

Befriending Older People

The befriending project volunteers work in [St Marys care](#) home just 15 minutes walk from University, you can view a map [here](#). They run morning activities each day around 11am for the residents. Most of the residents suffer from dementia, Alzheimer's and mobility problems so the students create activities that can be inclusive to all. There are no minimum hours for this project and you will choose which days you would like to volunteer and plan activities along with the project leader.

➤ **What training will I receive?**

Volunteers will take part in an induction at the care home where you'd complete necessary paperwork and have a look round and meet the residents.

You'd complete Student Led Volunteering training, GDPR training, safeguarding vulnerable adults and an enhanced DBS check as well as an induction around the care home. You'll receive support from the project leader (or a handover if you are the new leader), the Volunteers and Fundraising Co-ordinator and the President of Activities.

➤ **What will the centre get out of it**

Much needed volunteer support to offer enrichment and fun activities to its residents. They do not have the staff or resources to offer as many activities as the students on the project can.

➤ **What can you bring to the project?**

Your time and compassion for the elderly is the best thing you can offer but innovative ideas will help them too especially ideas to encourage movement and help memory. You will help residents who feel lonely, isolated, who have lost touch with friends or family and give them something to look forward to and companionship.

➤ **Opportunity to develop transferrable skills**

The opportunity to learn and develop yourself and increase employability. The skills you can develop are in communication, time management, project management, planning and running activity sessions to suit all abilities and learning how to communicate and support residents with dementia, Alzheimer's and limited movement by adapting sessions to suit them.

Primary Reading

Volunteers work alongside [St Nicholas Primary school](#) and go in every Wednesday afternoon to help children between ages of 5 and 11 to read. The project has also run a theatre afternoon for the children.

➤ **What training will I receive?**

You will have an induction in the school when you begin volunteering. You'll work with teaching staff on what equipment they need such as pen pals and books. The

equipment then will stay on site all the time for the children to use. The project leader will be provided with the main contact for the school.

Volunteers for this project will be required to complete student led volunteer training, GDPR training, safeguarding children level 1 and an enhanced DBS check for vulnerable children. You will need to have a good understanding of communication skills and be excellent at reading. You'll be supported by the project leader (or receive a handover if you are the new leader), the Volunteers and Fundraising Co-ordinator and the President of Activities.

➤ **What will the children get out of it?**

You are providing one to one, role model and peer support for children and it will benefit them greatly in their reading skills and progression.

➤ **What can you bring to the project?**

Your time is the greatest thing you can give as the teachers do not have the resources to teach reading one to one and you will help them to be able to spend more time with struggling children.

➤ **Opportunity to develop transferrable skills**

The opportunity to learn and develop yourself and increase employability. The skills you can develop are in communication, time management, project management. You will have experience working within a primary school setting and working with young children which may help you with your job search after University.

Appropriate Adults (AA)

AA's work closely with the Police and Crime Commissioner and Humberside police at Clough Road station to provide the appropriate adult service. This runs from 9am to 9pm 7 days a week 365 days per year. Volunteers will sign up for shifts of 4 hours as and when they can. The volunteers main role is to support vulnerable detainees in custody during interviews, finger prints, alcohol/drug testing and to help them understand what is happening. It requires intensive training and an enhanced DBS check which is provided. Counselling is provided if a student ever needs it from the police chaplaincy as some cases can be challenging. You can find out more about Appropriate Adults [here](#).

➤ **What training will I receive?**

You'll complete student led volunteering training and GDPR training from the union. You will receive intensive NAAN (National Appropriate Adult Network) training and must be available for 2 consecutive days for this. The NAAN training will teach you how the role functions and you will receive relevant training such as safeguarding vulnerable adults level 1 and will undertake an enhanced DBS check to work with vulnerable adults. You'll receive support from the project leader (or a handover from the previous leader if you are the new leader), the Volunteers and Fundraising Co-ordinator and the President of Activities.

➤ **What will the detainees get out of it?**

Much needed support and understanding. You are there for the welfare of the detainee and will support them through the process and guide them. You are fully trained in what to look out for and know what to request on the detainees behalf.

➤ What can you bring to the project?

Your time and compassion for vulnerable adults with possibly an interest in the criminal justice system and a view to improve situations for vulnerable adults.

➤ Opportunity to develop transferrable skills

This opportunity is the first of its kind in the UK created within a student union, offering volunteering opportunities not available elsewhere and training with NAAN the National Appropriate Adult Network which is funded by the Crime Commissioner. The experience of volunteering with this project will help with interviews and C.V.s and gain you a lot of transferrable skills and training certificates.

Every Paw Counts

Every Paw counts is a project working exclusively with the Clough road RSPCA animal rescue centre, helping with the care of the animals and giving them human interaction to help them find new homes. You will choose shifts to help with care of the animals in the rescue which includes dogs, cats, rabbits, ferrets, and guinea pigs. You can do as many shifts as you like, there is no minimum required hours and training will be given onsite. The project works with the community and students to raise awareness of the rescue and funds for the animals and the rescues upkeep. They do not receive government funding and rely on donations from the public so this project will also run events such as stalls, dog walks, animal visits on campus and work with our Raising and Giving society (RAG) on the animal sanctuary fundraising events. You can find out more about the RSPCA centre and where it is [here](#).

➤ What training will I receive?

You will receive one to one support from the project leader (or a handover if you are the new leader) , the Volunteers and Fundraising Co-ordinator and the President of Activities. You will receive relevant training such as animal care training at the RSPCA Centre. From the student union, you will receive student led volunteer training, online training in GDPR and you can access the HUSSO handbook whenever you need to.

➤ What will the rescue centre get out of it?

Much needed volunteer support with the animals in its care.

➤ What can you bring to the project?

Your time and compassion for animals is the best thing you can offer but innovative ideas, especially with fundraising will help them too.

➤ Opportunity to raise awareness of the centre

You'll have the opportunity to raise awareness of the centre to other students and promote how close it is to University to be able to walk to and volunteer! And you will have the chance to work with the Raising and Giving Society to raise awareness and support fundraising in the community if you wish to.

➤ Opportunity to work with the animals

The best part of the project is being a part of the community helping animals in need, if you're an animal lover then this is the project for you!

➤ Opportunity to develop transferrable skills

The opportunity to learn and develop yourself and increase employability. The skills you can develop are in communication, time management, project management. You will have experience working within an animal care setting which requires compassion, care and fundraising skills which may help you with your job search after University.

Forces of Nature

Forces of Nature is a student led volunteering project which organises litter picks on The Hull University campus and in the local community. They also arrange beach cleans on local beaches such as Bridlington, Scarborough and Whitby. The project has worked on a beach clean alongside [Yorkshire wildlife trust](#) but you can also conduct beach cleans independently, checking tide times for safety.

All volunteer PPE is provided such as litter pickers, gloves, recyclable waste bags and hand sanitiser.

Volunteers can come along to every event or choose which to attend once they have joined. We hosted a collaboration event in September 2019 with the Give it a Go programme and offered students a chance to volunteer and beach clean as well as a day out at the seaside! This was a great opportunity to promote volunteering and enjoy a day out also, we hope to replicate this when we can!

➤ What training will I receive?

You will receive one to one support from the project leader (or a handover if you are the project leader), the Volunteers and Fundraising Co-ordinator and the President of Activities. Each trip or event will have safety briefings before and debriefs after were the litter will be weighed for each beach clean or litter pick. You will receive relevant training such as student led volunteer training, GDPR training and optional first aid training.

➤ What will volunteers get out of it?

Apart from the feel good factor and increased wellbeing in the knowledge that you have done a good deed and improved the environment you also develop transferrable skills that can be used in future job applications. Working in a team to make a change in the community, raising awareness and building partnerships is great to add to your C.V.

➤ What can you bring to the project?

Your time is the best thing you can offer by being there and supporting the project and helping to raise awareness of protecting our nature and environment. There are tasks other than turning up to help, such as organising trips and submitting paperwork that you can be involved in.

➤ Opportunity to make friends

Being part of a group that has similar feelings towards environmental change and improving the environment in small steps is great for wellbeing and getting to know

other students that you may not normally have met. Who knows you may find friends for life!

Ground Project

The ground project works alongside the [Down to Earth community group](#) who have an allotment site behind Newland Avenue which is easily accessible to students. The project usually works over a weekend however there are events through the week such as the willow tree planting project which was on another site nearby. You will help with the gardens and woodland walk, count species of insect & butterflies and help plant trees and shrubs. There are regular sessions for the community that you can get involved in and help run or just take part. The project leader will arrange meet up times and shift patterns to suit the students and Down to Earth volunteers.

➤ **What training will I receive?**

You'll receive support from the project leader (or a handover from the previous leader if you are the new leader), the Volunteers and Fundraising Co-ordinator and the President of Activities. You'll take part in this training, GDPR training and first aid training will be provided for the project leader. You'll also receive relevant training such as how to paint or count species at the allotment site by the Down to Earth volunteers.

➤ **What will the community group get out of it?**

Much needed volunteer support with the allotment site and raising awareness of Down to Earth and its activities that are open to communities. They have a large site that needs constant attention.

➤ **What can you bring to the project?**

Your time is all you need to give as full training on each activity will be given. However if you have any great ideas for student involvement and can develop ways to get more students looking after and working in nature they will be greatly appreciated.

➤ **Opportunity to get out and meet new friends**

This is a great project to develop and support overall wellbeing and meeting friends. You'll be able to enjoy some fresh air with good company, do something to help the environment and help community groups learn about nature and wildlife.

Swop Shop

Swop shop is a brand new project! All swops must be in great clean condition and if a student does not find anything they would like on that day they receive a token to attend the next swop shop and claim an item. The project leader will need to plan the events and market them with the support of HUSU staff and fellow volunteers.

The Swop Shop project will take place in the form of a small stall on the University campus, whereby students can swap their old unwanted clothing and books for other similar items. If students have nothing to donate, they may make a financial donation to a chosen charity instead. The project leader will arrange a team of volunteers to set the stall up as a mini shop.

The project is also focused on raising awareness for how disposable the modern concept of fast fashion makes our clothing, to promote more environmentally-conscious fashion choices. There will be volunteers to run the stall, and those already involved with environmental groups within the Union could get involved too.

➤ **So what are the rules?**

Each person must bring at least one good quality item of clothing, shoes or accessories in a good and clean condition to be allowed to take something from the event. A maximum of 10 items can be taken from the event per person (it is the Swapper's choice if they wish to bring more). Items will be swapped item for item (1 item = 1 token).

Pierced jewellery, nightwear, swimwear and underwear including socks will not be accepted. Items must be in a good condition, something that has shrunk, is stained or needs repairing (e.g. missing buttons, broken zips, loose sequins or beading, rips, tears, fabric pulls or holes, bobbly bits, disintegrating seams or hems, lint or fluff) will not be accepted. Any left items at the end of the year will be donated to a charity of the project's choosing.

➤ **What training will I receive?**

You'll receive support by the Volunteers and Fundraising Co-ordinator along with the project leader and the President of Activities. You'll receive student led volunteering training and GDPR training.

➤ **What will students get out of it?**

The project aims to help students to enjoy the thrill of getting something new, whilst also contributing less to the environmental impact of excessive consumption. It also has the added benefit of enabling students who are struggling financially to get some new clothes or books.

➤ **What can you bring to the project?**

Your time is all you need to give and creative ideas to promote the project. Organisation skills will be beneficial to arrange the events and set up the events.

➤ **Opportunity to reduce the impact of 'fast fashion' and meet new friends**

This is a great project to support students who are looking to have a less severe impact on the environment. You'll be able to meet friends with relatable sustainable interests and liaise with other projects of similar themes.

Junior Park Run

The 2k Junior park run is a brand new project working with Hull City Council and [Parkrun](#). The aim is for it to happen every Sunday morning on the King George's playing field next to the University campus [here](#) from 8.30am to 10.30am. The run is aimed at children aged 4 to 14. Approximately 10 volunteers are required for each event and will be responsible for marshalling the run, being the last runner, time keeping, scanning barcodes from runners, logging their time, conducting warm ups and cool downs before and after the run and

cheering them on when they get tired. There is a community volunteer race director who will manage the race and support and advise volunteers.

➤ **What training will I receive?**

You'll receive support from the project leader (or a handover from the previous leader if you are the new leader) by the Volunteers and Fundraising Co-ordinator and the President of Activities. You will receive student led volunteering training, GDPR training, first aid training, safeguarding children level 1 and you will undertake an enhanced DBS check to work with children. You will receive onsite training on the areas and roles. you will be supported by a volunteer from the local community who is the named race director during each run every Sunday.

➤ **What will the participants get out of it?**

The children taking part will not only get to have some fun and fresh air but it will help increase their health and wellbeing and encourage them to take part in activity outside of school.

➤ **What can you bring to the project?**

You are enabling the children to take part in exercise in their area as there is no provision for a park run close by or within walking distance. You will have the opportunity to cheer them on and make them feel good about themselves as a mentor.

➤ **Opportunity to increase transferrable skills**

The park runs only takes around 45 minutes depending on the participants but there is work before and after setting up and packing down and logging scores. There is admin work, rotas, manning a large event and health & safety management that are all a great experience for students to help with increasing employability skills.

Stepping Stones

This project works alongside The Bridges Centre working in rehabilitation of its residents who need help integrating back into society after being in prison. Student volunteers help to run sessions once a week on music, relaxation, arts and crafts or C.V writing, how to apply for jobs on a computer and cooking fresh vegetables. They run sessions to suit their schedules during weekdays. The students are responsible for risk assessing new activity and requesting new equipment.

Established in 2004, The Bridges is the only residential drug and alcohol treatment facility in the UK specifically designed for male offenders and works collaboratively with the probation service as an alternative to custody. Residents get support for their problems with drugs and alcohol through a combination of assignment groups, workshops, group therapy and one to one counselling. Further support is available to help residents find a job and somewhere to live, making sure they have the best possible chance to maintain their recovery. Students run activities to help the residents with confidence and team building. They volunteer once per week on a day that suits them and the centre. You can find out more about The Bridges [here](#).

➤ What training will I receive?

You'll receive support from the project leader (or a handover from the previous leader if you are the new leader), the Volunteers and Fundraising Co-ordinator and the President of Activities. All volunteers will receive an enhanced DBS check, safeguarding vulnerable adults level 1, student led volunteering training, GDPR training and onsite inductions and training with the Bridges staff.

➤ What will the centre get out of it?

Much needed volunteer support to offer enrichment and fun activities to its residents. They do not have the staff or resources to offer as many activities as the students on the project can.

➤ What can you bring to the project?

Your time and compassion for the residents is the best thing you can offer but innovative ideas will help them too especially ideas to encourage confidence.

➤ What will you help The Bridges to achieve?

While every individual's journey is different, and rarely smooth and linear, The Bridge's services are designed to help people 'pause', think about their situation, build belief and motivation, 'engage' in interventions and programmes to 'develop' new ways of thinking and behaving, then progress to more in-depth personal development, before ultimately moving forward with the capacity to 'prosper' in life. Support and engagement is available in a range of life domains – health and well-being, drug and alcohol recovery, employment, and connections with family, friends and the wider world.

➤ Opportunity to develop transferrable skills

The opportunity to learn and develop yourself and increase employability. The skills you can develop are in communication, time management and project management. Also, planning and running activity sessions to suit all abilities and learning how to communicate and support residents.