



## **VOLUNTEERING NEWSLETTER**

### **November 2017**

## **כול-All**

As we are now at the start of the colder months it is even more important to share the vision of the LJWB-enabling, inclusive, innovative and accountable in our community as this is a time when people can feel more lonely and isolated. After attending a volunteering conference this week I was inspired by another delegate who stated that we must all be 'generous of heart' using the Hebrew word Kol to mean All.

The Welfare board has an excellent reputation for supporting members of the community and I know all our volunteers are generous in many ways. My appeal is to continue to be so generous over the winter months and where possible to please seek out opportunities where you can continue to make a difference in the lives of others.

'No act of kindness no matter how small is ever wasted' (Aesop)

If you would like to contact me please:

Email [angie.furminger@ljwb.co.uk](mailto:angie.furminger@ljwb.co.uk)

Phone: 0113 218 5893



### **Quote of the month**

*'Volunteering is at the very core of being a human. No one has made it through life without someone else's help'*

*Heather French Henry (Veterans Advocate)*



## Mitzvah Day Sunday 19<sup>th</sup> November

**What are you doing on Mitzvah Day?  
Can you spare one hour?**

**Come along and join us in the MAZCC on Mitzvah Day where we will be raising awareness of what it is like to live with Dementia.**

**We have different sessions running throughout the day:  
Adult Sessions: 10am, 1.30pm, 4.30pm  
Family sessions children ages 5-11 years: 11.30am, 3.30pm**

**Please call or email Angie to book a place  
Angie: 0113 2185893  
Angie.furminger@ljwb.co.uk**

**Face painting: Cupcakes: Refreshments  
Giving Voice Choir 12.30pm**

**The Knit and Natter Group: will be making and selling Fidget Muffs between  
11.30am-1.30pm**

**Food Bank: Donate non-perishable goods and personal care items**

**Book Donation for Makor: Jewish interest books preferred but all types appreciated.  
Good condition only. In support of Langdon Specialist Further education College for  
young adults with Learning Difficulties.**

**Contact Makor 0113 2680899  
helen@makor.co.uk**

### **Befrienders**

Befriending is an extremely positive way to make a difference in someone's life-it is a small time commitment each week with a high impact.

Currently there are 19 people hoping to be matched with a befriender. It would be wonderful if we were able to create matches to enable those feeling particularly vulnerable or isolated to feel more part of the community.

Training and support will be given and all matches are considered very carefully. If you feel you are able to give 1 or 2 hours per week to someone who would benefit or would like more information please contact **Angie: 2185893** [angie.furminger@ljwb.co.uk](mailto:angie.furminger@ljwb.co.uk)

## Communication Project

We have a brand new project due to be launched to support the over 50's access IT and develop their IT skills. We aim to support individuals to develop their communication tools to keep in contact with friends and family living away and to give greater access to services online using social tools such as Skype, social media and apps. We will ensure that online safety is included in the program too.

**We are looking for volunteers who have IT skills and knowledge to support in group classes and one to one.**

**Could you spare an hour or 2 a week to support someone to broaden their horizons?**

**A knowledge of IT is essential.**

**If you are interested please contact Angie in the first instance**



## MAZCC ACTIVITIES

Do you have a skill or talent you could share with others in the MAZCC?

We are looking for volunteers who could help us to enhance our programme of activities for the centre.

Can you teach yoga?

Can you dance?

Could you run a crafts session?

If you think you have a skill that could be turned in to a class or activity please contact:

Angie 2185893 [angie.furminger@ljwb.co.uk](mailto:angie.furminger@ljwb.co.uk)

Hagit 2185846 [hagit.greenberger@ljwb.co.uk](mailto:hagit.greenberger@ljwb.co.uk)

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## URGENT VOLUNTEER REQUESTS



**thewellfairshop**

Can you spare some time to support in **thewellfairshop**? We are open: Monday-Thursday 9am-5pm, Friday 9am-4pm (Summer) Sundays 9am-2pm. Come along and join the team at the 'Harvey Nichols of the North'

## **BEFRIENDERS**

Can you give an hour of your time each week to become a befriender and reduce isolation in the community?

We have a waiting list of people who would benefit from a friendly visit – training and support will be given.

## DRIVERS

We are seeking more drivers to help support people to attend activities in the centre...can you offer to pick up/take people home who are feeling isolated? We have clients who would like to come to the centre for lunch, to meet friends for coffee or who would like to join in activities.

## MITZVAH DAY

Sunday 19<sup>th</sup> November is Mitzvah day. We are holding a Dementia Awareness day in the MAZCC. We will be doing 5 one hour sessions for adults and families throughout the day. We would like a couple of volunteers to help on the day with a variety of activities. If you would just like to attend a session please contact Angie to book.

## LISTENING LINE

Are you happy to chat with people over the phone? Do you think you could be the voice someone who is lonely looks forward to hearing? If so you would be perfect for our listening line. We are seeking volunteers to support the listening line for morning sessions.

## WELLBEING AFTERNOON -VOLUNTEER DRIVERS and HELPERS

A bank of drivers is required to bring people to the Wellbeing Afternoon on Mondays at 1.30pm and/or take them home at 4.00pm. We also need someone who can help support the afternoon session.

## CHAIROBICS/SING YOURSELF HAPPY

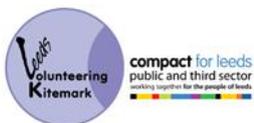
We are looking for helpers with Chairobics on Tuesdays 10.45am-12.15pm and Sing Yourself Happy on Wednesdays 1.45pm-3.45pm. Are you friendly and able to support service users to join in?

**ToGeTher** - 😊 A Sunday group providing children with Special needs an opportunity to play and learn whilst making friends in a safe supported environment. We are seeking volunteers to support the session starting on Sunday 19<sup>th</sup> November from 9am-11am

The 1001 Days Project- A range of new activities and groups to support pregnant women, new parents and families with young children of pre-school age. Various activities throughout the week. Volunteers needed from 8.30am-12.30pm

All volunteers must be aged 16+ and be willing to have a DBS

If you would like **further information** about these and other existing volunteering opportunities, please do not hesitate to contact me. I am situated at the **MAZCC, 9.30am-5.00pm Monday – Thursday, Friday 9.30am-2pm**



**Angie Furminger**  
**Volunteer Development Manager**  
**Tel: 0113 2185893**  
**Email: [angie.furminger@ljwb.co.uk](mailto:angie.furminger@ljwb.co.uk)**

Please keep up to date with activities and volunteering opportunities on social media

Website: [ljwb.co.uk](http://ljwb.co.uk)



<https://www.facebook.com/LJWBLEEDS/>

Volunteer facebook page : <https://www.facebook.com/groups/ljwbvolunteers/>



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