

VOLUNTEERING OPPORTUNITIES

OCTOBER 2019

VISITOR INFORMATION OFFICER

Could you help visitors/local residents make the most of Maldon, by manning the reception desk in the new Visitor Information Centre in the Town Hall? The Centre is open Mon—Fri from 10.30 am - 3.30 pm. Volunteers can sign up for one or more 2.5 hour sessions weekly. You'll enjoy meeting and talking to people about Maldon, be keen to help and answer their queries and should be able to search the Internet for information when required.

HEALTH DROP-IN VOLUNTEERS

Volunteers are needed in various locations around Maldon District to help run weekly ACE weight management sessions. The 12 week programme is designed to achieve gradual, long-term weight loss through information, target setting and regular weigh-ins. You'll meet and greet, offer a friendly welcome, explain the program, weigh participants, maintain records, hand out supporting materials and keep a register. Training provided.

WALKING BUDDY

Could you offer company and conversation while walking outdoors with an elderly gentleman who has mild dementia? This talkative gentleman likes to walk (using a walking stick) and is interested in cars, sport, football and bowling. You'd meet at the gentleman's Heybridge Care Home and accompany him on a walk (or maybe for a pint), returning afterwards to the Care Home. You should be friendly and happy to chat. Some understanding of dementia would be helpful.

TREASURER

A Treasurer is needed to join M&DCVS's friendly Trustee Board. The role involves overseeing payments, budget management, and supporting production of the yearly financial report. The Board meets bi-monthly (evenings) in Heybridge. Knowledge of finance requirements in a similar size organisation is of benefit (business planning, budgeting, forecasting, producing annual reports). Experience of QuickBooks® software an asset but not essential as training can be provided.

VOLUNTEER CENTRE DROP-IN AND INFORMATION

Maldon & District Volunteer Centre holds a Drop-in in **Maldon Town Hall Foyer** on the 2nd Thursday of each month between **11 am and 12.30 pm**. The next Drop-in takes place on **10th October 2019**. Visit www.volunteeressex.org for details of more than 100 volunteering vacancies in the Maldon District or email volunteering@maldoncvcs.org.uk

