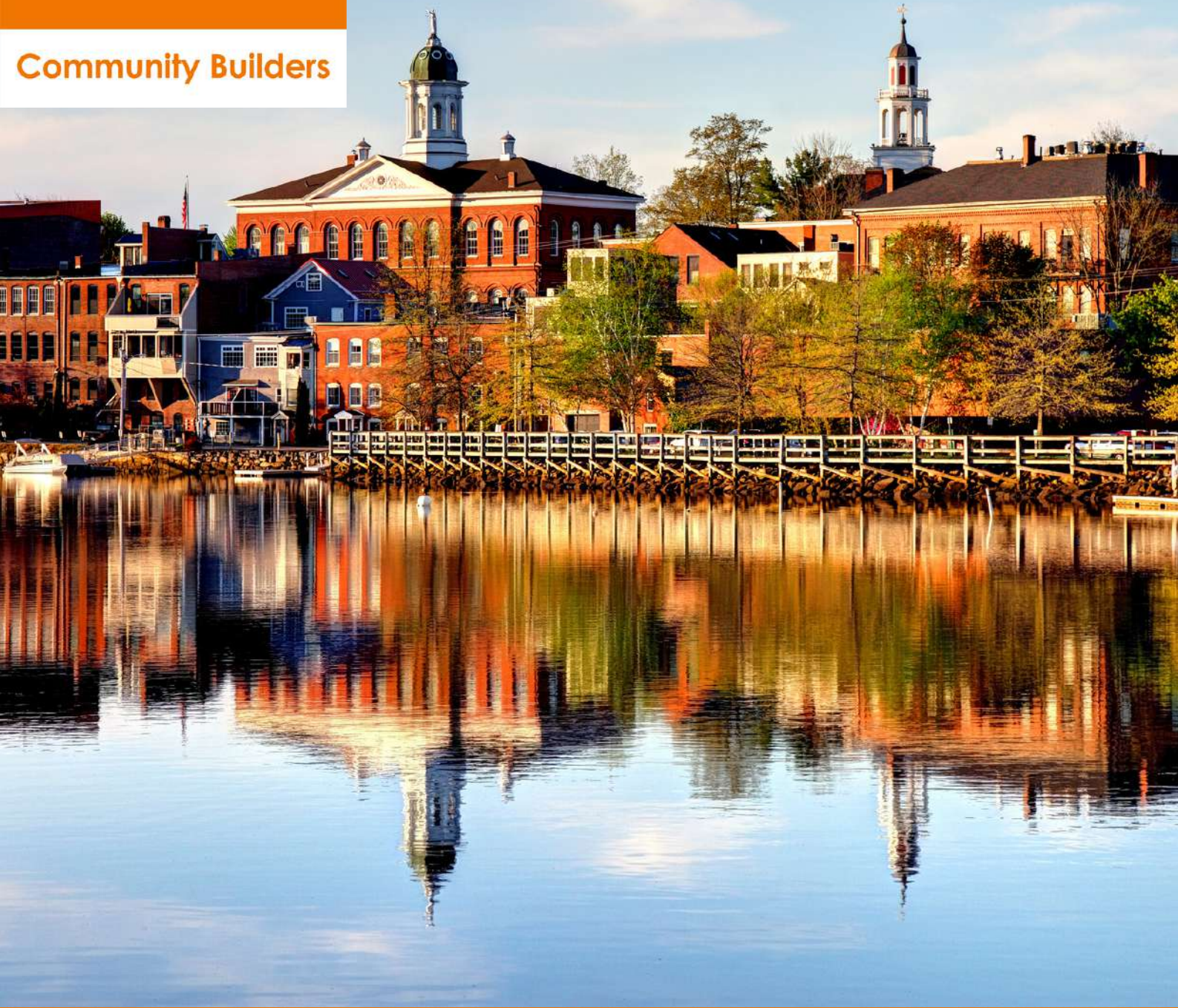




Community Builders



Volunteer Opportunities in Heavitree

Making a difference in your community

Introduction

Welcome to Volunteering in Heavitree. You are bound to find your perfect volunteering opportunity!



This lending-a-hand volunteer brochure gives you a flavour of how you can help out and get involved where you live.

This could be helping at a food bank or having a regular slot at a baby and toddler group; there are many ways you can volunteer and make a difference locally within existing charities, organisations and groups in Heavitree.

Take a look at some of the opportunities to get involved, and how to get in touch.

If you would like to feature in the next publication, or you have any ideas for your neighbourhood, then please get in touch your Community Builder.

Philip

Community Builder - Philip

List of organisations

- Heavitree Food Larder, URC
- Friends of Heavitree Health Centre
- Friends of Heavitree Pleasure Ground
- Age UK exeter
- Ladysmith Baby and Toddler Group
- Litter Picking
- Offer Digital Support
- Park Life Heavitree Volunteers
- Junior Park Run Heavitree
- Heavitree Friendly Library

Heavitree Food Larder and cafe

We are a small group working to provide a food larder at the United Reform Church, Heavitree. The work involves: collecting the food from Fair Share in Marsh Barton and from supermarkets; offloading the food the evening before; and getting the food ready on tables for the Food larder days. The Food larder takes place on the 1st and last Friday of the month 10-1pm. The Refresh Cafe takes place every Friday and offers free tea and coffee and soup.

Volunteering opportunities available:

- Helping collect or offload food 2x a month and/ or Help at the Food larder days organising food
- Help at the Refresh Cafe, providing Tea

Contact

☎ 07412006702

✉ pauline_laybourne@yahoo.co.uk

🌐 https://www.facebook.com/HeavitreeandPinhoeURC/?locale=en_GB

🏠 29 Fore St, Heavitree, Exeter, EX1 2QJ

Friends of Heavitree Pleasure Ground

We manage and run the volunteering activities around the plants and gardens of the Park. Come along to help with some gardening, planting, or improving the general environment of the Park. We also want to have plant Fayres so volunteers are welcome to help who cant garden but can help organise events. We don't cover the council responsibilities such as grass cutting or tree pruning. We meet weekly at the Pleasure Ground, except during holidays.

Volunteering opportunities available:

- Volunteer Gardeners Saturday once a week, or when you can
- Help with plant fayres or gathering plants
- Litter picking opportunities around the Park

Contact

✉ griffinchristopher571@gmail.com

🌐 <https://www.facebook.com/groups/1736567676831266/chats>

🏠 Heavitree Pleasure Ground



Age UK Exeter







Age UK Exeter are a local charity working across Exeter for over 30 years. Our team of staff & volunteers offer support & engaging activities to older people, their families & carers. Our Mission is to enable older people to make the most of life, whatever their circumstances.

Volunteering opportunities available:

- Volunteer Visitor
- Information & Advice Volunteer
- Volunteer Reception/ Administrator

Contact

-  01392 202092
-  info@ageukexeter.org.uk
-  www.ageuk.org.uk
-  Age UK Exeter The Sycamores Mount Pleasant Road Exeter, EX4 7AE





Friends of Heavitree Health Centre

We support both surgeries and need volunteer drivers to take patients from their homes to the surgery for appointments or to the hospital. Petrol and expenses are paid. We also run a small shop at the surgery with donated goods

Volunteering opportunities available:

- Volunteer drivers

Contact

-  Jackie Minto 01392 277409
-  jackie-minto.friendshhc@hotmail.com
-  <https://www.theheavitreepractice.co.uk/friends>
-  South lawn terrace, Heavitree, Exeter, EX1 2RX



Park Life Heavitree

Park Life offer a range of activities to the local community. In particular there are volunteers working at the cafe, and there are volunteers helping with some of the weekly social events such as senior social coffee morning that takes place Wednesday 10.30-11.30

Volunteering opportunities available:

- Volunteer Helpers on alternate Wednesdays putting out chairs and tables, making teas/ coffee for seniors
- Volunteer helpers at Cafe
- Other roles according to project grants - eg befrienders, asylum seeker lunches

Contact

✉ kate@parklifeheavitree.org.uk

🌐 <https://parklifeheavitree.org.uk/>

🏠 Whipton Lane, Exeter. EX1 3DN

Digital Support

Ability.net helps volunteers to support older residents in the community with computer related problems or needs. Volunteers are supported and DBS checked and can offer residents technical support once a referral is made on the ability.net website.

Volunteering opportunities available:

- computer support, choosing as many or few referrals to take

Contact

☎ 0300 180 0028

✉ enquiries@abilitynet.org.uk

🌐 <https://abilitynet.org.uk/about>

Junior Park Run

Junior Park run is a community run project encouraging young ones (4-14years) to exercise. The Park Run takes place on a Sunday morning in Heavitree Pleasure Ground. A range of volunteers help out as marshals around the Park among other duties. The event is entirely run by volunteers.

Volunteering opportunities available:

- Just turn up and talk to volunteers
- email or register your interest to volunteer on a regular basis
- Help set up course, scan codes, act as a marshal.

Contact

 heavitreejuniors@parkrun.com

 <https://www.parkrun.org.uk/heavitree-juniors/>

 Heavitree Pleasure Ground, Heavitree

Heavitree Friendly Library


The Library takes place in St Michaels Parish Church, on church street on the first and third Friday of each month. It is a small team that provide good quality books for both children and adults. Tea and coffee and cake are also provided. There are also stories at storytime.

Volunteering opportunities available:

- Helping with the lending library, or with reading out stories, with teas and coffees
- Helping with storytime

Contact

 Anne Byrne

 contact Anne Byrne heavitreemag@gmail.com

 https://www.facebook.com/HeavitreeFriendlyLibrary/?locale=en_GB

 St Michaels and All Angels, Church St, Heavitree

Ladysmith Baby and Toddler Group

The toddler group is run by volunteers and takes place every Tuesday and Thursday morning from 9.30-11 at Ladysmith Primary Community Room, behind the school. This includes play time and towards the end a song or story time. Volunteers help with welcoming parents, communicating on facebook, tidying up, and arranging for stories.

Volunteering opportunities available:

- Volunteer Helper Tuesday or Thursday morning

Contact

 <https://www.facebook.com/groups/554649574592674/>

 Behind Ladysmith infant school, Ladysmith Rd, Exeter EX1 2PS

Memories Cafe

The memory cafe is for loved ones who are suffering from Demnetia and their carers. It takes place beside the Catholic Church in Heavitree, on the first Wednesday of the Month at the Richard Reynolds centre which is the building right beside the Catholic Church.

Volunteering opportunities available:

- Volunteers help to run the lunch club

Contact

 Jackie Minto 01392 277409

 Jackie-minto.friendshhc@hotmail.com

 <https://www.theheavitreepractice.co.uk/friends>

 Richard Reynolds Centre, Heavitree Fore Str, Exeter



Would you like further information about opportunities listed
in this brochure?

Reach out to the groups listed or have a discussion with
your community builder.

Philip Hawkins Heavitree