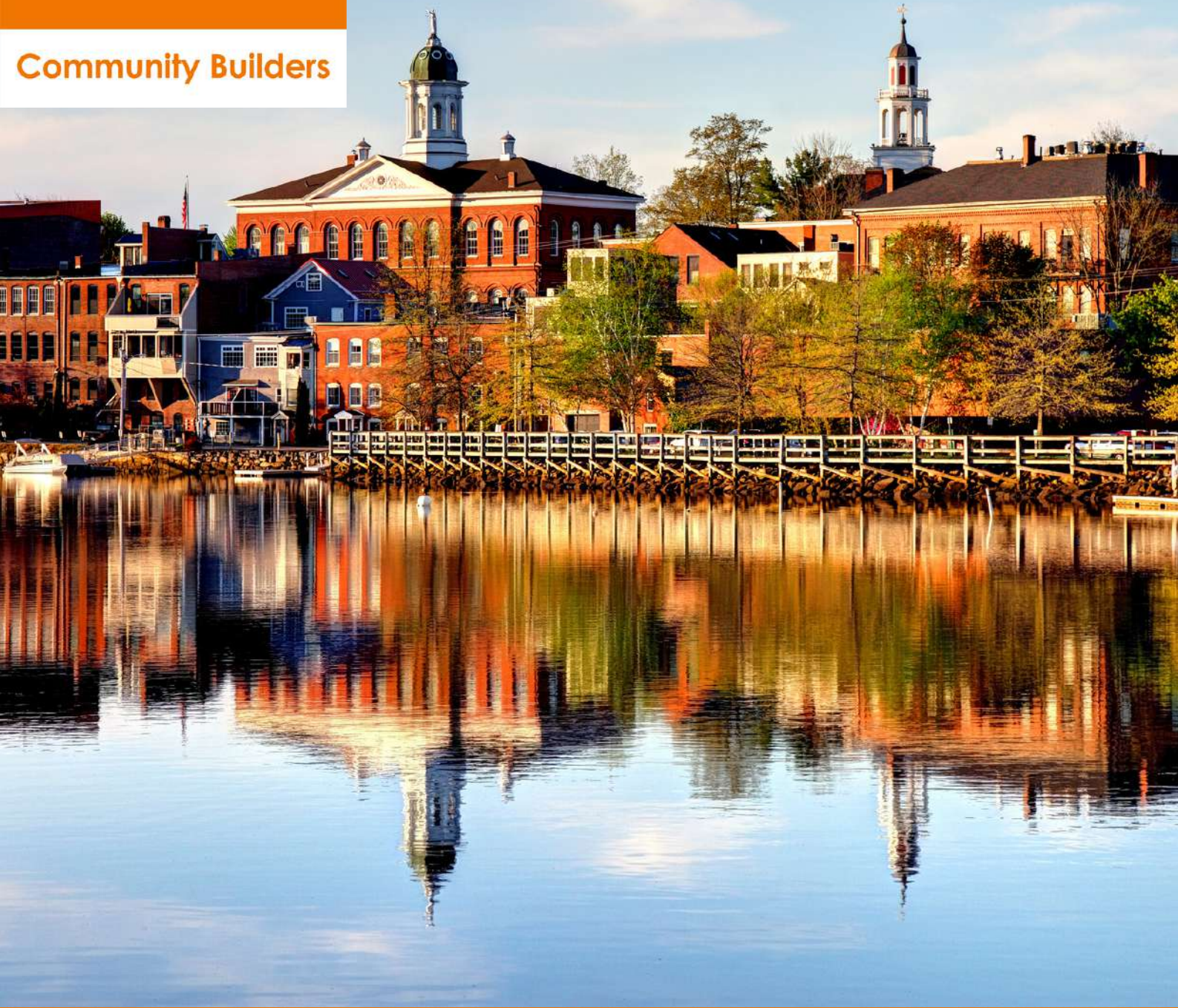




## Community Builders



# Volunteer Opportunities in St Louis

Making a difference in your community

# Introduction

Welcome to Volunteering in St Loyes - 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 nearby 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 St Loyes.

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.

*Josh*

**Community Builder - St Loyes**

# List of organisations

- South West MS Centre
- Scouts
- Guides
- Digby Community Association
- Ludwell Life / Devon Wildlife Trust
- Sandy Park - Bucket Collection (for multiple charities)

# South West MS Centre





The South West MS Centre is a small, independent local charity in Exeter, supporting people in the south west with multiple sclerosis and other neurological conditions with oxygen therapy, neuro-physiotherapy and other treatments.



Volunteering opportunities available:

- Oxygen therapy service
- Supporting our members to take part in exercise classes.
- Occasional garden parties (raffle prizes, management of stalls etc.)

## Contact

-  01392 447411
-  [admin@southwestmscentre.co.uk](mailto:admin@southwestmscentre.co.uk)
-  [www.facebook.com/SouthWestMSCentre](https://www.facebook.com/SouthWestMSCentre)
-  West Grange, Clyst Heath, EX2 7EY Exeter

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## Beavers, Cubs, Scouts (21st Exeter)

Preparing young people with skills for life! We're Scouts and everyone is welcome here. Every week, we help almost half a million people aged 4-25 develop skills for life. Are you ready to join the adventure?



Mondays (Term-time): Scouts  
Wednesdays (Term-time): Beavers and Cubs

## Contact

-  [www.scouts.org.uk/volunteer/volunteer-enquiry-form/](http://www.scouts.org.uk/volunteer/volunteer-enquiry-form/)
-  St Lawrence Community and Church Hall, Lower Hill Barton rd, EX1 3EH

## Guides

We help all girls know they can do anything. We Are Exeter Division - 6 districts - 56 units - 228 volunteers - 852 girls. 1st Clyst Heath Rainbows and Brownies (at Clyst Heath), 12th Exeter Brownies and Guides and 22nd Exeter Brownies (at St Lawrence)



Volunteering opportunities available:

Unit helper, Unit leader, or taking on a supporting role. "There are plenty of ways you can still make an impact in a supporting role, whether that's digitally or on an ad-hoc basis. No commitment is too small – every role is vital to running our charity."

## Contact

✉ [topshamdistrictguiding@gmail.com](mailto:topshamdistrictguiding@gmail.com) (Clyst Heath) or [eastexe@gmail.com](mailto:eastexe@gmail.com) (St Lawrence)

🌐 <https://www.girlguiding.org.uk/get-involved/become-a-volunteer/>

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## Digby Community Association

Digby Community Association represents the needs and concerns of the local community around Digby. They meet once every 3 months with councillors and other key partners to discuss these local issues and support the running of local events such as public meetings and litter-picking events, if and when required.

Volunteering opportunities available:

- Community Litter-picking (Usually bi-annually)
- Events team (i.e. summer picnics, and/or social gatherings around festive occasions of the year)
- Possible formal roles (Secretary, Treasurer, Chairman)

## Contact

✉ [digbyca@hotmail.co.uk](mailto:digbyca@hotmail.co.uk)

🏠 Clyst Heath Nursery & Community Primary School, Royal Crescent, Exeter EX2 7QT



## Ludwell Life / Devon Wildlife Trust

The overall purpose of Ludwell Life is to protect and increase the social and environmental value of Ludwell Valley Park – for people and for wildlife. Devon Wildlife Trust are the only Devon focused charity that exists to protect all wildlife in Devon, on land and at sea, and manages Ludwell valley (and the other valley parks in Exeter).

Volunteering opportunities available:

- Youth rangers (13-18 year olds)
- Outdoor conservation, planting, clearing, litter-picking

### Contact

✉ [volunteering@devonwildlifetrust.org](mailto:volunteering@devonwildlifetrust.org)  
[ludwelllife@gmail.com](mailto:ludwelllife@gmail.com)

🌐 <https://www.devonwildlifetrust.org/local-groups/exeter>  
<https://ludwelllife.org.uk/about-ludwell-life/>

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## Sandy Park - Rugby Matches

At the time of writing, “there are 27 charities and organisations that are based within the wider Exeter area that assist in co-ordinating and collecting all the monies on the match days for the current season which are then shared across all those who assisted in the collections. These funds are ring fenced specifically for these organisations and are distributed at the start of the following season.” To see the list, use the website link below, or to find out more, please email

Volunteering opportunities available:

- Bucket Collection

### Contact

✉ [enquiries@exeterfoundation.org.uk](mailto:enquiries@exeterfoundation.org.uk)

🌐 <https://www.exeterchiefsfoundation.org.uk/designated-charities>

🏠 Sandy Park Way, Exeter EX2 7NN





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.

**Joshua Hamilton**