteer befriender with West Suffolk Sight. I visit a gentleman called Bob who is in his 80's and has an eye condition called Stargarts, which affects his central vision. Bob has a background in various businesses including running his own companies. His home is located directly on the Icknield Way and we generally go for a walk of around two miles when we meet up



Nat, Reception
Volunteer with
Suffolk Family Carers

Volunteering is rewarding

I wanted to become a volunteer because I had been a stay at home mum and carer for many years and had lost a lot of confidence and self esteem. So volunteering a few hours a week was ideal for me, it got me out of the house and meeting new people and gradually helping me to gain confidence. It has helped my wellbeing massive amounts.

It's an amazing feeling volunteering it fills me with pride that I can help such an amazing charity and be part of the support network for many carers.

SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September

-
Sun 6th
October 2019

Working & Volunteering

Businesses and employees will also be encouraged to learn more about Employer Supported Volunteering, which can more easily enable staff to give their time to organisations in Suffolk which they feel passionately about. Suffolk County Council will be hosting a Volunteer Fair for their employees during Suffolk Action Week.

Interested to know more about ESV:

email: andy.simpson@communityactionsuffolk.org.uk



Begin your adventure into the world of volunteering...

How Employer Supported Volunteering is going to help NWIBLT Community Gardens during Suffolk Action Week

Ted, NWIBLT. (North West Ipswich Big Local Trust) : Community Action Suffolk has matched us to 3 groups who will be sending a team to have time away from their normal role and make a difference to others in the next few weeks. This means we will be able to get vital work done much more quickly than we would otherwise have managed e.g levelling an area of ground to make it safer and installing a pathway, making a wildlife pond and bug houses within our wildlife area, constructing a wooden compost area, building a shelter, redesigning the herb garden or doing more of the usual routine gardening tasks. This project is lead and supported by volunteers.



Suffolk Community Foundation

See and hear how volunteering truly makes a difference in Suffolk
<https://www.youtube.com/channel/UC8431kHEi07g88R63NOmLYw>

SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September

-
Sun 6th
October 2019

**Suffolk Action Week includes a partnership with
The East of England Coop**

Community Engagement Manager, Sharon Harkin, said

"We are really proud to be supporting Suffolk Action Week. We will be using the opportunity to promote volunteering to our members and customers, particularly those who are retired and semi-retired and who are looking to use their skills and experience to give something back to their communities, and to help them keep healthy and active."



Volunteer Information Stands

Tues 1st October

Woodbridge Coop | Your Own Place
(12-1:30pm)

Eye Coop | Beyond the Wall (11-12pm)

Wed 2nd October | Hadleigh Coop
St Elizabeth Hospice (1-4pm)

Thurs 3rd October

Manningtree Coop | St Elizabeth Hospice
(10-1pm)

Combs Coop, Near Stowmarket | Avenues East
(10:30-12:30pm)

Hadleigh Coop | Lymphoma-action
(10-1pm)

**Charities will host
information stands
at local
East of England
Coops**

Fri 4th October | Gainsbrough Coop
Gainsborough Peoples' Forum (10:30-12:30pm)

SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September
-
Sun 6th
October 2019

Coffee mornings are supported by
The East of England Coop



Volunteer Information Coffee Morning Mon 30th Sept | 10-12pm

Bury St Edmunds : West Suffolk Disability Resource Centre, 4
Bunting Rd Unit 3, IP32 7bx Bury St. Edmunds

Pop in for a cuppa and chat to local organisations
about volunteering.

<https://www.facebook.com/events/2322456514497167/>



FREE Community Lunch

Tues 1st October | 11:30-1:30pm

The Kirkley Centre, 154 London Rd S, Lowestoft NR33 0AZ
Serving bacon or halloumi rolls, cake (gluten free option),
tea & coffee with a display showing local volunteering
opportunities. Everyone is welcome.

<https://www.communityactionsuffolk.org.uk/contact-us/community-action-suffolk-at-the-kirkley-centre/>



Volunteer Information Coffee Morning Wed 2nd October | 10-12pm

Ipswich, Ipswich Deaf Society, Suffolk House,
2 Wharfedale Road.

Find out about volunteering with Ipswich Deaf Society.

https://www.facebook.com/events/2191186647847452/?event_time_id=2191186664514117



SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September

-
Sun 6th
October 2019



Mon 30th Sept | 2:15-4:15pm

DanceEast, Jerwood House, Ipswich

We are looking for more volunteers for Unscene Singers to accompany singers to the weekly choir sessions.

Choir is for blind, visually impaired and sighted singers.

Come along to our weekly session during Suffolk Action Week. This is an opportunity to find out more about this role, listen to singing, even join in if you would like!

For more information email:
emma.unscenesuffolk@gmail.com

**Volunteer Introduction &
Taster Session**

Sat 5th October

Museum of East Anglian Life (MEAL),
Stowmarket

1pm | A tour of the site and a
description of our various roles

2pm | Tea or Coffee

2:30pm | An hours taster session in
our walled garden

Email Alice, Volunteer Officer to find out
more or book a place:
Alice.Silk@eastanglianlife.org.uk



SUFFOLK Action Week



Get Inspired. Get Involved. Get Volunteering.

Mon 30th
September

-
Sun 6th
October 2019

Thinking about volunteering?

How? Where? When?

Come and find out more

Volunteer Day
Tuesday 8th October
10am - 2pm Admission FREE

Red Gables, Ipswich Road, Stowmarket IP14 1BE

For more details please contact Red Gables Volunteering
01449 673947 volunteering@redgables.org.uk

In partnership with
SUFFOLK
Action Week

Red Gables
Volunteering for All

Coventry City Council

Working together to create this week is Community Action Suffolk, Suffolk Libraries, The East of England Coop and Suffolk Community Foundation, The Rope Trust as well as Family First, West Suffolk Sight, Emmaus, Volunteering Matters, Lighthouse Women's Aid, Mendlesham Scout Group, Suffolk Fire and Rescue Service, Suffolk Family Carers, Suffolk Archives, Age UK Suffolk, St Elizabeth Hospice, Sutton Hoo (National Trust), Orwell Housing Association, Community Transport, Your Own Place CIC, as well as many other organisations from the voluntary sector.

Thank you all for your support and guidance.

Further information on events and volunteering can be found:

<https://www.facebook.com/volunteersuffolk/>
and www.volunteersuffolk.org.uk

Suffolk Libraries



SUFFOLK
Community
Foundation