



Community Builders



# Volunteer Opportunities in Pennsylvania

Making a difference in your community



# Introduction



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 one-off school event or have a regular slot at a coffee morning, there are many ways you can volunteer and make a difference locally within existing charities, organisations, and groups in Alphington.

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 with your Community Builder.

*Ebbie*

**Community Builder - Pennsylvania**

# List of organisations

- Age Uk Exeter
- Friends of Mount Pleasant
- International Friendship Group
- Marypole & Mincinglake Allotment
- Patient Participation Group
- Polsloe Community Association
- Stoke Hill School
- Stoke Hill PTFA
- St Katherine's Priory (Stoke Hill Community Association)
- St Katherine's Community Larder
- Sylvania Community Stores & Cafe
- Sylvania Community Hall

# Age UK Exeter



Thinking of Volunteering?

We would love to hear from you if you have relevant skills and a desire to help older people in Exeter. Your time will make a difference!

Our mission is to improve later life for everyone in Exeter by providing life-enhancing services and vital support. That's why we need the help of local people like you to support our work.

Volunteering opportunities available:

- [Handyperson Volunteer](#)
  - Are you a friendly and practical person, have a trade or maintenance background, and would like to be part of our handyperson service.
  - Our Handyperson service supports people 50+ with general household domestic tasks.
- [Sycamore Days Day Care Volunteer](#)
  - Could you give a warm welcome to our guests and their carers?
  - We are looking for a dynamic, patient, and caring volunteer to support those attending our Sycamore Days, day care group for those living with a mild to moderate cognitive impairment/dementia
- [Careline Volunteer](#)
  - Do you enjoy chatting on the phone and want to help older people facing loneliness and isolation?
  - We are looking for a friendly, empathetic and patient person to join our team to phone people in their homes having friendly, supportive conversations with them and provide a listening ear.
- [Information & Advice Volunteer](#)
  - Do you have good communication skills and like supporting people?
  - We are looking for a volunteer in our highly sought after Information & Advice department. Supporting people 50+ with advice on: welfare benefits, local services, community groups and signposting.

 01392 202092

 [info@ageukexeter.org.uk](mailto:info@ageukexeter.org.uk)

 <https://www.ageuk.org.uk/exeter/>

 Age UK Exeter, The Sycamores, Mount Pleasant Road, Exeter, EX4 7AE.



# Friends of Mount Pleasant



The Friends is an independent charity which was established in 1991 with the help of the doctors to support the work of Mount Pleasant Health Centre. We are all volunteers with the exception of our coordinator Beverley Todd or [beverley.todd5@nhs.net](mailto:beverley.todd5@nhs.net)

We have a small team of volunteer drivers who may be able to help getting to local medical appointments.

Our fund-raising team of volunteers works hard to raise money by –

- a 'rolling' sale of books and bric-a-brac in the waiting areas which are donated by patients.
- Outdoor events such as plant sale and the summer fayre
- Ever popular bake sales with delicious homemade goodies
- We're always working on ideas for new fundraising events, all ideas are welcome!

Volunteering opportunities available

- Volunteering as a driver or fundraiser – click [here](#) to download our application form, or feel free to contact Bev for more information
- Joining the Friends committee

## Contact

 [01392 499291](tel:01392499291)

 [beverley.todd5@nhs.net](mailto:beverley.todd5@nhs.net)

 [www.mountpleasanthhealthcentre.co.uk/volunteers/friends-of-mount-pleasant-health-centre/](http://www.mountpleasanthhealthcentre.co.uk/volunteers/friends-of-mount-pleasant-health-centre/)

# International Friendship Group

A group to celebrate the values of cultural diversity based at Sylvania Community Stores and Cafe. we are a small committee that organise fundraising events at Sylvania Stores & Cafe.

Volunteering opportunities available

- Supporting/help organise fundraising events
- Joining the committee



## Contact

 [07896 867799](tel:07896867799)

 [pennsylvaniafriendship@gmail.com](mailto:pennsylvaniafriendship@gmail.com)



# Marypole & Mincinglake Allotement

Allotments are just as important as our parks and public open spaces throughout Exeter. Although some allotments won't have any large trees they still provide great benefits to both the environment and the local residents. Some allotments are quite small and may only have basic amenities such as water, whereas some will be fairly big and include parking, toilets and even a trading hut.

Volunteering opportunities available:

- Gardening/DIY

## Contact

 theMMAA@outlook.com

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# Patient Participation Group (Mount Pleasant)

Are you interested in finding out more about your GP Practice?  
Would you like to influence the development of local health services?  
This is an opportunity for you to participate and discuss ideas with the prospect of decisions creating real change in the provision of your care and the environment at the Health Centre. The group meets on a bi-monthly basis with a small group of patients, the Practice Manager, a GP and the Chair of the Friends of Mount Pleasant Health Centre.



Volunteering opportunities available:

- Committee members

## Contact

 <https://www.mountpleasanthhealthcentre.co.uk/volunteers/patient-participation-group/>

 [steve.hudson1@nhs.net](mailto:steve.hudson1@nhs.net)



# Polsloe Community Association



The Polsloe Community Association was reformed in 2017 with the aim of improving the local area and bringing the community together. Polsloe Community Association are a group of volunteers who put their heads together, look at local concerns, organise lovely free events for everyone to enjoy and generally do a little bit to make Polsloe an even better community for our residents, businesses, clubs, causes. We work together to improve & enhance the green spaces in the area for residents & wildlife to enjoy.

The members of the association meet every month or two to plan future event

Volunteering opportunities available:

- Committee members
- Events support
- Fundraising

## Contact

 [polsloecomunityassociaion@gmail.com](mailto:polsloecomunityassociaion@gmail.com)

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# Stoke Hill School Federation and Nursery





The Stoke Hill Federation is made up of Stoke Hill Infant and Nursery School and Stoke Hill Junior School. You can help by volunteering. No special skills or qualifications required –just a genuine interest in young children, kindness and patience.



Volunteer opportunities available

- Allotment helpers for the polytunnel project
- Would you like to volunteer to support learning opportunities for our children

## Contact

-  01392 667830
-  [junior.admin@stokehill.devon.sch.uk](mailto:junior.admin@stokehill.devon.sch.uk)
-  <https://www.stokehill.devon.sch.uk/web/>
-  Stoke Hill, Exeter, EX4 7DP

## Stoke Hill School Federation PTFA

The Federation has a fantastic group of parents and friends on the look out for ways to increase funding and enrich the world of fun and activity and we can offer the children. Throughout the year they raise heaps of money and host events just to be enjoyed.



Volunteer opportunities available

- Joining the committee
- Fundraising

### Contact

✉ [stokehillptfa@gmail.com](mailto:stokehillptfa@gmail.com)

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## St Katherine's Priory

Stoke Hill Community Association maintains St Katherine's Priory and it's beautiful grounds. We run community events and fundraise for the upkeep of the building. The space is well used for local clubs & activities. Pop by to the community cafe on Fridays from 10-3pm. There are lots of volunteering opportunities.



Volunteering opportunities available:

- Gardening & DIY
- Social media and marketing
- Events & fundraising
- Preparing & serving food

### Contact

☎ 07467 079452

✉ [st.katherinespriory@gmail.com](mailto:st.katherinespriory@gmail.com)

🌐 <http://www.stkatherinespriory.co.uk/>

🏠 St Katherine's Rd, Exeter EX4 7JY





# St Katherine's Community Larder

The St Katherines Community Larder is an Food s Project providing packages of food and essential items for local people at this difficult time.



Volunteering opportunities available:

- Collection drivers

## Contact

 [stkatherinescommunitylarder@gmail.com](mailto:stkatherinescommunitylarder@gmail.com)

 St Katherine's Rd, Exeter EX4 7JY

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# Sylvania Community Hall

The Sylvania Play & Community Facility Association is a community charity serving the Sylvania, Pennsylvania. The building is approaching the end of expected lifespan.

We are starting conversations about rebuilding the hall. We need more committee members to we'd also be massively appreciative if any architects, builders, people with project management experience and accountants were able to donate some time to specific parts of the project,

Volunteering opportunities available.:

- Committee members
- Support for the rebuild project

## Contact

 07806 305633

 [bookings@sylvaniiahall.co.uk](mailto:bookings@sylvaniiahall.co.uk)

# Sylvania Community Stores & Cafe



Sylvania Community Stores Ltd was established in March 2021 as a FCA-registered community benefit society owned by its shareholder members and run by a small management committee assisted by other volunteers. The stores opened on 24 July 2021 and provides an exciting community stores and cafe that will benefit all the local community.

Why not join our volunteer community. Make new friends and learn new skills. Lend a hand in ways that suit you. Make a difference by helping your community shop grow. Run by the community for the community.

Volunteering opportunities available:

- help with opening and shutting up
- Help preparing food
- Help serving customers
- Help with DIY
- Help fetching supplies

## Contact



07900 097920



pennstores.ex4@gmail.com



<https://sylvania-community-stores.business.site/>



1 Sylvania Drive, Pennsylvania, Exeter, EX4 5DT





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.

**Ebbie Peters Pennsylvania**