

# Volunteering Opportunities

Hastings area – June 2022

Here are a few volunteering opportunities that captured our attention this month. Are you interested in any of them?



**Know Dementia** are looking for volunteers to help at their busy Memory Moments Café, held every Wednesday morning in The Hastings Centre. The Café is run by a qualified Café Co-ordinator and the role would include assisting them in supporting planned and creative activities i.e. music, dance, art, crafts, movement etc. as well as encouraging families to join in. It would also include helping with refreshments, chatting to families, and having some fun. Please contact the Events and Communication Manager on 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk) if this role would be of interest to you.

**Parkinson's UK** Support Group Coordinator - If you're looking to meet new people and make a real difference in your local community, this role is for you. Leading the support group in Bexhill, Hastings and Rother, you'll help people affected by Parkinson's to draw on invaluable support from their peers. You'll have a chance to use and develop your administrative, leadership and communication skills - supported by local staff, to develop a programme of activities for your group. To find out more call Sarah on 07786 668 782 or visit <https://www.parkinsons.org.uk/get-involved>.

**Bohemia Walled Garden** in Summerfields Wood is looked after by a small friendly group of volunteers. We have some exciting plans, and we need more support to make them happen. We need volunteers for the following roles: Someone to research and help write funding applications, so we can build an all-weather outdoor meeting room / People to help plan and run public events or offer activities (usually 3-4 events over the year) / new trustees and committee members to help with general management and development of the garden. A few hours of your time a month, or at a one off for an event would make a big difference to this much loved local space! Get in touch via [info@bohemiawga.org.uk](mailto:info@bohemiawga.org.uk) and we'll arrange a chat. [www.bohemiawga.org.uk](http://www.bohemiawga.org.uk)

If you have not spotted anything that is suitable for you, contact Hastings Voluntary Action on 01424 444010 or visit HVA's website for more ideas.