

The Community and Volunteering Unit

Our top 20 ongoing opportunities

- Info available at www.york.ac.uk/services/careers/volunteering.cfm or from the Careers Service front desk
- Join our mailing list - email careers@york.ac.uk with 'CAVU mailing list' in the subject line for latest projects
- Get national recognition through **v awards**

Student-led community projects (for more projects, go to www.yusu.org/volunteering)

YSIS (York Students in Schools): thinking of teaching? Enjoy working with kids? Experience an invaluable 10 week placement in either a primary or secondary school in York through YSIS. **Contact: ysis@york.ac.uk**

KEEN (Kids Enjoy Exercise Now) is a weekly run sports/activity session for children with disabilities, where volunteers are paired up with and get to participate in activities such as trampolining and dancing with the kids amongst other great activities! It's great fun and the children really love it. **Contact: sdf@yusu.org**

Kids Club runs every Saturday of term. Volunteers take children from disadvantaged backgrounds out to enjoy a range of activities from bowling to trips to the beach. **Contact: sdf@yusu.org**

Minds in Motion is a community group run by students from the Hull York Medical School (HYMS) to support people with dementia and their carers. Volunteers work in teams to put on activities for people with dementia who attend local community units for the elderly. **Contact: sdf@yusu.org**

Project Babylon is a new project which takes students into primary schools to teach children foreign languages after school. If you have a language GCSE at grade B or above, this could be the project for you! **Contact: sdf@yusu.org**

Nightline is a very successful confidential listening and information service run by students, for students. **Contact: nightline@york.ac.uk**

MEG! (Music Education Group) runs music workshops for kids, some basic, some specialist. You need very little musical experience to start — as long as you can keep a beat or sing "She'll be coming round the mountain..." you won't be out of your depth. Last year we hosted One Night on Broadway, a huge concert showcasing the children's talents. **Contact: meg@yusu.org**

Conservation & Environment

BTCV: Join a group of volunteers on a variety of practical conservation tasks, e.g. board walk construction, hedge-laying or building a school nature area. **Contact: andybrown@btcv.org.uk**

OPAL (Open Air Laboratories): OPAL encourage people to get back in touch with nature by enabling them to explore and study their local environments. **Contact: go to www.sei.se/opal**

Friends of St Nicholas Fields manage a nature reserve close to The University. From practical conservation tasks to event management, education and environmental outreach, there's something for everyone who is interested in the environment.

Contact: www.stnicksfields.org.uk

Turn over

Children and young people

SNAPPY

Join play and other activities for children and young people with special needs. Help the children participate in games, trips, crafts and sports, and support them in communication, adapted play, feeding etc. **Contact: snappyoffice@btconnect.com**

PACT

Provide care and friendship to children and young people with a disability in the York area. Student volunteers are carefully interviewed, and will be offered training and support. **Contact: pact-yorkshire@childrenssociety.org.uk**

Funfishers

Support children aged 5 - 11 years in an after school and holiday club. Reading stories, drawing, making crafts. **Contact: 01904 677870**

Girlguiding

Fancy being a Rainbow, Brownie or Guide leader in York? If you are female and want to have fun and learn new skills helping girls and young women, this could be a good one for you. **Contact: go to www.girlguiding.org.uk and click on 'Join us'.**

Network 2

Mentor a group of 12-16 yr olds who are socially excluded and help them develop through a variety of means (dance, sport, arts or other). Work in small groups or on a 1:1 to raise self esteem. **Contact: helen.bateman@york.gov.uk**

Health & Social Welfare

Age Concern

Offer companionship and social contact to older housebound people. Befriend in care homes or support 7 social clubs and help with outings, parties, gardening, in the kitchen, serving meals, bingo and more. **Contact: liz@ageconcernyork.org.uk**

Arc Light

Offers emergency accommodation for homeless people in York, as well as food, showers, medical services and support services. **Contact: sandra.jackson@york-arclight.co.uk**

St Leonard's Hospice

Work in a specialist palliative care unit which aims to enhance the quality of life for patients suffering from life-threatening disease and to support their families. Volunteers must be 18+, 1 yr commitment, includes training. **Contact: 01904 77765**

Art and drama

Joseph Rowntree Theatre

A number of possible options if you are theatrically minded: Backstage crew, front of house stewarding, publicity assistant, and other opportunities. **Contact: volunteer@jrtheatre.co.uk.**

If nothing suits try...

The volunteer centre at York Council for Voluntary Service **www.yorkcvs.org.uk**, tel. 01904 621133, email volunteer@yorkcvs.org.uk, or take a look at **www.do-it.org.uk** for hundreds of opportunities