

VOLUNTEER



OPPORTUNITIES



At Exeter Community Initiatives (ECI) we provide a number of services to people interested in volunteering and giving back to their community.

- Volunteering Opportunities in a number of diverse and interesting areas & projects.
- Employer Supported Volunteering is where organisations provide employees with the opportunity to volunteer for us during their working hours.
- Bespoke Workshops and Training opportunities in Schools, Colleges & Universities.

If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.

ECI PROJECTS

JELLY
CHILDREN'S CHARITY SHOP

THE BIKE BANK

TRANSITIONS

FAMILY RESOURCE

RIPPLE EFFECT

COMMUNITY BUILDERS

EVENTS, FUNDRAISING &
SOCIAL MEDIA

ASSERTIVE HOMELESS
OUTREACH TEAM
(AHOT)

EMPLOYER SUPPORTED
VOLUNTEERING

Do you want to Volunteer with ...

The Homeless

Vulnerable Adults

Families in Need

People in Recovery

Bicycle

If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.

Fundraising

Children's Charity Shop

Events Management

Social Media Marketing

Community Building

Recycling

WHO ARE EXETER COMMUNITY INITIATIVES (ECI)?

Exeter Community Initiatives is a dynamic charity working in Exeter and across Devon. We help people facing poverty, inequality and homelessness to get their lives back on track. We involve them in community projects to improve their wellbeing, increase their sense of belonging and give them the skills to succeed in life. Projects include a children's charity shop and a bike recycling scheme which both offer training and skills; mentoring to prevent homelessness and community action work. For more information on our projects please visit:

<https://localgiving.org/charity/exetercommunityinitiatives/>

VOLUNTEER AT ECI

Volunteering is fun. You can make new friends, gain new experiences and it can lead to new opportunities. Here at ECI, we have a large variety of projects. You might be using your life experience to mentor someone, employing your mechanical knowledge at the Bike Bank, using your bright ideas to help with an event, helping sell children's clothes and toys at our charity shop or joining one of our family projects!

You can also help us by:

- Organising your own fund-raising events for ECI, such as table-top sale, raffle or sponsorship.
- Becoming a trustee of the ECI.
- Share a particular skill with our service users such as Photography, drama, money management etc.

If you see a project you are interested in you can contact the project worker directly or ring the volunteer team on 01392 205800.

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WHAT ARE THE BENEFITS OF VOLUNTEERING WITH ECI?

Whatever your reason for becoming a volunteer there are huge benefits - for you and your community.

- ◆ **IMPROVE YOUR C.V.**
Employers favour people who have become involved in volunteering. Volunteering shows commitment and employability skills.
- ◆ **TRAINING**
We can support you to access relevant training—this will increase your knowledge and experience. Training coupled with experience will increase your employability skills.
- ◆ **FRIENDSHIP**
Sharing a hobby or an interest is often better than doing it in isolation.
- ◆ **NEW CHALLENGE**
Try something new, something different.
- ◆ **OUT OF POCKET EXPENSES**
You should not be out of pocket financially, where possible all pre-agreed expenses e.g. mileage, car parking are reimbursed.
- ◆ **SUPPORT**
You will receive regular support from a named member of staff to ensure you get the most out of your volunteering placement. All volunteers are given a formal induction to the organisation.
- ◆ **REAL JOB OPPORTUNITIES**
Many employers ask for experience as well as qualifications, by volunteering you can broaden your experiences. ECI can provide you with a reference for prospective employers.

JELLY

CHILDREN'S CHARITY SHOP

Jelly is a unique boutique children's charity shop located in the heart of Exeter. Jelly sells quality, used children's clothes, shoes, toys, and accessories, plus maternity wear. We are looking for people to help out in all areas of shop life. From serving customers - to sorting donated goods - to creating displays and decoration.

If you are interested joining the Jelly Volunteer Team, please contact Sam Green (Jelly Manager) on 01392 435835 or email sam.green@eci.org.uk and request a full volunteer role description and an application pack or arrange a time to discuss the options available to you.



If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.

JELLY VOLUNTEER ROLES

As a volunteer shop assistant, there are a range of tasks that you can do, in order to help with the efficient and successful running of the shop. There are two main areas of the store - the shop floor and the stock room – and you can choose to work in either, or both, of them.

Shop floor tasks include:

- Customer service
- Till service
- Creative & Visual merchandising
- Sorting donations
- Preparing stock for sale
- General cleaning and tidying

Stock room tasks include:

- Sorting donations
- Preparing stock for sale
- Cleaning stock, e.g. shoes and toys

You may like the idea of doing one of these tasks, or all of them! You may have experience of many of them, or none at all. Either way, we don't mind. At Jelly, we want to work with you to make your volunteering experience as rewarding to as possible.

At the Bike Bank we use donated bikes to offer people the opportunity to develop practical skills in re-building bikes in a working environment. Our 'Trainees' who may be recovering from an addiction, have mental ill health or some other form of vulnerability are supported by Volunteers Bike Mechanics and our Lead Mechanic.



BECOME A VOLUNTEER BIKE MECHANIC

If you have skills in repairing bikes and feel able to share these skills with others then we would love to hear from you. Please call 07966 992085 or email bikebank@eci.org.uk to arrange a time to meet with our lead mechanic and request a full application pack.

BECOME A TRAINEE BIKE MECHANIC

The Bike Bank's "Trainee Mechanics" programme is open to people who have been homeless, vulnerably housed, experience mental ill health, have a learning disability, have been unemployed for a long time or are a care leaver. At The Bike Bank we offer workshop training programmes that will last 3, 6 or 12 sessions, where we will be able to teach you how to repair and maintain a bike. We aim to create a calm, supportive environment where you will be accepted as one of the team. Upon completion of the Trainee Mechanics programme you will get a certificate of attainment and could be offered the opportunity to refurbish a bike for yourself.

WHAT ARE THE BENEFITS OF THE BIKE BANK?

The Bike Bank is good for the environment, reducing landfill and good for the city encouraging people to use two wheels instead of four. The Bike Bank also has a rehoming scheme for some bikes where members of the public can acquire a bike from us at a recommended donation price. All funds are then ploughed back into the project in order to help cover some of the running costs.

If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.

The Transitions Project works with vulnerable adults who may be going through a period of change such as moving home,

Transitions



coping with health conditions or life events, looking for work or claiming new benefits. We provide trained volunteer mentors to help smooth the transition to independent living and wellbeing, to increase their resilience through developing their skills and building networks in their communities.

BECOME A TRANSITIONS VOLUNTEER

As a Transitions Volunteer you will be trained and supported to help clients to set and achieve their personal goals and to develop their skills, confidence and coping strategies. The project brings elements of mentoring, life coaching and befriending together to help clients to form their own community support networks and maintain independent living.

BECOME A TRANSITIONS CLIENT

Transitions provides trained volunteer mentors to help smooth the transition to independent living and wellbeing. We can help you if you're going through a period of change such as moving home, coping with health conditions or life events, looking for work or claiming new benefits. You can apply direct or be referred by a support worker.

If you are either interested in becoming a Transitions Volunteer OR need some support from a Transitions Mentor, please contact Laura Callaway at laura@eci.org.uk or call 01392 284280 to request an application pack.

RIPPLE EFFECT

RIPPLE EFFECT is aimed at people who face multiple disadvantage, the long-term unemployed and those who may not be ready for regular volunteering but who want to give their time to something worthwhile. Ripple Effect enables people to develop personal skills whilst helping others. We help people come together and create their own projects to benefit their community.

GIVE SOMETHING BACK

Everyone has something to give. We help you discover what that is and help you think up ways to make a difference, however small. The idea of a single drop in the water creating continuous ripples captures the aim of the project, the knowledge that our actions have a wider impact on the world.

DEVELOP YOURSELF

We're not there to discuss problems – we care about your potential. By taking part in Ripple Effect projects you can develop your confidence, learn new skills and feel more connected.

GET CONNECTED

Above all, Ripple is about getting together with great people, sharing ideas and discovering new possibilities.

There are 2 ways to get involved with the Ripple Effect project.

BECOME A RIPPLE EFFECT PARTICIPANT

Would you like to get involved in this fantastic project? Please get in touch with the Ripple Effect team to discuss how you can participate on a level that feels comfortable to you. We try to tailor opportunities to your individual needs so that you get the most out of your experience.

For more information or for an informal chat contact:

Lee Chivers (lee.chivers@eci.org.uk) or Jane Hawking (jane.hawking@eci.org.uk) on 01392 284280.



If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.

VOLUNTEER YOUR TIME TO HELP RIPPLE PARTICIPANTS

We are also looking for volunteers who might like to share their ideas, skills and experiences with RIPPLE EFFECT participants. We are especially looking for people who might like to run workshops and schemes for our participants. Areas of particular interest are:

- Arts and Crafts
- Photography
- Budgeting/Money Skills
- Environmental Skills (tree Maintenance, Horticulture, gardening, groundworks)
- Construction Skills
- DIY
- Sports
- Moor Walking & Activities
- Pampering
- Cooking
- Mini bus drivers

POLTIMORE HOUSE PROJECT

We have a long standing relationship with Poltimore House. A group of participants meets every Thursday to do ground work and environmental improvements on site. We are looking for people who can support our participants with practical skills in gardening, construction and tree maintenance.



If you have a skill you would like to share or would like to help out in any way, please contact Jola Pawlikowski to find out how. 01392 205800 or volunteer@eci.org.uk

VOLUNTEERING WITH FAMILIES

Family Resource supports families facing a range of challenges, from children with challenging behaviour to parents with mental health issues in addition to practical issues like debt and housing problems. We offer emotional support, listening, and structured support to make positive changes where needed.

We are looking for resilient and compassionate volunteers to support the work we do with families. This role includes:

- Talking through how effective the family support was and helping the parent or teenager to evaluate it using our form.
- Visiting families after the support has ended to help them feel motivated to keep up the positive changes they have made.
- Brief 6 x one hour visits over a period of six to twelve weeks.

Some families may need longer term support while others very short term. We can match volunteers according to whether they can offer the hours the family needs.

If you would like more information about this role please contact our **Family Resource Manager (Sanchia Hylton Smith) on 01392 205800 or sanchia.hyltonsmith@eci.org.uk**

Employer Supported Volunteering

ECI are proud to have worked with some fantastic business partners including TSB, White Stuff and IKEA.

GIVE SOMETHING BACK TO YOUR COMMUNITY: Employer Supported Volunteering (ESV) is a way for employers and companies to give something back to the community whilst gaining great benefits in return.

What are the benefits to your business?

By getting involved in ESV your company could:

- Increase staff commitment, motivation and morale;
- Develop staff skills;
- Promote understanding and respect between co-workers
- Generate creative approaches to problem-solving;
- Improve its reputation.

ECI can offer training, support & supervision to your staff if required.

We have a range of opportunities across Exeter. Your staff could take part in a team challenge or get together to work on a meaningful scheme, like a gardening assignment or transforming a room at one of our projects.

There are also opportunities for your employees to make use of their personal and/or professional expertise, like offering specialist advice sessions, creative workshops or 1:1 support for our service users or volunteers.

Due to the high level of service and staff time we devote to working with companies who choose ESV, we do ask for a financial donation to help cover our costs. The level of donation will depend on a number of factors, including the size and scope of opportunities you are looking for and the level to which you would like to invest in the important work we do.

To discuss how your company could volunteer with us please call Jola on 01392 205800 or email volunteer@eci.org.uk



If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.



Bespoke Training packages, Workshops, Talks and Consultancy

Exeter Community Initiatives offer a range of bespoke training, workshops, talks and consultancy to educational establishments, employers and organisations.

Tailored training, workshops, talks and consultancy is all about organisational learning and development. We can work with your organisation to develop and design personalised packages to meet your organisation's needs.

Exeter Community Initiatives' skilled and highly experienced in-house staff team offer a range of packages covering subjects relevant to the sector to help trustees, staff, volunteers, service users and those interested in getting involved to access tools and information about all areas related to charity work.

Learning
is more effective
when it is
an active
rather than
a passive
process.
Kurt Lewin

www.TheSilverPen.com

If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.



EVENTS, FUNDRAISING & SOCIAL MEDIA VOLUNTEERS

We are looking for volunteer fundraisers who would like to make a contribution to our cause by doing something amazing. It could be something like organising a coffee morning or sponsored event. Last year two volunteers raised £430 for ECI in the Great West Run.

Tasks would include:

- Networking within local community.
- Organising small fundraising events.
- Researching appropriate local flyer/ poster locations and distribute.
- Helping out with social media (draft content, weekly schedule)
- Setting up corresponding social media campaigns.

Examples of packages we can deliver:

- Social Responsibility
- Volunteering
- Employer Supported Volunteering
- Good Practice for Charities
- Volunteer Management

Due to the high level of service and staff time we devote to working with organisations who choose our bespoke packages, we do ask for a financial donation to help cover our costs. The level of donation will depend on a number of factors, including the size and scope of the package you are looking for and the numbers in attendance.

Should you be interested in any of these packages please contact **Jola Pawlikowski on 01392 205800** or email **volunteer@eci.org.uk**



You can either register your interest through our Local Giving page: <https://localgiving.org/charity/exetercommunityinitiatives/>

or contact **Jola Pawlikowski on 01392 205800.**

VOLUNTEER WITH THE HOMELESS

Becoming an homeless outreach volunteer is a great opportunity to help support Devon's city & rural rough sleeping population and also gain valuable experience of working with homeless people. The Assertive Homeless Outreach Team (AHOT) engage and assess people who are sleeping rough. The main purpose of the AHOT Volunteer



Role is to work with the outreach workers on an early shift (6-10am) or late shift (6-10pm), responding to referrals for people new to rough sleeping or visiting known AHOT clients.

In this role you will help the outreach team to engage rough sleepers, assist workers to complete assessments and referrals with clients to address their support and accommodation needs, and to ensure rough sleepers are aware of the services available to them. All Volunteers will be placed with an experienced member of staff, will be provided with regular supervision and a quarterly volunteer group meeting.

The role requires a high level of physical, mental and emotional fitness as outreach sessions can often be demanding and draining. There are also some other administrative roles available for those who want to help out in a different way. Please ask us about these.

Please contact [Jola on 01392 205800 or volunteer@eci.org.uk](mailto:jola@eci.org.uk) for more information, to book a trial outreach session or to request an application pack.



If you are interested in any of our Volunteer Opportunities, please contact Jola on 01392 205800 or volunteer@eci.org.uk to request an application pack.

If you would like to find out the latest volunteering opportunities please visit our website:

www.eci.org.uk

Or follow us on Facebook:

www.facebook.com/ExeterCommunityInitiatives

Or Twitter: [@ExeterCI](https://twitter.com/ExeterCI)

Supporting local charities is incredibly important. Did you know that the income of just 40 charities makes up 20% of the funds in the entire sector. Local charities are being challenged by this inequality.

DONATE

Your donation can help us reach families and adults that would otherwise go unsupported. Your money will help Exeter and Devon become a better place to live.

£5 will pay for volunteer mentor's expenses to meet a person out in the community;

£10 will cover the costs of materials to run a family activity;

£20 will help someone pay for a new set of clothes for an interview;

£60 will help cover the costs of furniture for a new house;

£600 will pay for us to support a struggling young family with issues such as debt and parenting.

To donate go to:

<https://localgiving.org/donation/exetercommunityinitiatives>



ECI USEFUL CONTACTS

**Volunteer Co-ordinator
(Jola Pawlikowski)**
Email: volunteer@eci.org.uk
Tel: 01392 205800

Jelly Charity Shop (Sam Green)
148-149 Fore Street
Exeter
EX4 3AN
Email: sam.green@eci.org.uk
Tel: 01392 435835

The Bike Bank
Email: BikeBank@eci.org.uk
Tel: 07966 992085

Transitions (Laura Callaway)
Email: laura@eci.org.uk
Tel: 01392 284280

**Ripple Effect
(Lee Chivers/ Jane Hawking)**
Email:
lee.chivers@eci.org.uk
jane.hawking@eci.org.uk
Tel: 01392 284280

Exeter Community Initiatives is a registered charity and company limited by guarantee.
Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)

**Family Resource
(Sanchia Hylton-Smith)**
Email:
sanchia.hyltonsmith@eci.org.uk
Tel: 01392 205800

**Community Builders
(Carole Pilley)**
Email: carole@eci.org.uk
Tel: 01392 284280

**Assertive Homeless Outreach
Team (David Twomey)**
Email:
david.twomey@julianhouse.org.uk
Tel: 01392 284287

**Employer Supported Volunteering
(Steven Chown)**
Email: steven.chown@eci.org.uk
Tel: 01392 205800

**Bespoke Workshops, training and
talks (Jola Pawlikowski)**
Email: volunteer@eci.org.uk
Tel: 01392 205800

www.eci.org.uk

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