

Wearmouth Community Development Trust offers educational and development training courses in a variety of subjects, including IT, catering, administration and finance. They also support local community groups by renting and leasing out space and have a garden and maintenance project. They currently have three volunteering opportunities. The first is as a learning and support volunteer aged 18+, main tasks would be to assist with support, mentoring and admin, no personal skills are required as training will be provided and there will be opportunities for personal development. The second opportunity is as a maintenance volunteer, duties would include general cleaning and upkeep of the centre and grounds. Volunteers should have good interpersonal skills, be reliable, trustworthy and committed. The third position is for a gym instructor, volunteers aged 18+ are required to assist in the supervision of visitors using the gym. Volunteers should have some knowledge of gym work and the use of equipment.

Radio Sunderland for Hospitals provides a local broadcasting service for the hospital and similar institutions to aid in the relief of sickness, infirmity and old age amongst persons living in the City of Sunderland and the surrounding area. They are currently looking for a volunteer funding officer, who will assist the public relations officer in co-ordinating the fundraising and involvement of the organisation within the community. This will be based either in your home or at the studio; Duties include contacting local and national companies looking for sponsorship, and also looking for fundraising opportunities at local fairs/fetes or carnivals and identify grant funding availability and assist in completing grant applications. Volunteers for this role need to be mature and capable of operating under their own initiative, possess good communication skills and have a friendly manner. Full training is provided.

Sunderland Royal Society for the Blind aims to promote the welfare of the blind and those substantially and permanently handicapped by defective vision within the City of Sunderland and surroundings. They are currently looking for a volunteer gardener aged 20+ to work with blind and visually impaired people who are interested in gardening. They will be working closely with the Society's Development Officer. Duties will be to oversee the future management of the sensory garden in Barley Mow Park in accordance with the Management Plan, and to manage a small team of blind and visually impaired gardeners. They will also be overseeing the management of an allotment. Volunteers should have an interest and general knowledge of gardening, together with the ability to relate to the visually impaired. They will need a kind and caring nature and have a friendly and reassuring personality. They should be patient and be a good communicator.

If you are interested in any of the above opportunities please contact the Volunteer Centre Sunderland on (0191) 567 8902. A postal registration service is also available. Alternatively email us at: sunderlandvc@aol.com or visit www.volunteersunderland.org.uk/volinfo.html to view these and other volunteer opportunities.