

Volunteering Opportunities

In these unprecedented times of lockdown, many people are looking at ways they can provide support to those who need it. Volunteering can provide a sense of community, help us feel like we are contributing and have a positive impact on our wellbeing.

The current change to home working has had an impact on work volume for some members of the University community. If you are looking to volunteer in your regular working hours, please consult your line manager who will be able to discuss this option with you.

It is important to note that volunteering is a personal choice and is not appropriate or suitable for everyone. The University is providing information on how you can get involved locally if you choose to do so.

There are opportunities to volunteer from home or out in the community. When considering volunteering, you need to ensure you choose a role that is suitable to your circumstances and is in line with government guidance. You will need to firstly consult the Government guidelines below on how to volunteer safely.

<https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely>

Government guidelines If you are considering a role in the community are as follows;

You can only provide support to people who are in isolation if you fulfil ALL of the conditions below:

- You are well and have no symptoms like a cough or high temperature and nobody in your household does
- You are under 70
- You are not pregnant
- You do not have any long-term health conditions that make you vulnerable to coronavirus.

The Active Student Volunteering Service at the University has provided links to organisations that are co-ordinating volunteering roles locally. Due to the unprecedented nature of the lockdown situation, the volunteering roles have not been checked for the usual legal and good practice considerations. Therefore, we are not endorsing any of the roles, but making staff and students aware of what is available.

As charities and community groups adapt to delivering their services in new and different ways Active Student will update roles that can be done remotely and post them on the volunteering database.

Brighton and Hove

Community Works are co-ordinating roles available in Brighton and Hove

<https://volunteer.bhcommunityworks.org.uk/>

Together Co. have befriending and other roles

<https://togetherco.org.uk/coronavirus>

Time to Talk have befriending and other roles

<http://www.tttb.org.uk/>

East Sussex

3VA are co-ordinating roles available in Eastbourne, Lewes and Wealden

<https://www.3va.org.uk/news/5-ways-help-your-community-during-coronavirus-outbreak>

HVA are co-ordinating roles in Hastings

<https://hastingsvoluntaryaction.org.uk/news/volunteering>

Rother Voluntary Action are co-ordinating roles in Rother area

<https://www.rva.uk.com/coronavirus-local-groups-setting-up/>

West Sussex

Community Works are co-ordinating roles available in Adur and Worthing

<https://volunteer.bhcommunityworks.org.uk/>

Time to Talk have befriending and other roles

<http://www.tttb.org.uk/>

National

NHS Volunteer Responders <https://www.goodsamapp.org/NHS>

Facebook Groups

There are facgroup groups being set up in towns and in smaller areas. You can find the mutual aid group in your area via the search function in facebook. Type 'Covid 19 mutual aid' then click on the 'city' tab. Scroll through and find the nearest one to you.

Brighton: <https://www.facebook.com/groups/491658741529273/>

Hove: https://www.facebook.com/groups/868693246890283/?ref=group_header

Eastbourne: <https://www.facebook.com/groups/153458262498213/?ref=share>

Shoreham: <https://www.facebook.com/groups/877886359315472/?ref=share>

Lewes: <https://www.facebook.com/groups/2285298271778623/?ref=share>