

## Volunteer Suffolk Bulletin Covid-19 Response April 2020

### Thank you for registering with Volunteer Suffolk.

As Chris Abraham, CEO of Community Action Suffolk has observed, 'from the moment the Prime Minister announced the first restrictive measures to protect ourselves from Covid 19, my colleagues and I began witnessing a tidal wave of desire among Suffolk residents to help in their community. It was both humbling and heart-warming. Neighbours began launching initiatives to help those more vulnerable, existing charities began adapting their services in order to reach those in need, and individuals raised their hand and asked to help in whatever way they could. I thank each and every one of those groups and individuals who have so far stepped forward and been playing a vital role in the county, by ferrying shopping, delivering meals or prescriptions, checking in on others, or simply staying in contact by phone.'

*At this unusual time many of you are already supporting your community volunteering, and you are raising your hands and asking us how can I help?*

**This bulletin will highlight a number of volunteer opportunities across Suffolk, including examples for those of you who are self isolating.**

Thank you in advance and stay safe,

Volunteering Team at Community Action Suffolk



Please note that volunteer opportunity availability is changing continuously, however keep looking on Volunteer Suffolk and type Covid-19.

If you would like to unsubscribe please contact: [membership@communityactionsuffolk.org.uk](mailto:membership@communityactionsuffolk.org.uk)  
For general volunteer enquiries email: [volunteering@communityactionsuffolk.org.uk](mailto:volunteering@communityactionsuffolk.org.uk)

# #VolunteerSuffolk

@volunteersuffolk



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## Roles to advertise:

### Suffolk

**Help us go the extra mile to save lives**

We urgently need 1000 extra people in all kinds of paid and volunteer roles.

**Temporary workers and volunteers needed**



**NHS**  
East of England Ambulance Service  
NHS Trust

East of England Ambulance Service

#### East of England Ambulance Service

Medical experience as a paramedic, nurse, healthcare support worker or even recent first-aid training to work in a variety of clinical and clinical support roles.

C1 driving licences who would be interested in driving patient transport vehicles or moving vehicles between sites (band 2 or 3).

Five GCSEs at grades A-C to work as call handlers/dispatchers (band 3).

A willingness to fulfil other support roles such as ambulance cleaning, general cleaning, and administration (bands 2-4).

[www.eastamb.nhs.uk/join-the-team](http://www.eastamb.nhs.uk/join-the-team)



#### Good Neighbour Scheme

Contact your local Good Neighbour Scheme to ask if they are looking for support.

[www.communityactionsuffolk.org.uk/making-your-voice-heard/network/suffolk-good-neighbour-schemes](http://www.communityactionsuffolk.org.uk/making-your-voice-heard/network/suffolk-good-neighbour-schemes)



#### Telephone Befrienders

Helping to alleviate loneliness and social isolation through a weekly telephone. We try as far as possible to match interests of our volunteers with those of the older person they befriend. This service is across Suffolk. DBS check required (paid for by Age UK Suffolk).

<https://www.ageuk.org.uk/suffolk/get-involved/volunteer-with-us/volunteer-vacancies/>

Find more opportunities at [www.volunteersuffolk.org.uk](http://www.volunteersuffolk.org.uk)

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## Roles to advertise:

### West Suffolk



#### Telephone Befriending

Are you a good listener? Reliable?

Giving a little of your time to have a telephone conversation with an older person can help alleviate loneliness and social isolation.

**Where?** Brandon, Mildenhall, Newmarket, Haverhill, Bury St Edmunds and surrounding villages

<https://volunteersuffolk.org.uk/volunteer/opportunities/38236>

### South Suffolk



#### Volunteer Drivers

Could you drive our community nurses and health care assistants through the county to visit patients in need of our support?

#### Volunteer Planners

Do you have experience with logistics planning and or care planning to help run our operations centre?

<https://volunteersuffolk.org.uk/volunteer/opportunities/38190>

### Lowestoft/Beccles/Norfolk border



#### East Coast Community Healthcare

Looking for volunteers to offer their time to provide additional support and companionship to patients, and provide administration and facilities support to ECCH teams freeing up healthcare professionals to provide the specialist care that only they can.

<https://volunteersuffolk.org.uk/volunteer/opportunities/38173>

#### Patient Transport volunteer

Providing transport to patients who are medically fit for discharge, and ensuring they are settled safely back into their home.

#### NHS Transport volunteer

Transporting equipment, supplies and/or medication between NHS services and sites.

#### Check-in & Chat volunteer

Provides short-term friendship and emotional telephone support to individuals who are at risk of loneliness.

#### Community Response volunteer

Collecting and delivering supplies for someone who is self-isolating to their home.

#### Patient Support Volunteer

A hospital based role preparing a list of items for patients being discharged from hospital.

#### Hospital Support Volunteer

A hospital based role to support front line staff by undertaking the more menial non-clinical aspects of their roles.

Find more opportunities at [www.volunteersuffolk.org.uk](http://www.volunteersuffolk.org.uk)

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## Help & Advice:

### ARE YOU RUNNING A COMMUNITY COVID-19 RESPONSE GROUP?



Information and guides to support groups & VCSE organisations

CAS also has a number of resources for Covid-19 Community Action Response groups from safeguarding, handling money, to guides for forming a group.

<https://www.communityactionsuffolk.org.uk/>

Are you from an organisation with volunteers who have been asked to pause their role?

Are your volunteers potentially available to do other roles during covid-19?

Please make contact with us.

<https://volunteersuffolk.org.uk/volunteer/opportunities/38219>

Looking for information on staying safe as a volunteer?

Take a look at the link below

<https://www.communityactionsuffolk.org.uk/wp-content/uploads/2020/04/Tips-for-safe-volunteering.pdf>



How can you support the charity sector at this vital time?

<https://volunteeringmatters.org.uk/what-we-do/support-us/working-together/>

Have you been furloughed and would like to volunteer?

Register here:

<https://volunteersuffolk.org.uk/volunteer/opportunities/37923>

### ARE YOU FROM A BUSINESS?



Working alongside Volunteering Matters we are supporting businesses involvement during Covid-19 response

Find more opportunities at [www.volunteersuffolk.org.uk](http://www.volunteersuffolk.org.uk)