

Volunteering Opportunities - February 2023

Hi volunteers!

I hope you are all doing well.
Please see below for February's volunteering opportunities.

Weekly Bucket Collections

Do you have some time to come to a shop/shopping centre location and help us raise awareness and fundraise for halow?

We will be running weekly bucket collections in Guildford and Woking across February.

Shift based timings would be available, and all equipment and instructions will be provided.

Please contact Nicole in the Fundraising team (nicole.sallis@halowproject.org.uk) to register your interest and discuss available dates and times.

30 January - 5 February



Monday 30 January

Cook & Grow

Cook & Grow helps young people understand where food comes from, how it is grown, nutrition, the benefits of growing your own food and even creative ways to cook food products people typically find boring. Volunteers will be taking part in gardening activities and supporting young people to follow instructions from halow staff. Due to the rural location, you will need to bring your own food and refreshments.

10am-4pm

Birtley House, Birtley Rd, Bramley, Guildford GU5

0LB

Tuesday 31 January

Fit Club

We need enthusiastic volunteers to encourage our young people to use the equipment properly, listen to the gym instructor, and support them to follow their personalised exercise plans. A gym instructor and halow staff will be there to help guide the sessions

Tuesday 31 January

Crafty Creations

We are looking for arty volunteers who are willing to share their ideas and skills. Some of our young people need help with expressing their creative ideas and doing fiddly craft bits. Have fun with us!

and we also encourage volunteers to use the equipment as well.

10:45am-1pm

Guildford Spectrum Gym, Parkway, Guildford GU1

1UP

2pm-4pm

The Lightbox, Chobham Rd, Woking GU21 4AA

Wednesday 1 February

IT Crowd

We are looking for volunteers who can help our young people follow instructions from Computer Explorers who will be facilitating the session. Activities such as game making, 3D printing, presentation skills, coding and programming and much more will be on offer to the young people. Computer skills are desirable but not essential.

10am-12:30pm

Circle Bar, Yvonne Arnaud Theatre, Millbrook,

Guildford GU1 3UX

Wednesday 1 February

Crafty Creations

We are looking for arty volunteers who are willing to share their ideas and skills. Some of our young people need help with expressing their creative ideas and doing fiddly craft bits. Have fun with us!

1pm-4pm

Watts Gallery, Down Ln, Guildford GU3 1DQ

Thursday 2 February

Cook & Grow

In these sessions the young people will be learning to cook new recipes using produce they have grown at Birtley House. Your role will be to support members of the group to follow the recipes provided, assist, and advise on how to use kitchen equipment safely and reinforce kitchen safety precautions.

10am-4pm

Guildford United Reformed Church, 83 Portsmouth Rd, Guildford GU2 4BS

Friday 3 February

Friday Youth Group

We are looking for fun and energetic volunteers to set up games, facilitate games and help halow staff with general tidying up at the end of the evening. Young people might also be interested in using the computer, watching a film, reading a book, or going to the park or into town (to have a meal).

5:30pm-8pm

Discovery Centre, Ward Street, Guildford GU1 4LH

6 February - 12 February

Monday 6 February

Cook & Grow

In these sessions the young people will be learning to cook new recipes using produce they have grown at Birtley House. Your role will be to support members of the group to follow the recipes provided, assist, and advise on how to use kitchen equipment safely and reinforce kitchen safety precautions.

10am-4pm

Guildford United Reformed Church, 83 Portsmouth Rd, Guildford GU2 4BS

Tuesday 7 February

Fit Club

We need enthusiastic volunteers to encourage our young people to use the equipment properly, listen to the gym instructor, and support them to follow their personalised exercise plans. A gym instructor and halow staff will be there to help guide the sessions and we also encourage volunteers to use the equipment as well.

10:45am-1pm

Guildford Spectrum Gym, Parkway, Guildford GU1 1UP

Tuesday 7 February

Music Group

We need volunteers to support our musical young people to follow the direction of the trained music instructor and encourage them to think creatively and musically. The young people will get the opportunity to sing and play different musical instruments and use them in creative ways. You do not have to be musical to develop your musical interest with us!

5pm-7pm

G Live, London Rd, Guildford GU1 2AA



Tuesday 7 February

Crafty Creations

We are looking for arty volunteers who are willing to share their ideas and skills. Some of our young people need help with expressing their creative ideas and doing fiddly craft bits. Have fun with us!

2pm-4pm

The Lightbox, Chobham Rd, Woking GU21 4AA

Wednesday 8 February

IT Crowd

We are looking for volunteers who can help our young people follow instructions from Computer Explorers who will be facilitating the session. Activities such as game making, 3D printing, presentation skills, coding and programming and much more will be on offer to the young people. Computer skills are desirable but not essential.

10am-12:30pm

Circle Bar, Yvonne Arnaud Theatre, Millbrook, Guildford GU1 3UX

Wednesday 8 February

Crafty Creations

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1pm-4pm

The Guildford Institute, Ward St, Guildford GU1 4LH

Thursday 9 February

Cook & Grow

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Thursday 9 February

Sports Group

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you will need to bring your own food and refreshments.

10am-4pm

Birtley House, Birtley Rd, Bramley, Guildford GU5

0LB

support our young people to try out a range of sports and games and listen to any instructors.

5pm-7pm

George Abbot School, Woodruff Avenue,

Guildford GU1 1XX

13 February - 19 February

Monday 13 February

Ten Pin Bowling

Supporting the group and individuals to mix, converse, order and pay for refreshments and reminders for the toilet.

You will also help the young people to bowl safely if required.

2pm-4:30pm

Guildford Spectrum, Parkway, Guildford GU1 1UP

Tuesday 14 February

Workshop Day

We have a fun day of activities planned for the day. In the morning, the fantastic Rock Steady will be leading a music session with the young people. In the afternoon, the young people will be doing some fun crafts, sports and games. We are looking for volunteers to help with running the activities through the day and supporting at lunch and rest breaks.

10:30am-3:30pm

The Pavilion, Guildford Cricket Club, Woodbridge Road, Guildford GU1 4RP



Wednesday 15 February

Theatre Trip - Buggy Malone

Alan Parker's world-famous movie becomes a spectacular theatrical experience in this revival of the universally acclaimed Lyric Hammersmith Theatre production.

Coach pickup 12pm and returning for 6pm,

outside Yvonne Arnaud Theatre, Millbrook,

Guildford GU1 3UX

Show 2pm-4:30pm at Chichester Festival Theatre,

Oaklands Park, Chichester PO19 6AP

Thursday 16 February

Sports Group

We are looking for enthusiastic volunteers to support our young people to try out a range of sports and games and listen to our facilitator from Sports Works.

Lunch 12pm-1pm, session 1pm-3pm

Sports Hall Arena B, Guildford Spectrum, Parkway, Guildford GU1 1UP

Friday 17 February

Aggie Club Disco

We are looking for volunteers to help set up the hall and supervise the event as well as get involved with having a dance with young people at the Aggie Club. The young people will also need your help with paying for their drinks and food.

7pm-10:30pm

Aggie Club Society Hall, Bellfields Road, Guildford GU1 1QG

20 February - 26 February

Monday 20 February

Cook & Grow

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10am-4pm

Birtley House, Birtley Rd, Bramley, Guildford GU5 0LB



Tuesday 21 February

Fit Club

We need enthusiastic volunteers to encourage our young people to use the equipment properly, listen to the gym instructor, and support them to follow their personalised exercise plans. A gym instructor and halow staff will be there to help guide the sessions and we also encourage volunteers to use the equipment as well.

10:45am-1pm

Guildford Spectrum Gym, Parkway, Guildford GU1

1UP

Tuesday 21 February

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Music Group

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people need help with expressing their creative ideas and doing fiddly craft bits. Have fun with us!

2pm-4pm

The Lightbox, Chobham Rd, Woking GU21 4AA

instructor and encourage them to think creatively and musically. The young people will get the opportunity to sing and play different musical instruments and use them in creative ways. You do not have to be musical to develop your musical interest with us!

5pm-7pm

G Live, London Rd, Guildford GU1 2AA

Wednesday 22 February

IT Crowd

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10am-12:30pm

**Circle Bar, Yvonne Arnaud Theatre, Millbrook,
Guildford GU1 3UX**

Wednesday 22 February

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1pm-4pm

**The Guildford Institute, Ward St, Guildford GU1
4LH**

Thursday 23 February

Cook & Grow

In these sessions the young people will be learning to cook new recipes using produce they have grown at Birtley House. Your role will be to support members of the group to follow the recipes provided, assist, and advise on how to use kitchen equipment safely and reinforce kitchen safety precautions.

10am-4pm

**Guildford United Reformed Church, 83
Portsmouth Rd, Guildford GU2 4BS**

Thursday 23 February

Sports Group

We are looking for enthusiastic volunteers to support our young people to try out a range of sports and games and listen to any instructors.

5pm-7pm

**George Abbot School, Woodruff Avenue,
Guildford GU1 1XX**

27 February - 28 February

Monday 27 February

Cook & Grow

In these sessions the young people will be learning to cook new recipes using produce they have grown at Birtley House. Your role will be to support members of the group to follow the recipes provided, assist, and advise on how to use kitchen equipment safely and

Monday 27 February

Ten Pin Bowling

Supporting the group and individuals to mix, converse, order and pay for refreshments and reminders for the toilet.
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reinforce kitchen safety precautions.

10am-4pm

**Shalford Village Hall, Kings Rd, Shalford,
Guildford GU4 8BQ**

5:30pm-8pm

Guildford Spectrum, Parkway, Guildford GU1 1UP

Tuesday 28 February.

Fit Club

We need enthusiastic volunteers to encourage our young people to use the equipment properly, listen to the gym instructor, and support them to follow their personalised exercise plans. A gym instructor and halow staff will be there to help guide the sessions and we also encourage volunteers to use the equipment as well.

10:45am-1pm

**Guildford Spectrum Gym, Parkway, Guildford GU1
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Tuesday 28 February.

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2pm-4pm

The Lightbox, Chobham Rd, Woking GU21 4AA

Office Support Assistant

Could you, or someone you know, give some of your time during the week to help the Fundraising team in the office?

Tasks will vary and could include: labelling and sorting raffle stock and fundraising equipment, inputting/searching for information for our database, computer-based tasks, leafletting local shops.

Please contact Nicole in the Fundraising team (nicole.salles@halowproject.org.uk) if you would be interested. Dates and times will vary so we can work around your availability.

Training Opportunities

These training modules are provided either through **halow** or our of our partner providers, and are available to you at no cost. If you would like to sign up for any, please contact myself or our Training Coordinator, Clare, on clare.lawrance@halowproject.org.uk

Wednesday 1 February.

Oral Health

Online webinar - Surrey Skills Academy

9:30am-12:30pm

Tuesday 14 February.

Lunchtime Learning - Heart Health

Online Teams - **halow project**

12pm-1pm

Friday 17 February.

Nutrition and Hydration

Monday 20 February.

Mental Capacity

Monday 27 February

Development Day - Health & Wellbeing

Guildford Baptist Church - **halow project**

1pm-4:30pm

If you are available to help for any activities, or if you have any questions or issues, then as always please drop me an email on **volunteering@halowproject.org.uk** or call our office on 01483 447960.

Thank you as always for your support.

Nicholas Holt
Recruitment and Volunteer Coordinator