

United Way Agency Volunteer Opportunities - 2011

(Listed in alphabetical order by agency)

American Red Cross

Contact: Cindy Darden - 757-516-6642

Disaster Action Teams

For volunteers who want to help in response to disasters. Volunteers will need Adult CPR & First Aid, Client Casework: Providing Emergency Assistance, and Disaster Assessment training provided by the Red Cross. Mass Care training would be required and provided by the Red Cross for response to larger disasters.

Community Disaster Education (CDE)

Experience in public speaking needed and the Workshop for the Development of CDE Presenters provided by the Red Cross.

Disaster Vehicle Drivers

Volunteers are needed to drive our Emergency Response Vehicles (ERV) to provide food and supplies to victims of fire or flood in local community in larger scale relief efforts. Volunteers will need Emergency Response Vehicles, any current driver training required by the Red Cross, Valid Drivers' License, Satisfactory DMV Driving Report, Approved Defensive Driving course. Current CPR & First Aid certification training needed provided by the Red Cross.

Training

Volunteers need to be CPR and First Aid Instructors in order to provide training in the local community. Training provided by the Red Cross.

Administrative Volunteer

Volunteers would assist in local Service Delivery Office operations like light typing, answering phones, client casework, and computer skills. Administrative Training provided by the Red Cross.

Boys and Girls Clubs - Franklin Unit

Contact: Eric Taylor - 757-562-7350 or 757-338-1668

- **Summer Program**
 - Have a ball! Provide toys, games and sports equipment
 - Provide teams of employees for read aloud, chill out sessions after a hard day at play

- Create a game and work with kids to come up with the rules
- Volunteer to plan and lead age appropriate, outdoor activity
- Start, sponsor and run a garden club, teaching children about natural resources and planting flowers and vegetables at the Clubs
- Sponsor a field trip, send along volunteers to chaperon
- Provide lunch one day
- Come on over and have lunch with the kids, bring a special treat to share
- Sponsor and host a Field Day, open with a ceremony and end with a picnic and awards ceremony

- **After School Program**

- **Project Learn!**

*Not a program, but a **strategy** for creating teachable moments throughout the Club day. An approach that includes five components: homework help and tutoring, high-yield learning activities; parent and community involvement, collaboration with schools and incentives.*

- Tutor in Math and Science
- Provide school supplies
- Volunteer to read aloud after dinner and make a craft related to the book just read
- Sponsor and host a “Shadow” Career Day- allow kids to spend a day or part of a day with several of your associates observing and participating in your daily work activities. Teach them about something you do. Eat lunch in the employee break room or cafeteria
- Sponsor an essay contest for members
 - provide judges
 - incentives for participation
 - provide awards for best essays
 - print essay winners and their bio’s in company newsletter
 - invite winners to read their essay aloud to your employees during a staff meeting

- **The Arts (Fine Arts & Performing Arts)**

This year round program encourages artistic expression among Club members ages 6-8 through drawing, painting, printmaking, collage, mixed media, and sculpture displayed at local and regional exhibits. The arts also include written, spoken and the sung word.

- Teach a group how to make a craft-bring several age appropriate versions
- Teach a group a technique
 - Pencil drawings
 - Chalk
 - Acrylic painting
 - Watercolors
 - Sculpture
 - Pottery
 - Stained Glass
 - Photography
 - Matting
 - Framing
 - Videography & digital editing

- Lithography
 - Silk screening
- Volunteer to work with our children's choir, provide opportunities for the choir to perform
- Volunteer to teach dance classes, provide opportunities for the dancers to perform
- **Sports, Fitness & Recreation** (at Boys & Girls Clubs of Southeast Virginia, all children that want to participate, CAN participate. No one is cut from the team)

Programs in this area develop fitness, positive use of leisure time, and appreciation for the environment and social skills

- Provide coaches & referees for sporting events
 - Basketball
 - Flag Football
 - Kick Ball
 - Dodge Ball
 - Aerobic exercise
 - Golf
 - Volleyball
- Volunteer to coach and sponsor cheerleading programs and competition (at Boys & Girls Clubs of Southeast Virginia, competition is a healthy part of well rounded life skill programs and provides ample opportunities for lessons in sportsmanship. For many boys and girls, the only team they can "make" is the Boys & Girls Clubs team.)
- Volunteer to teach a new Step Routine to the BGC Steppers

Boy Scouts of America - Colonial Virginia Council

Contact: Dick Collins – 757-595-3356

The Colonial Virginia Council is the local council of the Boy Scouts of America that serves Franklin and Southampton County. There are many opportunities to volunteer your time in helping to develop the youth of our community listed below.

- All local units in the area need volunteer leaders to serve as Scoutmasters, Cubmasters, Den Leaders, Assistant Den Leader, Assistant Scoutmasters and unit committee members. The commitment varies for each position and each unit. They range from 1-2 hours a month to 10-12 hours a month with a monthly camping trip.
- The district committee needs volunteers to help administer the Scouting program in Franklin and Southampton County. The district committee consists of sub-committees that are responsible for putting on activities, overseeing advancement, recruiting new members, training new volunteers, raising funds and promoting camping for all the units across the district.
- The district commissioner staff helps local scouting units solve problems and ensures they have the resources they need to be successful. Several commissioner positions are available. Most commissioners work with 2-3 units.
- All volunteers must be willing to have a criminal background check done and to follow the policies of the Boy Scouts of America.

The Children's Center

Contact Jeff Zeigler - 757-562-6806

Assist in the classrooms by reading/sharing books with the children

- Assist in the classroom by sharing a special talent, interest, or hobby with the children
- Assist the classroom teachers by helping them prepare lessons, art projects, and bulletin boards (laminating, cutting, stapling, etc.)
- Serve on a committee or council serving the Center
- Plan a fund-raiser to support the ongoing program needs of the Children's Center
- Plan a fund-raiser to support the Children's Center's endowment

Cooperative Ministry

Contact: Veronica Ferguson - 757-516-6322

We are looking for volunteers to help with bagging food and sorting items for the clothing closet.

EDMARC Hospice for Children

Contact: Jessica Plank - 757-967-9251

We have several opportunities, both ongoing and seasonal.

We are always in need of office help, which of course would require volunteers to drive to Portsmouth. We also have need for house and yard work for our families. Many of which live on the peninsula so it wouldn't be as far of a drive.

Other needs that we have are:

Child care (not patient, siblings only)

Peace Pals – help set up for the Peace by Piece support group

Peace by Piece facilitators – facilitate the children and teens grief support group

PR assistant – help Edmarc by representing us at agency and volunteer fairs

Event assistants- help in the planning of events or just volunteer the day of

Our upcoming event schedule is:

Golf Tournament – August, date TBA, at Cypress Creek in Smithfield

All volunteers, except for those only working at a one day event, must undergo a background check and go through an orientation here at Edmarc.

Foodbank of Southeastern Virginia

Contact: Cheryl McNeill - 757-314-4559

Ongoing Volunteer Opportunities

Sorting Room Team Leaders—Individuals needed to volunteer their time 3½ hours (from 8:30am-12:00 noon) one Saturday every other month working as part of a four person lead team. This team would guide & supervise weekend volunteer groups in food sorting tasks. Training

will be provided. Individuals must be willing to commit to 4 training sessions and be willing to work a minimum of 3 ½ hours – one Saturday every other month.

Need: Ongoing

Sorting Room—Volunteers are needed to assist in the inspecting and sorting of food product while checking expiration dates and container integrity. Opportunities Monday –Friday, 9:00am – 12:00pm, 1:00pm – 3:00pm; Saturdays—9:00am – 12:00pm and Mondays 5:30pm – 7:30pm.

Groups encouraged.

Need: Ongoing

General Warehouse—Volunteers are needed for general warehouse work aiding staff members in pulling and staging daily agency orders, general cleaning of the warehouse and facility. Some tasks will require the ability to lift and move cartons weighting up to 50 lbs.

2-4 volunteers needed

Need: Ongoing

Distribution—Volunteers needed to condense bins to keep them stocked, assist agencies with loading orders into vehicles; sweeping and mopping when needed and assisting on scale on Monday evenings.

2-4 Volunteers needed.

Need: Ongoing

Front Desk/Reception---Volunteers needed to assist answering phones, folding and stuffing correspondence and covering lunch break of receptionist. Volunteers must be reliable and willing to commit to consistency regarding the day and time scheduled to assist. Need is for Wednesday through Friday, flexible hours from 10am or 11am until 1pm or 2pm.

Girl Scout Council of Colonial Coast

Contact: Dale McClure - 757-547-4405, ext. 239

Whether you are married or single, have children or not, male or female, 18 or 80, there is a volunteer position that is right for you in a time frame that fits your schedule. Volunteering is easy. It requires no previous experience. Support and training is provided. When you volunteer, even for an hour, you'll feel great knowing you have helped girls become leaders. AND you will have fun!

Here are some ways to get involved!

Troop Leader or Assistant Troop Leader - Work directly with girls, make a difference in their lives and guide them on their journeys to becoming leaders.

Teen Advisor – Guide young women as they discover themselves and the world around them and make a real difference in their communities.

Event Helper – From smaller, troop-level events to larger service-unit or council-level events involving hundreds of people, share your talents for creating memorable events.

Guest Speaker – Share information with or inspire many types of groups, large or small, Girls or adults.

Adult Learning Facilitator – Help other adults learn skills and talents that will enhance their volunteer experiences by facilitating many types of skills-based workshops and enrichment classes.

CPR/First Aid Instructor – Safety is always the top priority. Girl Scouts will provide the training necessary to become a certified American Red Cross CPR and First Aid Instructor so all of our volunteers have access to these important classes.

If you have skills and interests to share, such as art, dance, drama, writing, photography, public relations, nutrition, fitness, sports, cooking, money management, career building, technology, hiking, camping, ecology, cultural heritage, travels, customs, or any other special skill, then consider:

Program Activity Helper

Workshop Leader

Award Consultant

Communications Liaison

Graz'n Acres Therapeutic Riding Center **Contact: Cyndi Raiford - (757) 653-9615**

Volunteer Opportunities at Graz'n Acres:

Note: All volunteers must be at least 14 years old.

Friends of the Center – Volunteer at various fundraising events held throughout the year.

Lesson Volunteer – Volunteer as a leader or sidewalker for our therapeutic riding or driving lessons. Horse experience is helpful but not necessary. Required training program provided by the center.

Morning School Programs – Spring and Fall

Days: Monday – Wednesday

Times: 9:00 am – 12:00 pm

Length: 10 weeks

Evening Programs – Spring, Summer and Fall

Days: Monday – Thursday

Time: 5:00 pm– 8:00 pm

Length: 8 weeks

Facility Volunteer – Help with general maintenance of facility on a weekly or monthly basis to include barn and fencing repairs, cutting grass, trimming, painting, etc.

Barn Volunteers – Volunteer on a weekly or monthly basis helping with various jobs around the horse barn to include cleaning tack and equipment for horses and students and special projects.

Habitat for Humanity

Email to: southamptonfranklinhabitat@yahoo.com

If you'd like to help at the Habitat ReStore, call (757)775-7713

High Street Seniors

Contact: Avis Shockley 757-562-3848

These seniors groups are always looking for volunteers to provide interesting, fun, educational, musical programs for their group meetings.

LIBRARY - BLACKWATER LIBRARY – Rawls Branch (Courtland)

Contact: Iola Lamison - 757-653-2821

Services which Teen or Adult Volunteers Can Perform for in the Library:

- Shelve materials
- Read stories to the younger children
- Make copies
- Read Shelves - make sure books are in order
- Assist patrons with computers
- File materials
- Help to prepare story hour crafts
- Put labels on books
- Preview DVD's
- Help with displays

LIBRARY – Blackwater Library Ruth Camp Campbell branch (Franklin)

Contact: Donna Pope - 757-562-4701

(Adult or Teen Volunteers)

- Make photocopies
- Design graphics for flyers and posters
- Translate flyers or brochures from English into another language
- Proofread and file patron application cards

- Work at the Circulation Desk
 - Checking materials in and out
 - Helping with copies and faxes
 - Collecting fines and fees
 - Registering patrons for library cards
- Help with preparations for children's craft programs and story hours
- Shelve books
- Read shelves to see that materials are in the correct order
- Create displays
- Prepare food for author visits, Summer Reading volunteers, or other special events
- Summer Reading Program
 - Help with crowd control
 - Help with registration
 - Key registrations in computer
 - Deliver flyers for programs
 - Make copies and stuff folders and/or book bags
 - Help with games and picnics
 - Take photos
- Assist patrons with finding library materials
- Assist patrons with using the internet
- Teach and tutor patrons in the use of the computer
- Present programs or classes in areas of expertise, such as knitting, computers, science, gardening or other topics
- Build shelves
- Make/maintain scrapbooks
- Help with taking books to the hospital, social services, etc.
- Serve on the Friends of the Library Board

Suffolk House (ForKids)

Contact: Rhonda Woody - 757-934-1353

Suffolk House provides shelter and programs for homeless families and single women in the Western Tidewater area. We shelter about 36 men, women and children each and every night. Our mission is to give people assistance so that they may find jobs and affordable housing to move towards self-sufficiency.

Our volunteer opportunities would be:

- **Comfort Food Meals:** We provide three meals a day for our families. They love to have good home cooked meals. It is always a special treat for a person or organization to cook a wonderful meal and bring it to the shelter for our families. They love that warm touch and the variety of having something new!

- **Children's Activities:** Our children range from newborns to 17 year olds. Just like any family, they love to play games, have surprise parties, play outdoors, and have special treats. It is great fun for someone to organize a fun evening activity for our children. Their warm smiles and hugs make it all worthwhile!

-**Plant flowers:** We are fortunate to have someone to mow our lawn and do basic landscaping. But, there is nothing like the look of beautiful flowers to make a place feel special and home like. It would be wonderful to have a volunteer plant flowers that will bloom all season around our building to give it that cheerful touch.

- **Food donations:** Of course, with doing so many meals, we go through food quickly. Any time someone wants to do a non-perishable food drive, it is so wonderful. We always need cereal, peanut butter, canned vegetables/fruits, juice, and many other items. Look at our website www.hopebegins.org for a full list of the items we use.

- **Painting:** With a large building that is well used, we always need to "freshen it up". We would love to have a small crew come in and paint some of the bedrooms and common areas. Nothing like a fresh coat of paint to brighten the spirits for our families.

- **"Shelter Shower":** Our shelter has six bedrooms that are well used by our families. One of the things that a volunteer can do is to have a small group hold a "shelter shower" to collect decorative items to use to fix up our bedrooms. This might include small table lamps, curtains, throw rugs, new bed linens, pictures, and of course flowers. It is a fun way to feel part of the work that we do...and who doesn't love a party!

YMCA

See contact names below - 757-562-3491

Volunteer Opportunities

The James L. Camp Jr. YMCA has volunteer opportunities for individuals who would be willing to help with youth in the following sports, art and life skills:

Crafts	Karate	Tennis	Golf
Pottery	Cooking	Baking	Painting
Cake Decorating	Jewelry Making	Wood Working	Fishing

Please contact Ann Manning, Program Director

We also have volunteer opportunities for an outdoor pool gate attendant.

Please contact Chris Brooks, Aquatic Director