



## Opportunities for volunteering

Aston-Mansfield currently has in the region of 70 people volunteering their time and services to the community. We are always interested in meeting people who are thinking about helping. We have a volunteer policy and volunteers are provided with necessary training and supervision. For more details of opportunities available for volunteering at Aston-Mansfield, please look over the page.

Volunteers can do almost anything! From helping an elderly neighbour with their shopping, to providing legal advice for a local charity, volunteers make a vital contribution to all aspects of community life.

### What is volunteering?

Volunteering is:

- the commitment of time and energy
- working alongside paid members of staff adding value and complementing what they do
- an active expression of community involvement
- working hard and getting great satisfaction from seeing the results of your work
- a powerful force for social change
- for everyone. Anyone can volunteer and all types of people can get involved; young people, older and retired people; men and women; all ethnicities; abilities; employed and unemployed- the list is endless.

### Volunteering is for you!

#### Before you volunteer, think ...

about what is involved before offering your services.

- You should be clear about what you want to get out of volunteering and what you have to offer.
- You are more likely to end up doing something that suits and interests you if you have thought this through.
- If you are interested and enjoy the work you will become a better volunteer and the people with whom you work will benefit from this.

Some of the things you need to consider before volunteering are:

- How much time can you give?
- What skills and experience do you have to offer?
- Why do you want to volunteer?

#### It's not all about giving ...

as volunteering is a two way process. You will have your own reasons for getting involved and we will ask you about your motivations

and try to meet your needs as well as ours.

Through volunteering you can:

- Have a little fun! Most volunteers get great enjoyment from what they do - that's why they keep on doing it.
- Meet new friends. You get to meet lots of different kinds of people and make new friends.
- Get results. As a volunteer, you can make a real difference to the lives of individuals and the community and you can get immense satisfaction at seeing the results of your hard work.
- Take on a challenge. Getting involved in something new can help you achieve personal goals, develop new skills and practice your talents.
- Improve your health. Volunteering exercises both the mind and the body.
- Move on. If you are thinking about your career, getting a job or returning to work, the experience you gain as a volunteer can be useful for that next move.
- Be part of something bigger. Become a valuable part of your community.

## VOLUNTEERING OPPORTUNITIES AT ASTON-MANSFIELD

Aston-Mansfield is one of the most respected charities in east London. Our work is focused on three key areas: lifelong learning; healthy living and community development. Our teams develop, support and deliver a huge variety of services in these areas across the units we operate in Newham.

- Two community centres in Newham – Durning Hall Community Centre in Forest Gate and the Froud Centre in Manor Park both of which offer many social, recreational and educational activities and provide a base for many local groups, agencies and outreach services.
- A Community Involvement Unit, which provides voluntary sector and business training, resources, development and support.

These are just a few of the ways in which you can become involved with the work of Aston-Mansfield.

SERVICE PROVIDED	VOLUNTEERING ACTIVITY	WHERE	CONTACT
Accountancy	Bookkeeping	Durning Hall Froud Centre	Jasmine Mathews 020 8536 3814
Administration	Range of admin work	Durning Hall Froud Centre CIU	Jenny Rogers 020 8536 3802 Kevin Blowe 020 8536 3825
Children's work	Assisting children	Froud Centre	Loyda Best 020 8478 2468
Charity shop	Sorting / customer service	Durning Hall	Jenny Rogers 020 8536 3802
Maintenance	Painting/decorating	All sites	Kevin Saunders 020 8500 3047
Public Relations	Designing and writing promotional material	Durning Hall	Briony Fleming 020 8536 3826
Research	Surveys, focus groups	All sites	Caroline Rouse 020 8536 3821
Youth projects	Working with young people	Froud Centre	Dawn Ballinger 020 8478 2468

### CENTRE ADDRESSES

Durning Hall Centre  
Earlham Grove  
London E7 9AB  
Tel: 020 8536 3800

Community Involvement Unit (CIU)  
Durning Hall Centre  
Earlham Grove  
London E7 9AB  
Tel: 020 8519 2244

Froud Centre  
1 Toronto Avenue  
London E12 5JF  
Tel: 020 8478 2468