

FREE



# Volunteering **IN THE** Forest of Dean

A directory of volunteering opportunities in the Forest of Dean



2024 EDITION

## Key to Categories



Helping and supporting others



IT, web and digital



Educational or working with children and young people



Community, events and fundraising



Public-facing and sociable



Outdoors and environment



Cafes and food



Creative



Driving and transport



Administration and paperwork



Shops and retail



Organisational, management and planning



Working with animals



Practical



Health and active

## Further Information



**For further information about this booklet or local volunteering opportunities please contact Deb Cook our Volunteering Manager:**

 [volunteer@fvaf.org.uk](mailto:volunteer@fvaf.org.uk)

 01594 822073

 [www.fvaf.org.uk](http://www.fvaf.org.uk)

 Forest Voluntary Action Forum

### Find out more...



If you would like to find out more about new volunteering opportunities, training, events, and news in our

monthly Volunteering E-Newsletter, visit: <http://eepurl.com/hloNM9> or scan the QR code above.

*Every effort has been made to ensure the accuracy of information in this booklet. Please always contact the organisation before attending any volunteering activity.*

*This booklet is also available online at: [www.fvaf.org.uk](http://www.fvaf.org.uk)*

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## Welcome

**V**olunteers are the backbone of our community. Village Halls, Parish Councils, youth activities and toddler groups would not exist without them. Volunteers support our disabled, befriend our elderly and lonely, provide transport, education, and mentoring. They take care of our heritage, environment, and wildlife, pick up our litter and enhance our cultural provision. They run cafes, charity shops, activities for wellbeing, and raise crucial funds. Volunteers breathe life into hundreds of local voluntary and community organisations and bring variety to all our lives.

Many would not even think of themselves as volunteers, but here is the secret: Volunteers are rewarded for their commitment in countless ways. People tell us that they have found friendship, belonging, purpose, improved their mental wellbeing, gained new skills and experience, found employment, improved their confidence, and made a difference to their communities. Anyone can volunteer, so why not browse this guide, and join this band of local heroes?

**Forest Voluntary Action Forum (FVAF)** is the dedicated organisation who support volunteering and the voluntary and community sector in the Forest with advice, guidance, information, and training.

This booklet by no means contains all the voluntary roles that are available locally, but people can also contact FVAF to help find suitable volunteering positions, or indeed so can local organisations, groups or employers who need help with volunteering.

**Deb Cook**

*FVAF Volunteering Manager*

*"Thank you to all the amazing local volunteers who have provided the quotes for this booklet"*



# Volunteering locations

## West Forest

Whitchurch  
Cannop  
Mile End  
Bream  
Broadwell  
Coleford  
Parkend  
Sling

## East Central

Cinderford  
Drybrook  
Littledean  
Mitcheldean  
Ruardean

## North Forest

## South Forest

## East/Central Forest

## Severn Corridor

## North Forest

Malswick  
Huntley  
Newent  
Staunton & Corse  
Taynton &  
Tibberton

## South Forest

Aylburton  
Brockweir  
Sedbury  
St Briavels  
Tiddenham

## Severn Corridor

Blakeney  
Lydney  
Newnham-on-Severn



## Age UK Gloucestershire

Join us on our journey to make Gloucestershire a great county in which to grow older!

Our wonderful volunteers make an incredible difference to the lives of older people.

Assisting with applying for a Blue Badge, can help people to remain active and independent.

Or, helping people with the challenging application for Attendance Allowance, provides access to financial help to those who need support, allowing them to remain comfortable and independent at home.



For more information...

-  Location varies
-  [rsharples@ageukgloucestershire.org.uk](mailto:rsharples@ageukgloucestershire.org.uk)
-  01452 420948 / 07596 009493
-  AgeUKGloucestershire
-  [www.ageuk.org.uk/gloucestershire](http://www.ageuk.org.uk/gloucestershire)

## Artspace Cinderford






Are you passionate about helping people with their learning?

Do you have an interest in the arts?

We are looking for volunteers to assist in our inclusive arts workshops, helping people who face a range of barriers to get the most possible from each class.



For more information...

-  Cinderford
-  [opportunities@artspacecinderford.org](mailto:opportunities@artspacecinderford.org)
-  01594 825111
-  Artspacecinderford
-  [www.artspacecinderford.org/opportunities/](http://www.artspacecinderford.org/opportunities/)



## Aylburton Acorns



Aylburton Acorns is a baby and toddler group meeting on a Friday morning in Aylburton Memorial Hall. Volunteers make hot drinks, help set up the hall, welcome families and more!



An interest in craft or singing suitable for children under five is a bonus, but not essential. Safeguarding procedures will apply.



For more information...

- Aylburton, nr. Lydney.
- [cfmlydney@gmail.com](mailto:cfmlydney@gmail.com)
- 07856 679387
- Aylburton Acorns



*"Volunteering at the Forest Community Shed has instilled a level of confidence to tackle tricky, complex jobs way beyond anything I considered possible."*

Forest Community Shed Volunteer

## Biblins Youth Campsite, Woodcraft Folk



A campsite for youth groups / schools, managed by Woodcraft Folk.



On the first Friday of each month from March - October, we need volunteers to join our team carrying out site maintenance such as cutting back vegetation, painting, and helping with site developments.



Volunteers are also needed to stay on site when required, to act as wardens, staff reception, clean and act as the point of contact for visiting groups.



**Woodcraft Folk**

Education for Social Change since 1925

For more information...

- Nr. Whitchurch, HR9 6DX
- [biblins@woodcraft.org.uk](mailto:biblins@woodcraft.org.uk)
- 01600 890850
- Biblins Youth Campsite
- [www.biblins.org.uk](http://www.biblins.org.uk) or [www.woodcraft.org.uk](http://www.woodcraft.org.uk)



# Blakeney Hill Growers






We are a community smallholding who grow food together for ourselves.

We share land, costs, and the harvest; building community, skills and knowledge.

All are welcome to come and join us in the way that suits you.



For more information...

-  **Blakeney Hill**
-  **blakeneyhillgrowers@gmail.com**
-  **07815 660013**
-  **Blakeney Hill Growers**
-  **www.blakeneyhillgrowers.org.uk**



# Bream Voluntary Car Service

Our drivers are needed to transport anybody in need to medical related appointments and often to help people into buildings.

Volunteers use their own vehicle and fuel expenses are paid. Our drivers will take people all over the Forest and sometimes beyond.

Volunteers are free to choose when and how often they are available and where they are happy to travel to.



**BREAM**  
VOLUNTARY  
CAR SERVICE

For more information...

-  **Location varies**
-  **breamvcs@outlook.com**
-  **01594 845777 / 07497 435808**



*"Volunteer drivers don't realise the good they do! They allow me to get to essential appointments on time and return home, taking away the worry and making sure I am comfortable." Mrs W. – Bream Voluntary Car Service User*



## Breathe Youth



We need volunteers to join our amazing team giving 1-2 hours a week to a young person through our mentoring programme.



We provide all training and ongoing support. We run a mentoring service for boys aged 10-18; and, as a partner in Gloucestershire Mentoring Programme, for girls aged 11-24.

Mentoring provides the opportunity to make a positive difference in the life of a young person allowing them to overcome their challenges and thrive.

# Breathe

Sharing God's love with young people through what we do & say

**For more information...**

 **Cinderford, Lydney, Coleford, Bream**

 **rjulius@breatheyouth.org.uk**

 **07738 422831**

 **BreatheYouthinFOD**

 **www.breatheyouth.org.uk**

## Brockweir and Hewelsfield Village Shop



We have a shop and a cafe with various volunteer roles available including serving in the shop and café and helping at events.

We also need help with our administration and with other projects.



**For more information...**

 **Brockweir**

 **kris@bandhvillageshop.co.uk**

 **01291 689995**

 **Brockweirshop**

 **www.bandhvillageshop.co.uk**



**Brockweir & Hewelsfield**  
VILLAGE SHOP





## Building Circles

Volunteers needed to spend a few hours a month with adults who have a learning disability. This may involve meeting for coffee, bowling, a cinema trip, or heading to a pub for a drink and game of pool.

We pair people based on common interests, so that they can have fun and form fantastic friendships.

Full training given and all expenses paid.



**For more information...**



**Location varies**



**[beth@buildingcircles.org.uk](mailto:beth@buildingcircles.org.uk)**



**07763 407896**



**BuildingCirclesNew**



**[www.buildingcirclesglos.org.uk](http://www.buildingcirclesglos.org.uk)**



## Camphill Village Trust

Camphill Village Trust has a wide variety of opportunities for volunteers, supporting individuals to engage in meaningful activities within our pottery, bakery, food production, woodwork, crafts and garden day opportunities.

These are based within our two communities: Oaklands Park and Grange Village.



**For more information...**



**Nr. Newnham-on-Severn**



**[Lewis.Mudie@cvt.org.uk](mailto:Lewis.Mudie@cvt.org.uk)**



**03316 308282**



**Camphillvillagetrust**



**[www.camphillvillagetrust.org.uk](http://www.camphillvillagetrust.org.uk)**



## CANDI Unlimited



CANDI runs several groups: YouthSpace, CANDI Dance, Homework Club, Women's Space, Lunch Club, Garden Club, CANDI Café.



At our YouthSpaces, volunteers listen to young people, and help us create a vibrant, safe space for fun, friendship and learning skills.



We aim to offer a safe and welcoming environment for all, regardless of age. Please get in touch to discuss how you could volunteer.

Strategic skills are also needed to add to our management team.



**For more information...**



**Cinderford and Drybrook**



**cpc@candi.email**



**07766 118627**



**CANDI unlimited**



**www.candi.website**

## Canopy Creative Network



Creative people are needed to volunteer and help progress our goals of delivering a programme of biannual arts festivals, walks and talks across the Forest.

Our main objective is to bring together arts organisations, creative people, artists and communities to exchange and develop creative ideas, skills, and to build awareness of the diverse artistic resource locally.

We need all sorts of practical and administrative help to prepare for and manage our events.



**For more information...**



**Location varies**



**fodcreativecanopy@gmail.com**



**07793 492170**



**Stayconnectedcanopy**



**www.canopynetwork.co.uk**



## Cinderford Coffee Club

Cinderford Coffee Club meets monthly and we are always looking for volunteers.





We aim to reduce social isolation and bring the community together.

We would love your help and support.

We will ask you to do what you can and have fun and meet new people.



For more information...

-  Cinderford
-  [cinderfordcoffeeclub@gmail.com](mailto:cinderfordcoffeeclub@gmail.com)
-  07957 582340
-  Cinderford Coffee Club



*"The best bit of volunteering is seeing the smiles on peoples' faces and getting positive feedback. We all thrive on the human contact, positivity, and people sharing their time with you, it all means so much. It feels like I am part of a growing, evolving thing and it is so pleasing!"* **Steph – Cinderford Coffee Club Volunteer**

## Cinderford Grows

Cinderford Grows is a volunteer based community group, creating areas in and around Cinderford for community development.

We are striving to improve community spirit, relationships and individuals' mental health through gardening.

We are an inclusive group trying to make gardening accessible to all.



For more information...

-  Cinderford
-  [cinderfordgrows@gmail.com](mailto:cinderfordgrows@gmail.com)
-  Cinderford Grows



## Cinderford Town Council

Cinderford Town Council welcomes volunteers to assist with weeding, litter picking, seasonal bulb planting, clearing vegetation, sowing urban meadow mixes and helping with events.





We supply gloves and hand tools.

Individuals and group volunteer enquiries welcome.

Come and make a difference to our town.



**For more information...**

-  **Cinderford**
-  **clerk@cinderfordtowncouncil.gov.uk**
-  **01594 822599**
-  **www.cinderfordtowncouncil.gov.uk**

## Citizens Advice North & West Gloucestershire

Providing free, confidential, impartial advice and campaigning on big issues affecting people's lives.

Our goal is to help everyone find a way forward, whatever problem they face.

We are currently looking for Generalist Advisers and Benefit Buddies. Benefit Buddies are individuals with lived experience of claiming health related benefits who will support others through their own applications. Our Generalist Advisers cover a broad range of topics, advising on everything from housing to employment.

Full training and support provided.

**citizens  
advice**

**North & West  
Gloucestershire**

**For more information...**

-  **Cinderford**
-  **recruitment@gloscab.org.uk**  
**benefit.buddies@gloscab.org.uk**
-  **01452 527202**
-  **NWGCAB**
-  **www.gloscab.org.uk**



## Coleford Area Partnership

Our organisation was set up in 2002 and we continue to work towards the regeneration of Coleford.

We want our town to have a bright and prosperous future.

We are engaged across a range of issues that affect our communities, including education, elderly care, employment, environment and infrastructure, events, health, heritage, housing, skills, transport and youth support.

Get in touch to find out how you can help.



COLEFORD AREA PARTNERSHIP

For more information...

-  Coleford
-  [info@main-place.org.uk](mailto:info@main-place.org.uk)
-  01594 836469
-  [www.colefordareapartnership.org.uk](http://www.colefordareapartnership.org.uk)



## Coleford Welcomes Walkers

Accredited to the national Walkers are Welcome Network, our aim is to support the economic growth of Coleford through marketing it as a destination to visit and explore the wider area.

Our volunteers can be involved in helping to run the group, writing up walks, proof reading, clearing paths, and finding imaginative ways to encourage walking within the community.

We aim to be inclusive and to ensure that volunteering is safe, fun, and engaging.



For more information...

-  Coleford
-  [Hello@colefordwelcomeswalkers.co.uk](mailto:Hello@colefordwelcomeswalkers.co.uk)
-  ColefordWelcomesWalkers
-  [www.colefordwelcomeswalkers.co.uk](http://www.colefordwelcomeswalkers.co.uk)



## Crossroads Gloucestershire



Crossroads Gloucestershire is a non-profit organisation that provides support for people living with disability, people who are isolated, or for unpaid carers.

We work both in people's own homes and outside in the local community.

We need volunteers to become befrienders on a one to one basis or provide support within our social groups that run weekly.



**For more information...**



**Location varies**



**admin@crossroadsglos.org.uk**



**01594 823414**



**CrossroadsGloucestershire**



**www.crossroadsglos.org.uk**

## Dean Forest Kitchen



We are a meals on wheels service providing hot lunchtime meals to the community.



We are looking for hero volunteers who can help us deliver, serve the meals and be that friendly face our users regularly see.



**For more information...**



**Location varies**



**enquiries@deanforestkitchen.com**



**01452 649284**



**Dean Forest Kitchen**



**www.deanforestkitchen.com**



# Dean Forest Railway

The Dean Forest Railway is built, maintained and operated almost entirely by unpaid volunteer members of the Dean Forest Railway Society (DFRS).

It's thanks to the enthusiasm of our volunteers that the Dean Forest Railway exists.

If you want to help us, get in touch to find out more.



For more information...

-  Lydney
-  [volunteering@deanforestrailway.co.uk](mailto:volunteering@deanforestrailway.co.uk)
-  01594 845840
-  [Deanforestrailway](https://www.facebook.com/Deanforestrailway)
-  [www.dfrsociety.org.uk](http://www.dfrsociety.org.uk)

# Dean Heritage Centre

We are the museum for the Forest of Dean, and we tell and preserve the stories of the past for this unique place.

We need volunteers to undertake a wide range of activities, including: Front-of-House, school visits, cataloguing and researching, site maintenance and in our coffee shop.



For more information...

-  Cinderford
-  [info@deanheritagecentre.com](mailto:info@deanheritagecentre.com)
-  01594 822170
-  [Dean Heritage Centre](https://www.facebook.com/DeanHeritageCentre)
-  [www.deanheritagecentre.com](http://www.deanheritagecentre.com)



## Dean Radio



We are a station by the people for the people. We aim to bring the community together by sharing local stories, successes and events combined with the very best of great music and chat.

There's something for everybody and we welcome new volunteers as presenters, organisers, technicians, contributors and roving reporters.

Full training and support will be given.



For more information...



Cinderford



[info@deanradio.co.uk](mailto:info@deanradio.co.uk)



01594 822526



Deanradiofod



[www.deanradio.co.uk](http://www.deanradio.co.uk)

## Dean Trail Volunteers

An independent group of riders from all disciplines and backgrounds working in partnership with Forestry England to develop and maintain the official mountain bike trails in the Forest.

We are volunteers who share a passion for mountain biking and the trails we ride on.

Our aim is to create and maintain a variety of enjoyable and challenging XC and DH trails for locals and visitors alike and to positively promote mountain biking locally.



For more information...



Forest of Dean Cycle Centre, Cannop



[admin@deantrailvolunteers.org.uk](mailto:admin@deantrailvolunteers.org.uk)



Dtvolunteers



[www.deantrailvolunteers.org.uk](http://www.deantrailvolunteers.org.uk)





## Digital Hubs

Community digital champions are needed to volunteer in our Community Hubs across the Forest.

Volunteers support members of the public with basic digital needs such as using devices (phones / laptops and tablets), email use, online safety, as well as one-to-one support to help people build their skills and confidence in an increasingly digital world.

Training is provided but an interest in digital technology is needed.



For more information...

-  Forest wide
-  [community@fvaf.org.uk](mailto:community@fvaf.org.uk)
-  01594 822073
-  [www.fvaf.org.uk/digihubs](http://www.fvaf.org.uk/digihubs)
-  [www.gloucestershire-digital-hubs.co.uk](http://www.gloucestershire-digital-hubs.co.uk)

## Down to Earth Gloucestershire CIC

Volunteers maintain the planted areas in front of the Cinderford Medical Centre and are developing a large food growing area which includes veg beds, fruit, herbs, and bee-friendly flowers.

We welcome both experienced and novice gardeners to help with seed sowing, planting, weeding, watering, and composting. It's not all work – we enjoy a break mid-morning with a hot drink and, usually, delicious homemade cake.



For more information...

-  Cinderford
-  [info@downtoearthstroud.co.uk](mailto:info@downtoearthstroud.co.uk)
-  01453 700011 / 07919851669
-  Cinderford Community Garden at the Medical Centre
-  [www.downtoearthstroud.co.uk/cinderford](http://www.downtoearthstroud.co.uk/cinderford)



## Forest Community Shed



An inclusive volunteer community group, providing a social environment for wellbeing through shared creativity. You can socialise, learn new skills, and hone existing ones.



Our volunteers work alongside each other on personal projects, and help with community ones.

We have wood and metal workshops, space for hobbies and crafts, social spaces, tea/coffee, and a friendly welcome.

We need more volunteers, particularly to support the less able, and to help run workshop sessions.



**For more information...**



**Lower Lydbrook**



**deanforestshed@gmail.com**



**01594 780170**



**Forest Community Shed**



**www.forestcommunityshed.com**

## Forest Fighting Fit



We are community boxing, martial arts and fitness gym that provides mentoring and support to its members.



We always need volunteers to help with fundraising, promotion and gym maintenance.



**For more information...**



**Parkend**



**whitelotusuk@aol.com**



**07790 025743**



**Forest Fighting Fit**



## Forest of Dean Buddy Club





Providing a safe space for young adults with additional needs to meet and socialise. We have many special nights out that support local events in the Forest.

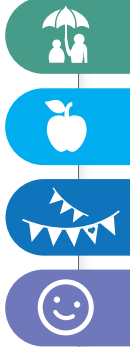
Buddy Club provides access to opportunities that many would find difficult to achieve on their own.

We are looking for fun, sociable people to come and volunteer with us. Its good fun and there's always a cuppa and something to eat to say thanks!



**For more information...**

-  **Cinderford**
-  **fodbuddyclub@gmail.com**
-  **07869 118016**
-  **Fodbuddyclub**



## Forest of Dean Buildings Preservation Trust






We work to preserve the unique built heritage of the Forest of Dean.

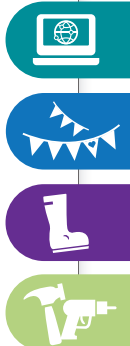
Our three ancient buildings, all of national importance, require constant maintenance: grass cutting, litter and shrub clearing.

Volunteers can also help with developing our website, working on social media, fundraising, and helping on open days.



**For more information...**

-  **Location varies**
-  **forestofdeanbpt@gmail.com**
-  **07710 175441**
-  **Forest of Dean Building Preservation Trust**
-  **www.fodbpt.org**



## Forest of Dean Community Walks



Our walks last up to an hour, take place weekly throughout the Forest and are planned to suit a range of abilities.



We are looking for both Walk Leaders (who can devise their own walks with support from us) and Assistant Leaders (who help Walk Leaders).



Training is given for both roles and we ask people to first join in one or two walks so they can see what we are about.



**For more information...**



**Location varies**



**fodcommunitywalks@outlook.com**



**01594 841964**



**Forest of Dean Community Walks**



**[www.fodcommunitywalks.wixsite.com/mysite](http://www.fodcommunitywalks.wixsite.com/mysite)**



## Forest of Dean Dementia Action Alliance



Our overarching aim is to make sure that everyone living with dementia in the district, is respected and supported to continue to enjoy living their lives, in their own community, as well as possible, for as long as possible.



We are a partnership of individuals, groups and organisations and have a range of volunteering opportunities, including fundraising, website and Facebook support, exercise buddies, dementia awareness promotion, and auditing buildings for dementia-friendly accessibility.



**DAA** Dementia Action Alliance  
**FOREST OF DEAN DISTRICT**



**For more information...**



**Location varies**



**andrew.morgan-watts@live.co.uk**



**07921 842407**



**Forest of Dean Dementia Action Alliance**



**[www.crossroadsglos.org.uk/  
dementia-action-alliance](http://www.crossroadsglos.org.uk/dementia-action-alliance)**



## Forest of Dean Lions Club



We are a friendly group of people that help local causes here in the Forest of Dean.

We raise money with events ranging from the Lions Speech House Bonfire to the Wild Boar Chase and Humbug Chase cycle challenges.

Volunteers are always needed to help with events and general activity.



For more information...

-  Lydney
-  [secretary@forestlions.org.uk](mailto:secretary@forestlions.org.uk)
-  [Forestofdeanlions](#)
-  [www.forestlions.org.uk](http://www.forestlions.org.uk)



*"With Helen, my voluntary social buddy, it is now like catching up with a old friend once a month. I'm so pleased to have this support."* **Building Circles Service User**

## Forest of Dean Parkrun





A free, fun, and friendly weekly 5km community event. It takes place every Saturday at 9am (a 2km course at 9am on Sundays for under 14s) and participants run, jog, or walk the course.

We are entirely run by volunteers and there are lots of roles available, such as setting up the course; manning the finish; or marshalling the route. You will always be supported by other volunteers.

You can be any age to help and can bring children or friends to volunteer together. Volunteer time commitment and frequency can vary to suit you.



For more information...

-  Coleford
-  [forestofdean@parkrun.com](mailto:forestofdean@parkrun.com)
-  [Forest of Dean parkrun](#)
-  [www.parkrun.org.uk/forestofdean](http://www.parkrun.org.uk/forestofdean)



## Forest of Dean Sea Cadets






We are dedicated to providing young people with valuable life-skills, team-building experiences, and a sense of adventure.

Our volunteers get to work with enthusiastic young people, helping them to develop their potential and achieve their goals.

There are many ways to get involved, from helping out with boating and water activities, to teaching cadets navigation and survival skills. No matter how you help, you'll be making a real difference to our cadets.



For more information...

-  Lydney
-  [forestofdeanscc@btinternet.com](mailto:forestofdeanscc@btinternet.com)
-  07938 192592
-  [ForestOfDeanSeaCadets](https://www.facebook.com/ForestOfDeanSeaCadets)
-  [www.sea-cadets.org/forestofdean](http://www.sea-cadets.org/forestofdean)

## Forest of Dean Youth Association

We are seeking passionate, creative people, prepared to give their time on a regular basis to support one or more local youth clubs in and around the Forest of Dean as leaders and helpers.

It's a great opportunity to make a difference to young people and to share their enthusiasm.

Youth Clubs generally take place in the evenings, so the roles would be suitable for younger volunteers or those who are busy during the day.



-  **Mitcheldean/Coleford/Blakeney**  
*(plus other possible locations)*
-  [hi.ya@fvaf.org.uk](mailto:hi.ya@fvaf.org.uk)
-  01594 822073
-  [Forest of Dean Youth Association](https://www.facebook.com/ForestofDeanYouthAssociation)
-  [www.fvaf.org.uk/forest-youth-association](http://www.fvaf.org.uk/forest-youth-association)



## Forest Pulse

A local charity supporting children and young people with disabilities.

We have lots of volunteering opportunities at our regular activities which take place during term time. These include After School Club on Wednesdays 3-6pm, Youth Club on Thursdays 7.15-9.15pm, Music on Fridays 3 - 5pm and Weekend Activity Club 10am - 3pm on alternate Saturdays.

At these sessions we have lots of fun with sensory activities, craft, sports, performing arts and more.



**For more information...**

- ✉ [activities@forestpulse.co.uk](mailto:activities@forestpulse.co.uk)
- ☎ 01594 826357
- f Forest Pulse
- 🌐 [www.forestpulse.co.uk](http://www.forestpulse.co.uk)

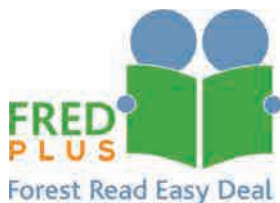


## Forest Read Easy Deal (FRED)

FRED is a volunteer led organisation and relies on volunteers to work on administration, learner recruitment and coaching.

Our coaches are professionally trained to work with people with reading difficulties on a one-to-one basis.

We provide training and support for all these roles.



**For more information...**

- 📍 Location varies
- ✉ [info@forestreadeasydeal.org.uk](mailto:info@forestreadeasydeal.org.uk)
- ☎ 07746 371353
- f Forestreadeasydeal
- 🌐 [www.forestreadeasydeal.org.uk](http://www.forestreadeasydeal.org.uk)



## Forest Riding for the Disabled



Forest RDA meets in term time on Thursday afternoons.



We provide riding lessons for children and adults with physical or mental disabilities.



Our volunteers are essential in leading and side walking our ponies and horses to enable this experience for our many users.



**For more information...**



**Tidenham**



**Carole.reader@hotmail.co.uk**



**01594 516328**



**ForestRidingfortheDisabled**



**www.forestrda.org.uk**

## Forest Road Unemployed Community Resource Centre



We are a small local charity with a networked computer suite and helpful volunteers. Our aim is to improve computer access in the local community.

We have several specific roles to be filled by volunteers including organisation, management and administration.

We are flexible and open to people who would like to learn how to be part of our organisation and have skills to offer.

**For more information...**



**Cinderford**



**admin@forestroadcentre.org.uk**



**01594 821112**



**www.forestroadcentre.org.uk**





## Forest Sensory Services






A local charity supporting those with sight and hearing impairments in their daily living by offering social classes, activities and trips.

We are looking for volunteer drivers to transport our Forest of Dean based clients from their homes

to our centre in Cinderford or to activities held within the surrounding areas. Participation in activities might also be required. Full training is provided, and mileage is paid.



### For more information...

-  Location varies
-  [support@forestsensoryservices.org](mailto:support@forestsensoryservices.org)
-  01594 827711
-  [ForestSensoryServices](https://www.facebook.com/ForestSensoryServices)
-  [www.forestsensoryservices.org](http://www.forestsensoryservices.org)



*"I thought I might learn some new skills, such as answering the phone (which I was really nervous about). I honestly wasn't sure whether I would enjoy it or not, but I knew I needed to do something. It turned out that I enjoyed it so much that I didn't want to go home!"*

**Natalie – Forest Sensory Services Volunteer**

## Forest Talk

Forest Talk is the talking newspaper for the Forest of Dean, our listeners are blind, reading or sight impaired and receive Forest Talk every week. We always need volunteer readers. If you can spare a few hours on a Saturday morning, once a month and would like to contribute to an appreciated local service, this could be for you.



### For more information...

-  Coleford
-  [volunteers@foresttalk.co.uk](mailto:volunteers@foresttalk.co.uk)
-  07563 792553
-  [Forest Talk](https://www.facebook.com/ForestTalk)
-  [www.foresttalk.co.uk](http://www.foresttalk.co.uk)



# Forestry England



We have a variety of volunteering roles available, including:

- **Ecology monitoring** - surveying for reptiles, amphibians, River-fly, butterflies and habitat.
- **Practical conservation and outdoor teams** - managing habitat for key species, bracken, and scrub clearance. This includes the Dean Green Team (who meet on a Tuesday all year round).
- **Arboretum volunteers** (the first Thursday of every month).
- **Forest Waters volunteers** (the third Thursday of every month).
- **Beaver Fence Checkers** - a rota of volunteers who regularly check the beaver enclosures perimeter fence.



- **Visitor Service Assistants** - involving helping at local recreation sites, trail inspections, litter picking, fence checking, communication with visitors and manning information points.
- **Community Litter Picks** - throughout the Forest and support for individual litter pickers to collect from their chosen FE area.
- **Active Forest** - helping events, activities and groups that might need additional support.

Volunteers must be registered with us before coming along to a session.



**For more information...**

- 📍 **Location varies**
- ✉ **[westengland@forestryengland.uk](mailto:westengland@forestryengland.uk)**
- 📞 **0300 067 4800**
- f **Forest of Dean - Forestry England**
- 📍 **[www.forestryengland.uk/the-forest-dean/volunteering-the-forest-dean/](http://www.forestryengland.uk/the-forest-dean/volunteering-the-forest-dean/)**



## Forest Upcycling Project






Our volunteering is uplifting and rewarding; challenging or basic to suit you.

There is a friendly atmosphere and we enjoy laughing whilst we work.

Our volunteers help with: delivering and collecting furniture; keeping the shop tidy; building and upcycling furniture; re-upholstering; sorting books; gardening and more!



For more information...

-  **Cinderford**
-  **forestupcyclingproject@gmail.com**
-  **01594 368240**
-  **Forest Upcycling Project**
-  **www.forestupcyclingproject.com**



## Friends of Scarr Bandstand






A community outdoor performance space run by Friends of Scarr Bandstand.

We run a programme of music and theatre each summer and are keen to expand our friendly committee and team.

Help is needed all year round with accounts, planning, and funding. We also need help with each of our fantastic summer events - a terrific way to enjoy the occasion, whilst helping everyone have fun!



For more information...

-  **Sling**
-  **secretary@scarrbandstand.co.uk**
-  **01594 810966**
-  **Scarr Bandstand**
-  **www.scarrbandstand.co.uk**



# Forest Voluntary Action Forum



We like to involve volunteers in various aspects of our work supporting the voluntary and community sector locally.

We offer a variety of roles based at the new Ow Bist – Forest Community Space in Cinderford.

Volunteers can get involved in administrative roles; front of house welcoming visitors to the centre; distributing leaflets and publications; driving our Community Engagement Vehicle and helping with outreach sessions across the district.



## For more information...

-  Cinderford / Forest wide
-  [volunteer@fvaf.org.uk](mailto:volunteer@fvaf.org.uk)
-  01594 822073
-  Forest Voluntary Action Forum
-  [www.fvaf.org.uk](http://www.fvaf.org.uk)



## Friends of Worcester Walk





A small conservation group who care for approximately nine acres of FE land within two fields.

This comprises a wood pasture oak field with both old and newly planted hedges, and a wildflower meadow with a pond and fruit trees.

We do what is needed on a seasonal basis, including bashing bracken; trimming or laying hedges; removing Himalayan Balsam and excess bramble; scything in the summer; Wassail in the winter!



**For more information...**

-  **Nr. Mile End, GL16 7DF**
-  **[melanie.getgood@gmail.com](mailto:melanie.getgood@gmail.com)**
-  **01594 835005**
-  **Friends of Worcester Walk**



## Girlguiding - Forest North and Forest South Divisions

We need your support. Volunteer with Girlguiding in The Forest of Dean to make a difference to girls' lives.

Our volunteers meet new people, gain skills and help provide fun and friendship for girls and young women.



**For more information...**

-  **Location varies**
-  **[forests@girlguidingglos.org.uk](mailto:forests@girlguidingglos.org.uk)**
-  **0800 169 5901 / 07586 068468**
-  **Girlguiding Forest of Dean South Division**
-  **[www.girlguiding.org.uk](http://www.girlguiding.org.uk)**



## Gloucester Adaptive Ski Club



The Club is based in Gloucester, UK. Our aim is to help disabled skiers enjoy the thrill of skilling and to offer learning and coaching in adaptive snow-sports.



We have positions for skiing and non-skiing volunteers. We operate one Sunday each month, spread over three sessions.



We offer tasters, teaching, coaching, guiding, and support to the disabled community and are flexible in our approach and attendance.



**For more information...**

-  **Gloucester Ski & Snowboard Centre**
-  **gloucesteradaptiveski@gmail.com**
-  **07977 539945**
-  **[www.govolunteerglos.org/o/Gloucester-Adaptive-Ski-Club](http://www.govolunteerglos.org/o/Gloucester-Adaptive-Ski-Club)**

## Gloucestershire Carers Hub



Gloucestershire Carers Hub provides services for anyone who is a Carer or supporting another person. We support Carers and make sure they have time for themselves.








Volunteers play an essential role in our organisation and work in a variety of roles such as awareness-raising at local hospitals, helping at events and befriending Carers.



We also need local volunteers to deliver monthly online craft sessions, support empowerment sessions and work in a Carers café.



**For more information...**

-  **Location varies**
-  **zoe.warner@peopleplus.co.uk**
-  **0300 111 9000**
-  **Gloucestershire Carers Hub**
-  **[www.gloucestershirecarershub.co.uk](http://www.gloucestershirecarershub.co.uk)**



# Gloucestershire Naturalists' Society

GNS is a natural history recording society that collects data about our county's wildlife, supplies data to the local records centre and produces publications about the natural history of Gloucestershire.

We are run solely by volunteers, and we always need volunteers to help run the society, and to take part in biodiversity surveys and monitoring activities.



**For more information...**

-  **Location varies**
-  **membership@glosnats.org**
-  **01531 820166**
-  **Gloucestershire Naturalists' Society**
-  **www.glosnats.org**



*"It's been a privilege getting up close to birds of prey in the forest, and I've learnt so much from our knowledgeable ringers, and the others in the group. I intend to continue climbing those trees for as long as I can!"* **Gloucestershire Raptors Monitoring Group Volunteer**

# Gloucestershire Raptor Monitoring Group

We are looking for Qualified Tree Climbers (CS38 or equivalent) to volunteer with us in spring and summer in Gloucestershire to assist us with ringing raptor young.

We are a friendly group and all bird handling training will be provided.



**For more information...**

-  **Location varies**
-  **glosraptors@gmail.com**
-  **www.glosraptors.co.uk**



# Gloucestershire Toads on Roads



Each year during February and March 'Toad Patrollers' save hundreds of amphibians from fatalities on local roads.



Primarily, we rescue toads, but there is a good chance of helping frogs and newts as well.



Our patrols happen across Gloucestershire, during wet and warm evenings, when it is most likely that toads will be starting to migrate to their breeding ponds.



Our volunteers arm themselves with a bucket and head torch, and look out for toads at an assigned local crossing.

**GLOS**



**Toads on Roads**

For more information...



Location varies.



[glos.toads@gmail.com](mailto:glos.toads@gmail.com)



GloucToR



[www.gloucestershirewildlifetrust.co.uk/toads-on-roads](http://www.gloucestershirewildlifetrust.co.uk/toads-on-roads)

*"The experience of volunteering is rewarding and cathartic. It is satisfying to see a tangible difference being made and know you helped to achieve it. Volunteering allows you to meet people who you would never had known before and creates a sense of camaraderie among you. Seeing and hearing people comment on the benefits of the work that you helped achieve is extremely rewarding."*

Coleford Welcomes Walkers Volunteer

**Some more quotes from local volunteers...**

*"Before volunteering, I had been at a stage where anxiety was really controlling me, I was in such a bad place and I didn't feel like a normal person. The biggest thing I have gained is confidence.*

*Learning to do varied tasks, gaining a deep understanding of the needs of users and undertaking training has given me a wider range of skills, but it's also given me a new level of belief in my own abilities."*

Natalie – Forest Sensory Services Volunteer





## Gloucestershire Wildlife Trust

Our mission is a simple one – to value nature. Our ambition is to preserve, recreate and reconnect Gloucestershire's wild places.

We have an amazing team of volunteers supporting and aiding our work, from outdoor practical conservation, to supporting at events, and even championing wildlife in the community.

If you are looking to support local wildlife, volunteering with us could be for you! You'll meet like-minded people, get out into nature and improve your well-being.



**Gloucestershire**  
Wildlife Trust

For more information...



Location varies



[volunteering@gloucestershirowildlifetrust.co.uk](mailto:volunteering@gloucestershirowildlifetrust.co.uk)



01452 383333



Gloswildlife



[www.gloucestershirowildlifetrust.co.uk](http://www.gloucestershirowildlifetrust.co.uk)



## Goals Beyond Grass

We need volunteers to help with our inclusive sporting opportunities locally including cycling, pan football, powerchair football and powerchair hockey.

It's a rewarding experience and a lot of fun for those involved!



**GOALSBEYONDGRASS**

For more information...



Location varies



[info@goalsbeyondgrass.co.uk](mailto:info@goalsbeyondgrass.co.uk)



01452 245771 / 07907 113145



GoalsBeyondGrass



[www.goalsbeyondgrass.co.uk](http://www.goalsbeyondgrass.co.uk)



## Great Oaks Hospice Charity Shops



Our charity shops help to support Great Oaks Hospice to deliver valuable care into our community.



By volunteering with us, you can help make a difference! We need the skills you already have, and we'll help you learn new ones.



Roles include processing stock, customer service, merchandising shop floor, driving the van and much more.



### For more information...



Coleford, Lydney, Newent, Cinderford, Mitcheldean



[pauline.fosbery@great-oaks.org.uk](mailto:pauline.fosbery@great-oaks.org.uk)



07736956025 / 01594 811910



Great-oaks Charity Retail



[www.great-oaks.org.uk](http://www.great-oaks.org.uk)

## Great Western Air Ambulance Charity



Join our welcoming team of volunteers at our new charity shop! Roles include serving customers; using the till; sorting and pricing; creating displays; keeping the shop organised; spreading awareness of our work.



Ground Crew volunteers are also always needed:



servicing collection tins, representing GWAAC at events, giving talks to local groups, and assisting with bucket collections or administration.



### For more information...



Cinderford and Forest-wide



[ursula.sullivan@gwaac.com](mailto:ursula.sullivan@gwaac.com)



0303 4444 999



GreatWesternAirAmbulanceCharity



[www.greatwesternairambulance.com](http://www.greatwesternairambulance.com)



## Healthwatch Gloucestershire

Healthwatch Gloucestershire (HWG) is the county's independent health and social care champion.

We are seeking volunteers in local communities to promote HWG, to listen to people's experiences of using the services and to feed this back to us.

These anonymous views will then be shared with the decision-making organisations, so together we can make a real difference.



For more information...

- Location varies
- [volunteering@healthwatchgloucestershire.co.uk](mailto:volunteering@healthwatchgloucestershire.co.uk)
- 01452 504989
- Healthwatch Gloucestershire
- [www.healthwatchgloucestershire.co.uk](http://www.healthwatchgloucestershire.co.uk)



## Heart Heroes

We offer support to over 2000 families with children affected by heart conditions, ensuring that no family has to face their difficult journey alone.

Our support programme includes transport to hospital appointments, social events, professional counselling, and a diverse range of activities for children, designed to celebrate abilities not disabilities.

We need willing volunteers to help support our local hub in Gloucester, helping to serve refreshments, talk with parents, interact with the children, and assist with activities.



For more information...

- Gloucester
- [hello@heartheroes.co.uk](mailto:hello@heartheroes.co.uk)
- 07951 835360
- Heartheroesglos
- [www.heartheroes.co.uk](http://www.heartheroes.co.uk)







## Herefordshire & Gloucestershire Canal Trust

Our volunteer run organisation is restoring the canal from Hereford to Gloucester.

We need volunteers to help promote the canal, support the running of the H&GCT and attend our on site activities at our regular site working days along the canal corridor from Oxenhall to Over.



For more information...

-  Location varies
-  [information@h-g-canal.org.uk](mailto:information@h-g-canal.org.uk)
-  Hgcanaltrust
-  [www.h-g-canal.org.uk](http://www.h-g-canal.org.uk)

*"Volunteering has been great for improving my confidence in getting out there and applying for jobs. I feel like it has been a way of taking me out of the haze of parenthood and doing something external which is useful and benefiting other people."* **Hannah - Homestart Volunteer**

## Home Start NW Gloucestershire

Home Start NW Gloucestershire provides practical and emotional support to families with a child of under five who are experiencing challenges.

Our trained volunteers visit families in their homes for two-three hours each week.

As a Home Start volunteer you can make a big difference to the lives of children in your community. All we ask is that our volunteers have some parenting experience and a passion to help families.



For more information...

-  Location varies
-  [enquiries@homestartnwglos.org.uk](mailto:enquiries@homestartnwglos.org.uk)
-  07584 472025
-  Home Start North and West Gloucestershire
-  [www.homestartnwglos.org.uk](http://www.homestartnwglos.org.uk)



## Honour Thy Woman Group

We support women and those who identify as women against domestic abuse. We offer 1-2-1 support and also wellbeing activities.






We are always on the look out for volunteers who can help in either area. Full training is provided with great perks.

We pay for expenses including childcare if needed.



HONOUR THY WOMAN GROUP

**For more information...**

-  **Location varies**
-  **Samantha.francis@honourthywomangroup.org**
-  **07506 799412**
-  **HTWG21**
-  **www.honourthywomangroup.org**

## Litter Picking Hubs

Forest of Dean District Council supports people to litter-pick through local hubs. They loan out litter-picking equipment, provide refuse bags and give advice on health and safety, risk assessment and disposing of waste correctly.

The hubs are delivered by participating Town and Parish Councils, including: Cinderford, Corse, Hartpury, Littledean, Newland, Newnham-on-Severn, Pauntley, Staunton (North), Tidenham, West Dean, Westbury-on-Severn, Lydbrook, Bromsberrow, and Redmarley.

Contact your Town or Parish Council if listed, or if you live elsewhere, contact FODDC.



**For more information...**

-  **Location varies**
-  **contracts@publicagroup.uk**
-  **01594 810000**



## Lunch at The Hall



Lunch at The Hall is a much-enjoyed service to the local community providing companionship for the older residents of Tibberton, Taynton and surrounding parishes.



We meet on the last Thursday of each month to serve a delicious home-cooked three-course meal, followed by coffee and chocolates, all at a reasonable price.



If you have a couple of hours to spare once a month, maybe you could join our amazing team of volunteers?



**For more information...**



**Taynton**



**hal22@btinternet.com**



**01452 790733**



**[www.tibberton-gloucestershire.org.uk/about-tibberton/lunch-at-the-hall-club](http://www.tibberton-gloucestershire.org.uk/about-tibberton/lunch-at-the-hall-club)**

## Lydcare



Lydcare requires voluntary drivers to join our community transport team which covers Lydbrook to Micheldean and surrounding areas.



We provide transport for medical and social appointments and our drivers take great pride in delivering an "armchair to armchair" service.



Drivers give their time and receive mileage payments for their motoring expenses. We can match your availability.



This is a rewarding role with an opportunity to make a valued contribution to the local community.



**For more information...**



**Location varies**



**richard@gamber.co.uk**



**01594 860143**



**[www.lydcare.org](http://www.lydcare.org)**



## Lydney Community Centre

We are a community centre, providing rooms for hire for community groups, run entirely by volunteers.

Depending on your skills and interests, volunteers can cover office duty, cover for our cleaner during holiday periods, organising fundraising events, or open up and close the centre for parties at weekends.

There are also regular administrative and maintenance tasks that we would love volunteers to help with.



**For more information...**

-  **Lydney**
-  **lydneycommunitycentre@outlook.com**
-  **07504 565153**
-  **Lydney Community Centre**
-  **www.lydneycommunitycentre.co.uk**

## Lydney Dial-a-Ride

Lydney Dial a Ride is a Community Transport Charity that enables people to remain active in their communities, ensuring they can attend medical appointments, social events and go shopping.






We use a fleet of wheelchair accessible minibuses and cover all of the Southern Forest of Dean.

We are always looking for volunteer drivers to join our friendly team.



**LYDNEY  
DIAL-A-RIDE**

**For more information...**

-  **Lydney**
-  **louise@lydneydialaride.co.uk**
-  **01594 843809**
-  **Lydneydialaride**
-  **www.lydneydialaride.co.uk**



# Macmillan Cancer Support



We do whatever it takes to support people with cancer - emotionally, physically and financially. Join our Macmillan Buddies service and help make sure people living with cancer in the Forest of Dean, get the support they need.



**MACMILLAN.**  
CANCER SUPPORT

For more information...



Location varies



[VSWales&SouthWest@macmillan.org.uk](mailto:VSWales&SouthWest@macmillan.org.uk)



07518 902659



Macmillancancer



[www.macmillan.org.uk](http://www.macmillan.org.uk)



*"The best thing about being a buddy is that once a week for a couple of hours I chat with, laugh with and share experiences of life with a brave, determined woman. What's not to like?"* **Linny, Macmillan Buddy Volunteer**

## Mindsong



We welcome new volunteers to come and sing both with residents in a care home setting, and with people still living at home in our community Sing 2 Remember groups.



We offer training and ongoing support for these enjoyable volunteering roles.

It is therapeutic and provides friendship and hope to those living with dementia and their families.

**mindson**  
music for dementia

For more information...



Location varies



[kate.hicksbeach@mindsong.org.uk](mailto:kate.hicksbeach@mindsong.org.uk)



07786 065192



Mindsongmusic4dementia



[www.mindsong.org.uk](http://www.mindsong.org.uk)





## Mitcheldean Community Library

As a community-run library since 2012, we are always pleased to welcome new volunteers to the team.

Whether issuing books behind the counter, becoming a member of the board, or helping out with other vital tasks behind the scenes – all our volunteers are greatly appreciated!



For more information...

- 📍 **Mitcheldean**
- ✉ **gl17library@hotmail.co.uk**
- ☎ **01594 544164**
- 📘 **Mitcheldean Library**
- 🌐 **www.gl17hub.org**



## New Start Cat Rescue

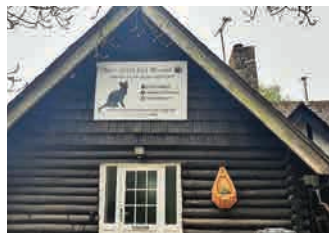
We aim to rescue unwanted and abandoned cats and kittens, domestic and feral and, where we can, to find them new homes.

There are lots of ways to get involved: fostering, cleaning, homing, home checking, fundraising.

Our volunteer coordinator will get back to you to find out how you would like to help.

Seeing a cat or kitten go to a new home, where you know they will be loved, is a great feeling.

Many of our volunteers have made great friends through working together.



For more information...

- 📍 **Huntley**
- ✉ **newstartcatrescue@gmail.com**
- ☎ **07510 134805**
- 📘 **New Start Cat Rescue Charity**
- 🌐 **www.newstartcatrescue.org.uk**



# Newent Association for the Disabled



Sheppard House is a day centre where people of all ages can come to take part in a wide range of activities, avail themselves of the therapeutic facilities on offer, and be well looked after, fed, and cared for from 10am - 3.30pm, up to four days per week.



We very much rely on volunteers who are a great addition to all of the activities within Sheppard House and our Charity Shop based in Newent Town Centre.



## For more information...



Newent



[lyndon.biddle@newentbb.co.uk](mailto:lyndon.biddle@newentbb.co.uk)



01531 821227



Newent Association for the Disabled



[www.sheppardhouse.co.uk](http://www.sheppardhouse.co.uk)

# Newent Initiative Trust



Our aim is to make Newent and surrounding areas a better place to live, work and visit. We need volunteers to support in either our Community Café or our Youth Club.



We engage with people of all ages and backgrounds, help with their problems and provide a café service to all.



A willingness to listen is all that is required. Ability to cook would be useful.



We are flexible and provide all training.



## For more information...



Newent



[newentcc@gmail.com](mailto:newentcc@gmail.com)



07581 312585



ChilloutNewent



[www.newentinitiativetrust.co.uk](http://www.newentinitiativetrust.co.uk)




## Newent Town AFC

Newent Town Football Club are always looking for volunteers.

Our friendly team help with a variety of tasks such as working on pitch and ground maintenance, stewarding, serving food, working in the bar, and selling tickets.



For more information...

-  Malswick, Newent
-  [phil@calendarlady.co.uk](mailto:phil@calendarlady.co.uk)
-  07903 965 844
-  Newent Town AFC
-  [www.newenttownafc.co.uk](http://www.newenttownafc.co.uk)



## Nightstop Gloucestershire

We facilitate emergency night-by-night accommodation for 16-25 year olds through volunteers.

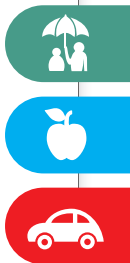
We need people who have a spare room and can host a young person for even just one night. All young people are low risk, and go through risk assessments and probation checks.

We also need volunteer drivers who can take young people to hosts' homes. All our volunteers receive full training, and 24/7 on call support.



For more information...

-  Location varies
-  [volunteering@glosns.uk](mailto:volunteering@glosns.uk)
-  01452 331330
-  Gloucestershire Nightstop
-  [www.gloucestershirenightstop.org.uk/get-involved/volunteering](http://www.gloucestershirenightstop.org.uk/get-involved/volunteering)



## Orchard Trust



We believe that everyone can lead a fulfilling and fun life. We have cared for people with disabilities with warmth and compassion since 1989, supporting them to live the life they choose.

Our Day Service Centre is fully equipped to offer high quality activities and therapeutic facilities in a beautiful rural location.

Volunteers are needed to help support people with activities, help maintain our allotment and aid the upkeep of our sensory garden.



For more information...



Lydbrook



[admin@orchard-trust.org.uk](mailto:admin@orchard-trust.org.uk)



01594 861137



Orchardtrust



[www.orchard-trust.org.uk](http://www.orchard-trust.org.uk)

## Parkinson's UK



Parkinson's UK supports anyone affected by Parkinson's, whether an individual, family member or friend.

We are always looking for people to help with an occasional social group in the Forest of Dean, providing a warm welcome to people coming along for a coffee and a chat.



For more information...



Littledean



[jhenderson@parkinsons.org.uk](mailto:jhenderson@parkinsons.org.uk)



0344 225 3694



Parkinson's UK



[www.parkinsons.org.uk](http://www.parkinsons.org.uk)



## Rotary Club of the Royal Forest of Dean

One of 46,000 Rotary Clubs, supporting 1.4 million members globally, doing humanitarian work.

We put on three running races each year, which raise funds for local charities. Volunteer help with these is particularly welcome.

Rotary membership can help develop leadership, public speaking, social, business, and vocational skills. That's why so many organisations actively encourage employees to join and to get involved in our friendly, active and purposeful organisation that believes in giving something back to society.



For more information...

-  Coleford
-  [secretary@rotary-rfod.org.uk](mailto:secretary@rotary-rfod.org.uk)
-  07432 604492
-  Rotary Club of the Royal Forest of Dean
-  [www.rotary-rfod.org.uk](http://www.rotary-rfod.org.uk)

## Ruardean Woodside Lunch Club




We are a friendly lunch club for the over-60s that meets once a month for food, friendship and fun.

We serve a delicious two-course meal with a bar and tea or coffee.

Volunteers are always needed to help serve hot drinks, wash up and chat with our lovely diners.



For more information...

-  Ruardean
-  01594 543163
-  Ruardean Woodside Lunch Club



## Salvation Army, Forest of Dean







Volunteers are required to support a wide range of activities and projects: From befriending those who call in to use our services; sorting food and clothing for the Food Share drop-ins; preparing food in our café; or working in our gardens across three venues to produce food for the community.

There are occasionally vacancies to work with the animals at our Social Care Farm in Ruardean as well.



### For more information...

-  Littledean, Broadwell, Ruardean
-  [vivienne.prescott@salvationarmy.org.uk](mailto:vivienne.prescott@salvationarmy.org.uk)
-  01594 839106 (Broadwell)  
01594 829963 (Littledean)
-  The Salvation Army, Forest of Dean
-  [www.salvationarmy.org.uk/forest-dean](http://www.salvationarmy.org.uk/forest-dean)

## Samaritans, Gloucester and District



Samaritans mission is that fewer people die by suicide. We provide a 24 hour service to listen to people who are emotionally distressed.

We don't give advice, we just listen. Shifts are 3 or 4 hours long and excellent training, mentoring and ongoing support is given.

Our expectation is that volunteers will do 6 shifts in every 6 weeks, one of those at a weekend and one during a night.



### For more information...

-  Gloucester
-  [gloucester.director@samaritans.org](mailto:gloucester.director@samaritans.org)
-  07976 419174
-  Samaritans
-  [www.samaritans.org/volunteering](http://www.samaritans.org/volunteering)



## Scouts

Scouting actively engages and supports young people in their personal development, empowering them to make a positive contribution to society.

As volunteers in Scouts, we're proud to help young people step up, speak up, dream big and gain the skills they need for life. At Scouts we celebrate difference and welcome everyone. Whatever your background, identity or ability, there's a volunteer spot with your name on it!



### For more information...

-  Location varies
-  [info.centre@scouts.org.uk](mailto:info.centre@scouts.org.uk)
-  0345 300 1818
-  Forest of Dean Scouts
-  [www.scouts.org.uk/volunteer/volunteering-with-scouts](http://www.scouts.org.uk/volunteer/volunteering-with-scouts)



## Sedbury Space





We are a not-for-profit community group, made up of local residents who have come together to develop a community space to encourage community participation and well-being.

Most of our activities are run and staffed by volunteers, including planning and organising, serving refreshments, listening, and befriending.

We also have opportunities for either regular or occasional commitments, from baking cakes, DIY, or cleaning, to admin, youth work or serving on the committee.



### For more information...

-  Sedbury
-  [managersedburyspace@gmail.com](mailto:managersedburyspace@gmail.com)
-  Sedbury Space
-  [www.sedburyspace.org.uk](http://www.sedburyspace.org.uk)



# Shalom Network



We are a small charity with a Christian ethos supporting individuals with additional needs and their families.



Our volunteers work alongside adults with additional needs in various activities. Online evening sessions are also offered.



We also need drivers to transport our members to the activities. Training and support will be provided.



**The Shalom Network**



Charity No: 1195375

**For more information...**



**Location varies**



**information@theshalomnetwork.org.uk**



**07375 395036**



**The Shalom Network**



**www.theshalomnetwork.org.uk**



# ShelterBox

We work globally with people who have been driven from their homes by conflict or catastrophic events. By providing basic items, we give people a safe, private space to begin to re-build their lives.

We need volunteers to be the voice of ShelterBox communities, meeting people and making connections locally. It is a flexible role, to fit around your skills and time commitment.



**For more information...**



**Location varies**



**volunteering@shelterbox.org**



**01872 302715**



**ShelterBox**



**www.shelterbox.org**





## Sixteen Community Cafe

We are a friendly cafe that requires volunteers for front of house and kitchen work.

We are a supportive organisation and are committed to helping people of mixed abilities to gain experience and prepare for employment.



For more information...

-  **Coleford**
-  **wozencroftsally6@gmail.com**
-  **01594 835954**
-  **Sixteencommunitycafe**
-  **www.16cafe.co.uk**



## SkillZONE

We are looking for volunteer guides aged 18 and over to show school children around the indoor safety village and deliver our safety education messages.

If you can spare 2.5 hours per month, we would love to hear from you.

Full training and support provided to help you feel confident. You will meet new people, have fun and make a real difference in the community.



For more information...

-  **Gloucester**
-  **skillzone@glosfire.gov.uk**
-  **01452 834150**
-  **SkillZONE**
-  **www.skillzone.glosfire.gov.uk**



## Staunton & Corse Community Hub






We are a not-for-profit, volunteer run, community resource based at The Swan pub in Staunton.

We run as a licenced cafe with a range of weekly activities and social events on Friday and Saturday evenings. We welcome volunteers to help with front of house and in the kitchen.

Volunteers can also help behind the scenes by joining our committee or helping with IT / social media. Full training is provided.



**For more information...**

-  **Staunton**
-  **theswancommunitygroup@gmail.com**
-  **01452 840323**
-  **Staunton & Corse Community Hub**
-  **www.theswancommunityhub.co.uk**

## Taurus Crafts (Camphill Village Trust)

A vibrant visitor centre near Lydney. We welcome volunteers who would like to support us in the wide range of activities that take place across our site.

If you have a passion or previous experience and can regularly commit some time with us, we would love to hear from you.

It may involve maintaining our sensory garden, setting up for events, creative activities, or working alongside our trainees.



**For more information...**

-  **Lydney**
-  **skills@cvt.org.uk**
-  **01594 844841**
-  **Taurus Crafts**
-  **www.camphillvillagetrust.org.uk/shops-cafes/taurus-crafts**



## The Forest Bee

The Forest Bee is a free brochure, complemented by a website, created to help share information about the numerous and wonderful courses, workshops, groups, activities and one-to-one learning opportunities and services available to us here in the Forest.

We need volunteers to deliver brochures to businesses, shops, schools, leisure centres etc. in their area only three times per year.

We also need volunteers with web / IT skills and individuals to join our management committee.



### For more information...

-  Location varies
-  [info@theforestbee.co.uk](mailto:info@theforestbee.co.uk)
-  01594 842570
-  Theforestbee
-  [www.theforestbee.co.uk](http://www.theforestbee.co.uk)



## The Forest Foodbank

Operating since 2013, we provide food and support for those in crisis and have helped more than 30,000 people across the Forest of Dean.




Volunteers are the driving force behind food banks and there are lots of ways to get involved.

You could be handing out food parcels, stocking the warehouse or completing some admin tasks.

Whatever role you choose, you will make a real difference to the life of someone in need.



### For more information...

-  Location varies
-  [info@theforest.foodbank.org.uk](mailto:info@theforest.foodbank.org.uk)
-  07775 265263
-  The Forest Foodbank
-  [www.theforest.foodbank.org.uk](http://www.theforest.foodbank.org.uk)







# The George Community Hub

We are a place for everyone to meet, eat, enjoy shared activities, each other's company and learn together. At our centre is the Community Cafe, alongside which are a bakery, community kitchen, meeting and activity rooms.

There will be opportunities to volunteer in many capacities, whether your abilities lie in the kitchen, building or garden maintenance, hospitality or helping organise events.



**For more information...**

-  **Newnham**
-  **renewnham@gmail.com**
-  **01594 516287**
-  **The George, Newnham**
-  **[www.thegeorgeatnewnham.co.uk](http://www.thegeorgeatnewnham.co.uk)**

# The Newent and District Men's Shed





We are a charitable CIO and welcome members from age 50, retired / semi retired.

Our aim is to alleviate loneliness in men (but not exclusively men) who miss the camaraderie of the work space, by providing a safe place to share skills, sit, chat, drink tea or coffee, making and mending things for the local community.

We also welcome help with some of the 'behind the scenes' administrative jobs for our organisation.



**For more information...**

-  **Newent**
-  **thenewenthed@gmail.com**
-  **07808 116898**
-  **Newent and District Men's Shed**



## The Pantry

The Pantry is a community-owned general store in St Briavels. We are always looking for volunteers to help staff the shop and do pick-ups or deliveries. You can choose hours to suit and will not be expected to work alone. Training and support will be given.

The atmosphere is friendly and it's a great way to meet new people and be part of a popular community venture.



For more information...

-  **St Briavels**
-  **stbvcommunityshop@gmail.com**
-  **01594 530 740**
-  **Thepantrystbriavels**
-  **www.stbriavelspantry.co.uk**



## The Recycling Shop CIC






A place like no other, from handbags to skis, books to building materials, everything is welcome! We take donated items, often not in 'perfect' condition and sell, use or recycle.

We use any money we make to create jobs, and impact the community to make the world a little bit more lovely.

Volunteering can be anything, from upcycling furniture, helping run courses or sorting donations. We offer training and experience and a lot of laughs!



For more information...

-  **Newent**
-  **the-recycling-shop@outlook.com**
-  **07518 351741**
-  **Therecyclingshop**
-  **www.therecyclingshopcic-community.uk**



## TIC+ (Teens In Crisis)



TIC+ reaches hundreds of children and young people every year as well as offering support and advice to parents, carers and training for professionals.



We aim to ensure that every young person has easy, prompt, independent access to support, appropriate to their needs.

We need volunteer help with admin, presentations and fundraising events locally and around Gloucestershire (charity runs/cake bakes/plant sales/coffee mornings).



### For more information...



**Mitcheldean**



**admin@ticplus.org.uk**



**01594 372777**



**Teensincrisis1**



**www.ticplus.org.uk**

## Tom Roberts Adventure Centre Ltd



A Christian Adventure Centre, providing opportunities to engage in indoor / outdoor activities in an inclusive, safe environment. Everything at TRAC has been designed and built by our volunteers.



We need helpers at every level, from labouring, decorating, maintenance and gardening through to administration, electrical and mechanical support, project management, building new facilities and planning future developments.



Volunteering with us is a rewarding opportunity to use your skills or develop new ones.



### For more information...



**Newent**



**comp.sec@tracnewent.org**



**07784 387194**



**TRAC-Tom Roberts Adventure Centre**



**www.tracnewent.org.uk**

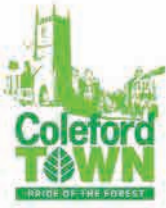


## Tourist Information Centre

Volunteers are welcome to join our friendly team, helping visitors to make the most of our wonderful local area by advising on walks, what's on, attractions and activities.

Volunteers need to have excellent customer care skills, be IT literate and committed to volunteering. Sessions are for 2½ hours either regularly or as cover.

Our training starts with 1:1 induction and is followed with ongoing peer support.



For more information...

-  **Coleford**
-  **info@colefordtown.net**
-  **01594 837135**
-  **www.colefordtown.net**

## Two's Company Linking Lives Forest of Dean


Our aim is to combat loneliness within the Forest through befriending. Run through Bream church, and affiliated to Linking Lives UK, a national Christian charity, it offers friendship to all.

Those needing companionship are matched with a volunteer befriender who then visits weekly or fortnightly. Our befrienders offer a minimum of 2 hours a week or fortnight.

Training and DBS check is provided for volunteers as well as ongoing support by the scheme co-ordinator.



For more information...

-  **Location varies**
-  **linkinglivesfod@breamchurch.org.uk**
-  **01452 762850**
-  **St.James'ChurchBream**
-  **www.breamchurch.org.uk**



## Victoria Centre



We open three days a week, Tuesday, Wednesday and Thursday, to provide a home cooked two-course meal for the elderly and people with disabilities. It is a place for people to meet up, socialise enjoy some music, laughter and generally have a good time.



Our aim is to prevent social exclusion by providing a warm, friendly and inviting atmosphere.



We always welcome volunteers to help with the day-to-day running and to join our trustees.



For more information...



Lydney



[glynderhal@yahoo.co.uk](mailto:glynderhal@yahoo.co.uk)



01594 843418



The Victoria Centre Lydney



[www.victoriacentre.uk](http://www.victoriacentre.uk)

## WEA



We continue to empower adults by bringing teaching to local communities through a variety of subjects.



Volunteers are vital to supporting the growth of adult education locally.



Opportunities include: community outreach promoting adult learning and classroom support.



For more information...



Location varies



[weagloucestershire@wea.ac.uk](mailto:weagloucestershire@wea.ac.uk)



07825 034625



WEA Gloucestershire



[www.wea.org.uk](http://www.wea.org.uk)










## West Dean Centre

West Dean Civil Parish covers half of the forested area of the Dean and includes many of the old working areas of the Forest and several villages.

We always need volunteers to support Parish Council projects, such as community orchards, community gardens, and Bream Warm Café.



For more information...

-  **Bream**
-  **deputyclerk@westdeanpc.org.uk**
-  **01594 564484**
-  **west dean parish council**
-  **www.westdeanpc.org.uk**



*"Volunteering and making a life changing difference to someone in need brings great joy and comfort."* Anne - Linking Lives Volunteer

## Wye Valley Music

Come and join us in putting on ten chamber music concerts a year and in running two dynamic outreach programmes: one bringing music into local primary schools and the other using music to work with people living with dementia and their carers.

You don't have to be a musician or classical music buff. IT, finance and PR skills are always welcome as are enthusiasts of any sort who like what we're doing and want to support it.



For more information...

-  **Location varies**
-  **info@weyvalleymusic.org.uk**
-  **01291 330020**
-  **Wye Valley Music**
-  **www.weyvalleymusic.org.uk**



# Wyldwood Arts



We deliver community arts projects that make it easy and fun for everyone in the Forest to get creative.

We're always looking for enthusiastic, creative people who share our values, to join the Wyldwood Arts team.

From performances to poetry, gardening and cooking, we have a range of volunteer opportunities available year round, supporting local projects.



**WYLDWOOD**  
ARTS

**For more information...**



**Location varies**



**hello@wyldwoodarts.co.uk**



**07519 936665**



**WyldwoodArts**



**www.wyldwoodarts.co.uk**

*"I do enjoy all parts of my volunteering with the Scouts, I'm keen to do the administrative side of it because I know that it is essential to make it happen for the children. The kids are the heart of it and why the movement exists. I get out and see them enjoying themselves as much as I can, which keeps me in touch with why I do it."*

**Neal – Forest of Dean Scout Association Volunteer**

*"It involves a lot! Timing, getting the bands on and off, Health & Safety. It's quite lively and always enjoyable!"*

**Coleford Music Festival Volunteer**

**Some  
more quotes  
from local  
volunteers...**

*"I have learnt so much from my fellow volunteers and the feeling of camaraderie and banter amongst my peers makes this the most enjoyable voluntary experience I have had."*

**Paul - Skillzone Volunteer**

*"When I arrived for my first volunteer session as a porter at Norchard, I had absolutely the best day and totally loved it! Everyone has been friendly and helpful, and the induction was great."*

**Dean Forest Railway Volunteer**



## Other ways to volunteer locally...

### Become a Trustee or Board Member

Trustees lead and shape organisations, playing a vital role as part of a like-minded team. You don't need specialist skills, often having an interest or lived experience can be the most useful thing. It is a satisfying role, and not as daunting as you might think!

### Become a Local Councillor

Local Government needs people from all backgrounds and experiences who reflect the communities they serve to put themselves forward for election.

Being a Councillor is all about giving back to your community by bringing your energy, passion, and hard-working attitude. You could be representing the views of local people to ensure the community gets the right services, supporting a resident with an issue, or helping to shape the community by driving new ideas.

### Become a School Governor

Do you want to make a difference in your community, and develop your own professional skills? By volunteering as a school governor, you can do both. School governors set the strategic vision and direction, approve the budget, and hold the senior leadership team to account. It's a great way to build networks and support children and young people in your community.

### Employer Supported Volunteering

Could your business support local community and voluntary organisations? Employer-supported volunteering is when you support your staff to take part in volunteering opportunities, usually during work hours. The volunteering activities can be practical, or skills based. For example, decorate a local community building or using your skills in website design, marketing, or accounting to help a charity.



**Contact Forest Voluntary Action Forum**  
**01594 822073 or [volunteer@fvaf.org.uk](mailto:volunteer@fvaf.org.uk)**  
**to find out more about these**  
**volunteering areas.**



# FOREST VOLUNTARY ACTION FORUM

Supporting volunteering and community action in the Forest of Dean



COMMUNITY NETWORKS



DIGI HUBS



VOLUNTEERING



COMMUNITY HUBS



GROUP SUPPORT



WALKING WITH WHEELS



COMMUNITY FOOD



YOUTH ASSOCIATION

For further details please contact us:

 [volunteer@fvaf.org.uk](mailto:volunteer@fvaf.org.uk)  01594 822073

 [www.fvaf.org.uk](http://www.fvaf.org.uk)  Forest Voluntary Action Forum

 Ow Bist – Forest Community Space, Dockham Road, Cinderford. GL14 2AN



With thanks to **Forest of Dean District Council** for their continued support