

## **VOLUNTEERING OPPORTUNITIES**

Hello

We are so glad you are interested in volunteering with us. We rely on having people like you getting involved. Just by giving your time, skills, knowledge and experience you can make a big difference to the lives of the young people we know! We are currently looking for people to fulfil a variety of roles to improve our work and impact. These are as follows:

### **VOLUNTEER YOUTH WORKERS**

#### Overview

The Juice Bar is at the heart of the Alton estate in Roehampton and The Ashburton Youth Centre at the heart of the Asburton estate in Putney. These are safe and fun places for young people to hang out, discover their potential and make a difference.

#### Main Responsibilities

Get to know young people, build a good rapport with them and get involved in activities in the youth centres.

#### Time commitment

3 hours from 5.30pm - 8.30pm for up to six months. One evening a week on Monday, Tuesday, Wednesday, or Thursday.

### **YOUTH MENTORS**

#### Overview

Our mentoring and coaching program works with young people to enhance their confidence, make positive goals for the future and improve life skills helping them go on to pursue opportunities which will enhance their future and enable them to do good in the world.

#### Main responsibilities

To build a positive rapport with your mentee working with them to enhance their confidence, set goals and improve life skills

#### Time commitment

1 - 2 hour weekly sessions for twelve

# SALES REPRESENTATIVES FOR TFGB

#### Overview

We are looking for volunteers to help promote sales for The Feel Good Bakery. This entails finding organisations or businesses in the local area that are interested in buying platters of sandwiches for their office meetings and events.

#### Time commitment

Variable.

# SANDWICH MAKERS FOR TEGB

#### Overview

Join the kitchen staff between 12pm and 3pm and get involved in the production side of the enterprise.

#### Time commitment

12 - 3pm once a week for three months

You may be asking yourself, 'What will I gain from this?' Well, at Regenerate you will be given training before you start and then on-going help and advice from a creative and skilled team who are experienced in youth work, mentoring and community development. We're also of the view that working alongside our young people will enrich your life and that you will find it fun and rewarding!

If you want to know more information about these volunteering roles or if you want to apply to volunteer with us, please email me at mari@regenerateuk.co.uk and we will be in contact with you.

We look forward to hearing from you.