

FREE

VOLUNTEERING in the Forest of Dean



2022



**A directory of volunteering opportunities
in the Forest of Dean**

Key to Catagories



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



Subscribe to our new Volunteering E-Newsletter by scanning the QR code

For further details about this booklet please contact the Volunteering Manager:

 Deb Cook - volunteer@fvaf.org.uk

 01594 822073

 www.fvaf.org.uk

 [ForestVoluntaryActionForum](https://www.facebook.com/ForestVoluntaryActionForum)



Thank you to all the amazing Forest of Dean Volunteers who have provided the quotes in purple throughout this booklet.

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



Volunteers 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) are the dedicated organisation who support volunteering and the voluntary and community sector in the Forest, with advice, guidance, information, and training. Over the past five years, FVAF has co-ordinated volunteering for the Foresters' Forest Landscape Partnership Programme. This has seen over 1,000 people collectively volunteer a staggering 40,000 hours over 38 projects. This guide forms part of the legacy of Foresters' Forest, sharing both volunteering opportunities that are continuing from this programme, as well as many other roles that exist across the district.



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 and groups who need help with volunteer recruitment.

Deb Cook
FVAF Volunteering Manager





Age UK

Our volunteers give their time to make an incredible difference for older people. Be there when a lonely older person needs to talk. Be part of your community and provide vital support for older residents. Be inspired to raise money so more older people can get the help they deserve and need. Opportunities include Befriending, joining an Age UK shop team, fundraising, campaigning, and supporting our helpline.



Location Varies, Local Charity Shops or home based depending on role

Register your interest on our website:



www.ageuk.org.uk/get-involved/volunteer/



AgeUKGloucestershire

"I wanted to use some of my skills and knowledge that had lain dormant for a while." Kevin



Artspace Cinderford

Artspace Cinderford are an arts and education charity. We welcome help from volunteers who can assist us in providing fun, creative workshops for people of any age or ability!



Cinderford

For further details please contact :



info@artspacecinderford.org



01594 825111



www.artspacecinderford.org



artspacecinderford





The ASHA Centre

The ASHA Centre is an educational charity that provides residential courses in the areas of the arts, interfaith dialogue and sustainability. We need volunteers to help in our organic garden and/or with catering for the ASHA team (including volunteers!).



 Nr. Flaxley and Littledean

For further details please contact :

 contact@ashacentre.org

 01594 822330

 www.ashacentre.org

 AshaCentre



Berry Hill Memorial Institute

The centre of our community, Berry Hill and beyond. We are dedicated to providing and sharing a wide range of social and cultural activities for health and well-being in this heritage asset. Help is always needed to support running our venue and programme.

 Berry Hill

For further details please contact :

 microdot.sharp@btinternet.com

 01594 810316

 BerryHillHut



"Volunteering is enhancing my experience professionally. I can take all the knowledge back to feed into my work." Gerry



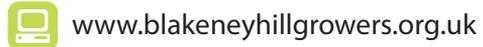


Blakeney Hill Growers

We are a community small holding and are keen to hear from those interested in any land-based work from gardening to fencing to milking goats, clearing bracken or mucking out and everything in between.



For further details please contact :



"I have really enjoyed supporting and sharing knowledge with others, and I have felt privileged to work alongside so many experts in their field and to learn so much from them." Mervyn



Bream Voluntary Car Service

Volunteer drivers are needed to transport anybody in need to medical related appointments and often to help people into waiting rooms etc. Volunteers use their own vehicle and fuel expenses are paid. Our drivers will take people all over the Forest and sometime beyond. Volunteers are free to choose when and how often they are available to drive, and where they are happy to travel to.



**BREAM
VOLUNTARY
CAR SERVICE**



For further details please contact :



Breathe Youth

Through our volunteers, we aim to provide a trusted adult to support young people aged 11-18 years of age who live in the Forest of Dean. These mentors will support a young person through the challenges they are experiencing, helping them to make positive choices and work towards their goals and or providing them with a space to talk through and explore issues that concern them.

 Location varies

For further details please contact :

 rjulius@breatheyouth.org.uk
ddegruchy@breatheyouth.org.uk

 07375 147924/07738 422831

 www.breatheyouth.org.uk



Breathe

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



Building Circles

Befriending and home visits. Our primary focus as a charity is to offer friendship and support to people across Gloucestershire with learning disabilities who are socially isolated and lonely. We do this with the amazing help from our team of volunteers who give a few hours of their time a month to offer friendship to people with learning disabilities, who are often lonely or isolated. This may involve simply visiting to have a cup of tea, going for a walk, going shopping, or popping to the pub for a drink and a game of pool - all the normal things in life that friends do together.

 Location varies

For further details please contact :

 admin@buildingcirclesglos.org.uk

 01242 210950

 www.buildingcirclesglos.org.uk/about-friendship

 BuildingCircles





Camphill Village Trust

Gloucestershire 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. If you can commit three hours a week or more on a weekly basis please get in touch, we would love to hear from you.



Nr. Newnham-on-Severn

For further details please contact :



glosdayopps@cvt.org.uk



01594 516246



www.camphillvillagetrust.org.uk



CANDI

Helping out at our Youth Cafe or Drybrook drop-in you will be listening to young people and helping us create a vibrant, safe space for fun, making friends and learning new skills. Or if your skills are more strategic you could become part of our management team and help with fundraising, finance, building management and communications.



Home-based / Cinderford, Drybrook
or various Street-Dance venues

For further details please contact :



zoe.candi.22@gmail.com



07776 355200



CANDI-Cinderford-108041241780704

"Our volunteer involvement is really appreciated. The role is a real responsibility and commitment, so it is great to feel valued for what I do." David



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 the town.



 Cinderford

For further details please contact :

 clerk@cinderfordtowncouncil.gov.uk

 01594 822599

 www.cinderfordtowncouncil.gov.uk

 [cinderfordtowncouncil](https://www.facebook.com/cinderfordtowncouncil)



Coleford Area Partnership

Volunteering for people with previous experience of working in an office environment. We serve a large area around the parishes of Coleford and the six surrounding ones. Office work includes dealing with requests for room bookings, offering advice on how the Partnership may be able to assist voluntary organisations seeking help in finding funding for capital programmes and contacting local authorities and other bodies.



 Coleford

For further details please contact :

 info@main-place.org.uk

 01594 836469

 www.main-place.org.uk





Coleford Town Council

The Town Council is the grass root level of our representative democracy. The whole Council is elected on a 4 yearly cycle. We are looking to build a team of volunteers to support community projects, particularly green spaces, within the Parish of Coleford as part of our commitment to environmental issues.



Coleford

For further details please contact :



ctcoffice@colefordtowncouncil.gov.uk



01594 832103



www.colefordtowncouncil.gov.uk



Coleford-Town-Council-113283202025516



Dean Forest Railway Society

The Dean Forest Railway is built, maintained and operated almost entirely by unpaid volunteer members of the Dean Forest Railway Society. It's thanks to the enthusiasm of the volunteers that the Dean Forest Railway exists. If you want to help, get in touch to find out more. The DFRS raises funds for DFR projects. By joining the Society, you will be given every encouragement to help plan, construct, maintain, market or operate the railway. There is even a working volunteer mailing list that can let you know weekly of tasks ahead.



Lydney

For further details please contact :



volunteering@deanforestrailway.co.uk



01594 845840



www.deanforestrailway.co.uk/join-us



www.dfrsociety.org.uk/become-a-volunteer



DFRSociety



Dean Heritage Centre

Help protect and preserve the wonderful history and heritage of the Forest of Dean. There are a wide variety of roles available, including: Front of house - playing a vital role in welcoming visitors and working in the shop. Historical - collections care and documentation work. Educational - helping with children / family / school activities and costumed interpretation. Outdoor – help with maintaining our 5-acre site. Events - have fun at various events. Fund raising - help raise funds for Dean Heritage Centre.



Soudley

For further details please contact :



info@deanheritagecentre.com



01594 822170



www.deanheritagecentre.com



DeanHeritageCentre



Dean Radio

Variety of volunteering roles that can help develop people within our community, ranging from learning to present a radio programme to community liaison linking the radio station into community groups.



Location varies

For further details please contact :



info@deanradio.co.uk



07876 448998



www.deanradio.co.uk



deanradiofod





Dean Trail Volunteers

Practical work building and maintaining mountain biking trails in the Forest of Dean.



Forest of Dean Cycle Centre - Cannop

For further details please contact :



admin@deantrailvolunteers.org.uk



07557 520019



www.deantrailvolunteers.org.uk



Dementia Action Alliance Forest of Dean

We provide support and guidance, education and awareness around Dementia. Volunteers needed to assist at the many events that we arrange for those with Dementia and their care providers.



DAA Dementia Action Alliance
FOREST OF DEAN DISTRICT



Location varies

For further details please contact :



Andrew.morgan-watts@live.co.uk



07921 842407



FoDDementiaActionAlliance

"It's been tremendously sociable for me. It is so enjoyable doing these things and doing them with other, likeminded people is even more enjoyable. I have made new friends and connections." Mike

Down to Earth Gloucestershire

Helping to maintain gardens at Cinderford Medical Centre and growing fruit and veg for volunteers and organisations providing food boxes to those that need them.



 Cinderford

For further details please contact :

 amanda.godber@downtoearthstroud.co.uk

 07919 851669

 www.downtoearthstroud.co.uk

 CinderfordMedicalCentre



The Forest Bee

When in print again, we require volunteers to deliver brochures to businesses, shops, schools, leisure centres etc. in their area only three times per year. Also interested individuals to contribute to the development of our not-for-profit publication by joining our management committee meetings when convenient.



 Location varies

For further details please contact :

 info@theforestbee.co.uk

 01594 842570

 www.theforestbee.co.uk

 theforestbee





Forest Fighting Fit

We are a Community Boxing & fitness training project and are always in need of volunteers to help with fundraising.



Parkend

For further details please contact :



whitelotusuk@aol.com



07790 025743



Forest Mobile Meals

Delivery of cooked meals for people at home to all areas of the Forest.

Pick up from our kitchen in Foxes Bridge Road, Cinderford. Mileage allowance. DBS will be required.

Administration and office assistance including counting takings.



Cinderford /
Delivery throughout the Forest.

For further details please contact :



jay@forestmeals.org.uk



01594 827927



www.forestmobilemeals.org



[forestmobilemeals](https://www.facebook.com/forestmobilemeals)



Forest of Dean Community Walks

Our walks last up to an hour, they take place weekly throughout the Forest and they 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.



FoD Community Walks



Location Varies

For further details please contact :



fodcommunitywalks@outlook.com



01594 841964



www.fodcommunitywalks.wixsite.com/mysite



[groups/163256805641716](https://www.facebook.com/groups/163256805641716)



Forest Pulse

Forest Pulse is a local charity which supports 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 3pm-5pm, Youth Club on Thursdays 7.15pm - 9.15pm, Music on Fridays 3pm - 5pm and Weekend Activity Club 10am-3pm on alternative Saturdays. At these activities we have lots of fun with sensory activities, art and craft, sports, performing arts and more.



Supporting children and young people
with disabilities and their families



Coleford or Bream

For further details please contact :



activities@forestpulse.co.uk



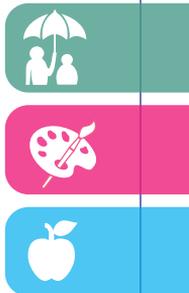
01594 826357



www.forestpulse.co.uk



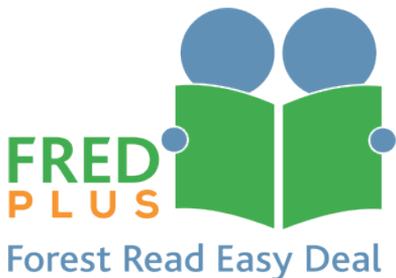
[ForestPulseFundraising](https://www.facebook.com/ForestPulseFundraising)





Forest Read Easy Deal

FRED is a volunteer led organisation and recruits volunteers to work on administration, learner recruitment and coaching. Coaches are professionally trained to work with people with reading difficulties on a one-to-one basis. Training and support are offered to fulfil all these roles. The coach training includes instruction on using support materials to help readers and offering remote support with our laptop loan scheme.



Mostly home based

For further details please contact :



info@forestreadeasydeal.org.uk



07746 371353



www.forestreadeasydeal.org.uk



[forestreadeasydeal](https://www.facebook.com/forestreadeasydeal)



Forest Riding for the Disabled

Working out of Severn Vale Equestrian Centre, Forest RDA provides riding for mentally and physically disabled clients from 2 years upwards. We meet on Thursday afternoons during term time. Volunteers are able to help by leading horses / ponies or side walking beside horses / ponies. Training is provided so no previous experience of equines is necessary. We always need to fundraise so help with events is also welcome.



Between Alvington and Chepstow

For further details please contact :



carole.reader@hotmail.co.uk



01594 516328



www.forestrda.org.uk



[forestrda](https://www.facebook.com/forestrda)



"I was on maternity leave, and I thought it would be an enjoyable thing to do with that time... It gave me a bit of a focus and was good fun." Emily

Forest Road Unemployed Community Resource Centre

We are seeking volunteers who can help teach basic computer and mobile phone skills, such as creating an email address, writing a CV, using Word, and Zoom. We are also in need of volunteers with general Admin. and Communication Skills and technical volunteers capable of computer refurbishment to make donated computers suitable for local community use.



Cinderford

For further details please contact :



admin@forestroadcentre.org.uk



01594 821112



www.forestroadcentre.co.uk



"It's made me feel great and confident. I've lost all my insecurities... I've been out and about more, and I've also lost about 3 stone! My self-esteem has improved, my confidence has grown, and I've now got a great feeling that I CAN do it! Steven

"As a board member, planning and thinking at a higher level has been satisfying in my retirement. I've enjoyed meeting and working with new people, and seeing ideas come to fruition." Mary





Forestry England

We have a variety of volunteering roles available, including:



Ecology monitoring - Surveying for reptiles, amphibians, Riverfly, butterflies and habitat to name a few. Mainly through the Spring to early Autumn. Can be done in groups, individually or as a nice family activity.



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



Beaver Fence Checkers - A rota of volunteers who regularly check the beaver enclosures perimeter fence.

Visitor Service Assistants - This involves helping at local recreation sites, including trail inspections, litter picking, fence checking, communication with visitors and working in the busy information point.



Forestry England

Archaeology – Small teams working on the ground to check and verify information gathered from an Aerial survey of the Forest of Dean.



Photos: Steve Gregory



Forestry England continued



Litter picking – Community litter picks throughout the Forest and support for individual litter pickers to collect from their chosen FE area.

Active Forest – we are looking to increase volunteers to help with things like events and activities that might need additional support, marshalling etc. There are also opportunities to 'lead sessions' – be this walking groups, C25k groups etc. Training available in some cases.



Location varies

For further details please contact :



westengland@forestryengland.uk



03000 674800



www.forestryengland.uk/the-forest-of-dean



FoDForestryEngland

FORESTERS'
FOREST



Made possible with

**Heritage
Fund**

"It feels great to be involved in something that is all about looking after the Forest of Dean and keeping it special for future generations." Gwynneth





Forest Sensory Services

Volunteer drivers are needed to bring visually and hearing-impaired people throughout the Forest of Dean to our classes in Cinderford. Drivers need to wait for them and then return them home.



Pick up at various locations

For further details please contact :



support@forestsensoryservices.org



01594 827711



www.forestsensoryservices.org



ForestSensoryServices



Forest Talk

Forest Talk needs readers. If you can spare a few hours on a Saturday morning once a month and would like to contribute to a much-appreciated local service, this could be for you.

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. Contact us for more information about this worthwhile and fun activity.



Coleford

For further details please contact :



volunteers@foresttalk.co.uk



07563 792553



www.foresttalk.co.uk

Forest Upcycling Project

As a volunteer at the Forest Upcycling Project or Monmouthshire Upcycle your skills will be used fully, and you will certainly develop other skills. Volunteering here can be uplifting and rewarding. You will be in a friendly atmosphere, whilst doing challenging things or basic tasks. We like to laugh whilst we work and share good will. We are looking for volunteers to help with: delivering and collecting furniture, keeping the shop tidy, fixing and upcycling furniture, helping us recycle what we can, re-upholstering soft furnishings, sorting books, bike maintenance and dismantling, gardening and much more!



Cinderford or Chepstow

For further details please contact :



forestupcyclingproject@gmail.com
monmouthshireupcycle@gmail.com



01594 368240 or 01291 408300



www.forestupcyclingproject.com



forestupcyclingproject



Forest Voluntary Action Forum

Being the volunteer centre for the Forest of Dean there are always a wide range of volunteering activities on offer at FVAF. Perhaps you would like to assist us at an event, support with packing and distributing food parcels or matching volunteers to placements across the Forest of Dean.



Location varies

For further details please contact :



volunteer@fvaf.org.uk



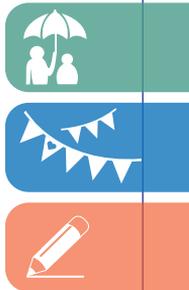
01594 822073



www.fvaf.org.uk



ForestVoluntaryActionForum





Freedom Leisure - Sports Leadership Programme



freedomleisure
where you matter

Do you have a passion for sport and wellbeing?

Do you enjoy helping others?

Freedom Leisure are launching a Sports Leadership volunteer programme and are looking for enthusiastic secondary school aged young people to join us.



Freedom Leisure Centres in the Forest of Dean

For further details please contact :



Nathan.Thomas@freedom-leisure.co.uk



07766 616977



www.freedom-leisure.co.uk/centres/active-communities/forest-of-dean



Girl Guiding UK

Local units are always on the look-out for volunteers in supporting roles. At the heart of guiding are the unit meetings that girls go along to each week and volunteering at these means getting messy, meeting new people and running activities that help girls discover their potential. Volunteers can choose to work with girls in Rainbows, Brownies, Guides or Rangers. Unit meetings are usually an hour once a week.



WE DISCOVER, WE GROW

Girlguiding



Location varies

Register your interest online :



www.girlguiding.org.uk/get-involved/become-a-volunteer/ways-of-volunteering/

Gloucestershire Nightstop

Volunteer Hosts provide a safe night for young people aged 16-25 at risk of homelessness in Gloucestershire. A young person will attend a Host Household on an evening and be offered a hot evening meal and breakfast the next day, access to laundry and washroom facilities, and a bed to sleep in. Volunteer Drivers provide transport to our young people transporting them to/from Host Households.



Home-based

For further details please contact :



volunteering@glosns.uk



07989 320368



www.gloucestershirenightstop.org.uk



[glosnightstop](https://www.facebook.com/glosnightstop)

Gloucestershire Toads on Roads

With all the ponds that are located across the Forest of Dean, many toads have to cross busy roads, particularly during the dusk and early evenings of February and March, when it is their mating season. Volunteers are needed to become toad patrollers for the 2022 toad migration season and beyond. Last year we saved over 6000 toads in the county, a significant number of which were in the Forest.



GLOS



Toads on Roads



Locations across the Forest of Dean including Cannop and Parkend

For further details please contact :



glos.toads@gmail.com



[GloucToR](https://www.facebook.com/GloucToR)





Gloucestershire Wildlife Trust

Forest Explorers is an outdoor wildlife activity group aimed at engaging children and their families with wildlife and the environment. We meet monthly in the Forest of Dean and a small team of volunteers help to plan, lead and assist at Forest Explorers sessions, engaging parents and children in fun activities.



Volunteer Stock checkers wanted to help look after our Highland Cattle, Exmoor Ponies, Hebridean and Herdwick sheep. Join our team of volunteers undertaking regular checks of all our livestock. As well as checking the animals they also help with catching and moving them and at vet visits and with treatment. Training is provided so no previous experience is needed.



Gloucestershire
Wildlife Trust



Location Varies

For further details please contact :



volunteering@gloucestershire
wildlifetrust.co.uk



01452 383333



www.gloucestershirewildlifetrust.co.uk



gloswildlife

"The social aspect is great. It all gets you out of the house and seeing people. I really enjoy the laughs and camaraderie." Jon

Great Oaks Hospice

Voluntary shop roles include, till work, processing and pricing stock, customer service. Volunteer gardening opportunities are also available at the hospice.



 Coleford / Cinderford / Newent / Lydney / Mitcheldean

For further details please contact :

 pauline.fosbery@great-oaks.org.uk

 07736956025

 [greatoakshospice](https://www.facebook.com/greatoakshospice)



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 a real difference can be made.

 Location varies

For further details please contact :

 volunteering@healthwatchgloucestershire.co.uk

 01452 504989

 www.healthwatchgloucestershire.co.uk



Heritage Open Days

Heritage Open Days is a national festival encouraging people to learn more about our heritage, whether built, natural or cultural. It is made possible by volunteers who help to open up historical premises, give guided walks, exhibitions, or talks. The festival runs for ten days in September, but planning commences as early as February. Volunteers are needed to help with preparation of signage, research to build up exhibitions and to act as stewards.



 No specific location / Coleford, depending on role

For further details please contact :

 info@main-place.org.uk

 01594 836469 (Weekdays 9am – 1pm)

 www.colefordareapartnership.org.uk/heritage-open-days/

Hope for Tomorrow

Whether you can commit one hour a week, month or even year – we would love to hear from you. Roles vary from placing our collection tubs, distributing posters, presenting informative talks to local groups, and accepting cheques on our behalf, or even organising your own events with other volunteers in your local area. If you would like more information, please do get in touch with us. We would be delighted for you to join Team Hope, assisting us to help cancer patients across England.



 Location varies

For further details please contact :

 info@hopefortomorrow.org.uk

 01666 505055

 www.hopefortomorrow.org.uk

 [hopefortomorrowcharity](https://www.facebook.com/hopefortomorrowcharity)

Litter Picking Hubs

Forest of Dean District Council support local people to litter pick through local litter-picking hubs. These hubs can help you with refuse bags, advice on health and safety, risk assessment and disposing of waste correctly.



Participating Town and Parish Councils include: 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 outside these areas contact FODDC - details below.



Location Varies

For further details please contact :



rachael.meadows@publicagroup.uk



01594 810000



Forest of Dean
— DISTRICT COUNCIL —

"I'm selfish really! I want to volunteer to gain the experience and the learning. My time is more than rewarded with what I get to experience! Working with experts and having their knowledge diffusing into me is something I'm so grateful for." Mike





Lydcare

We require volunteer drivers to join our community transport team, providing transport to those in need for medical appointments and social experiences. Drivers give their time and receive a mileage payment for motor expenses. Flexible working to suit your availability, only drive when it is convenient. This is a very rewarding role with an opportunity to help in the community.



Registered Charity: 1082253



Location varies

For further details please contact :



richard@gamber.co.uk



01594860143



www.lydcare.org



Lydney Community Centre

Helpers needed for a variety of practical tasks including opening and locking up the building and general maintenance such as replacing lightbulbs or putting blinds up.



Helpers needed for a variety of administrative tasks including taking minutes at meetings, general office duties and even helping to update our website and social media.



**Lydney
Community
Centre**

Loves Volunteers



Lydney

For further details please contact :



lydneycommunitycentre@outlook.com



07504 565153



www.lydneycommunitycentre.co.uk



Lydney Dial a Ride & Community Transport

We are looking for Charity Shop volunteers to help with sorting, tagging and pricing of donated items in our two Charity Shops based in Lydney and Cinderford. Volunteer Car Drivers to take passengers to and from medical appointments in Gloucestershire and beyond and Trustees to join the Board of Trustees to help form the direction for the Charity as we come through this pandemic.

Shop Assistants are based at either our Lydney or Cinderford shops. Volunteer Car drivers are home based. Trustees meet once every two months with regular contact via email and telephone.



LYDNEY DIAL-A-RIDE

 Coleford, Cinderford or Home based

For further details please contact :

 ldar@lydneydialaride.co.uk

 01594 843809

 Lydney Dial a Ride



"We want to improve how the community view us as young people... We want to get out and see different parts and aspects of the Forest of Dean, and we want to put something back into our community." Connor





Men's Shed Forest of Dean & Wye Valley

Help needed with workshop coordination, helping to run a safe workshop, supporting members in their chosen activity. Training is provided in the use of all machinery.

Practical workshop experience is ideal and willingness to learn and help others.

Workshops are currently on Thursdays 10am - 5pm. Other roles are available to support the Shed, details are on the website.



 Whitecroft



For further details please contact :

 Mensshedwhitecroft@gmail.com

 01594 780170

 www.forestmensshed.com

 [ForestofDeanMensShed](https://www.facebook.com/ForestofDeanMensShed)

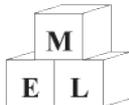


Mitcheldean Early Learners

We are seeking volunteers to help children with gardening (flowers, fruit and veg), general craft projects, learning activities, reading stories etc.



Mitcheldean



Early Learners

Pre-School

 Mitcheldean

For further details please contact :

 mitcheldeanearlylearners@eygloucestershire.co.uk

 07890 477370

 www.mitcheldeanearlylearners.co.uk

 [MitcheldeanEarlyLearners](https://www.facebook.com/MitcheldeanEarlyLearners)

Newent Association for the Disabled

We have a range of volunteering opportunities. These include volunteer car drivers (driving people to hospital appointments). Volunteer minibus



Newent

For further details please contact :



Vanessa@newentbb.co.uk
Lyndon.biddle@newentbb.co.uk



01531 821227



www.sheppardhouse.co.uk



Newent-Association-For-The-Disabled-605957629589664



"It's great to be part of developing the site and plans for the future. I feel that I'm part of an organisation; there is a real sense of belonging and ownership." Jon

Newent Initiative Trust



Youth & Community Volunteers - To work either in our community café (open 2½ days a week during the day) or in our Youth Club (two evenings a week). Many opportunities to talk to people, help with their problems and provide café service to all. A willingness to listen to all ages and backgrounds is essential. No set hours, training will be given. Contact us to see what we can do for you, and you do for us.



Newent

For further details please contact :



newentcc@gmail.com



07581312585



www.newentinitiativetrust.co.uk





Orchard Trust

The Orchard Trust can offer varied opportunities to volunteers. Our small-holding is one place that is always welcoming volunteers. Volunteers can get involved in one off projects, i.e., building a wild pond; or regular attendance (weekly or monthly) to get involved with various tasks. This could involve supporting animal care (cleaning, maintaining their habitat, grooming, etc), general grounds maintenance (fencing, cleaning drinkers), taking care of our sensory garden or vegetable patch and much more.



Orchard Trust

People come first



Lydbrook

For further details please contact :



dayservice@orchard-trust.org.uk



01594 861359



www.orchard-trust.org.uk



orchardtrust



Parkinson's UK

Parkinson's UK is always looking for people to help with their social groups in the Forest of Dean. If you would like to volunteer either in an admin-based role from home or at one of the social groups in-person, please contact Jane. We are friendly local groups of the Charity supporting people with Parkinson's and their families.



Newent & Lydney or home-based depending on the role

For further details please contact :



jhenderson@parkinsons.org.uk



0344 225 3694



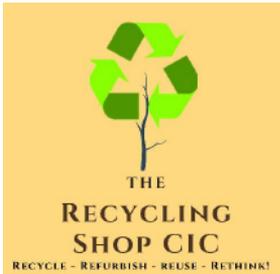
www.parkinsons.org.uk

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



The Recycling Shop CIC

To work with staff and volunteers, managing and sorting through donations, ensuring they are clean and in good usable condition. To clean, price and put away items in the shop, this can involve assisting with lifting and moving items from customers cars and on the shop floor. Serve customers and keep records of any purchases via till system. To help maintain general tidiness including the payment area and office. Assistance with site maintenance. There are also the opportunities to get involved in creative activities, from gardening on site, to upcycling and fixing items.



 Newent

For further details please contact :

 the-recycling-shop@outlook.com

 07518 351741

 [therecyclingshop](https://www.facebook.com/therecyclingshop)



The Rewild Project

Volunteers needed at our land-based skills project, to provide support to new or existing participants who need additional help for a variety of reasons. This could be people with high anxiety about attending; adults with learning disabilities, autism; older people who need some physical assistance and reassurance; young people who are NEET and need a mentor. Volunteers will be able to 'show them the ropes' and stay with

them as much as is needed and provide supervision where needed.

 Nr. Speech House / Coleford / Bream

For further details please contact :

 Volunteers@therewildproject.com

 07922 505272

 www.therewildproject.com/vacancies

 [therewildproject](https://www.facebook.com/therewildproject)





RSPB

Nagshead and Highnam Woods Practical Work Parties - Managing and improving woodland habitats for nature and wildlife. Tasks range from coppicing, non-native removal, path and infrastructure maintenance, ride widening and more. Work parties run through the autumn and winter from October – March and take place on Wednesdays from 10am. No prior experience is needed as training and tools will be provided.



Nagshead Visitor Centre Volunteers – Help to run the Nagshead visitor centre and reserve on weekends, bank holidays and Wednesdays through the summer holidays. Provide info on the reserve trails, wildlife sightings and the local area.



Be a friendly point of contact for visitors. Provide visitors with information and equipment for nature trail activities and pond dipping days.



**giving
nature
a home**

Nest Box Surveyors – Help carry out our nest box monitoring scheme at Nagshead. Nest boxes need to be checked weekly from April - June to monitor the nests from the building stage to young

fledging. Routes take between 2-3 hours and can be done on your preferred day. Ladder climbing essential, we are looking for pairs although we can pair you up if needed. No prior experience needed as training provided.



Nagshead nr Parkend / Highnam Woods



For further details please contact :



www.rspb.org.uk/reserves-and-events/reserves-a-z/nagshead/
www.rspb.org.uk/reserves-and-events/reserves-a-z/highnam-woods/



nagshead@rspb.org.uk
highnam.woods@rspb.org.uk



01594 562852

Ruspidge Memorial Hall

Volunteers needed to help organise and run open days and events at the hall with minor catering, setting up, clearing, and greeting tasks. In addition, help is always required in the maintenance of the hall and gardens to keep the premises tidy and inviting for groups to use.



 Ruspidge

For further details please contact :

 ruspidgemh@talktalk.net

 07443 845263

 www.ruspidgememorialhall.weebly.com



Salvation Army - Forest of Dean

Administrative volunteers needed to process food parcel requests. Other volunteers needed to facilitate groups, Befriending and meeting people at a suitable location to offer a friendly chat.



 Broadwell

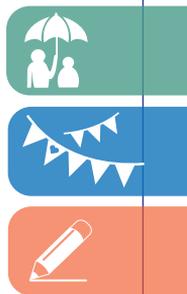
For further details please contact :

 emma.l.scott@salvationarmy.org.uk

 01594 839106/07551855712

 www.salvationarmy.org.uk/forest-dean

 [ForestOfDeanSalvationArmy](https://www.facebook.com/ForestOfDeanSalvationArmy)





Scarr Bandstand (Friends of)

Scarr Bandstand is a community performance space and registered charity, with a programme of events each summer season. We are keen to expand our small friendly committee and team. Help is needed with communications, including press releases, adverts, Facebook, posters, leaflets, brochures, and marketing strategies. We are also looking for support with financial management, accounts, planning, and funding. Seasonal stewards are also needed each year to support the summer season.



Home-based /nr Coleford

For further details please contact :



secretary@scarrbandstand.co.uk



01594 810966



www.scarrbandstand.co.uk



[scarrbandstand](https://www.facebook.com/scarrbandstand)



Scouts

All our activities are run by volunteers, who might join us because they want to: Try something new, make friends, spend time with their children - or gain experience with young people, do something good for their community and themselves, keep their bodies and brains active and happy - whether that's by scaling mountains, sharing skills or serving tea! All end up making a huge difference to young people's lives - gifting them with skills for life and learning a whole lot about themselves along the way.



Groups throughout the Forest of Dean

Register your interest on our website :



www.scouts.org.uk/volunteer/volunteering-with-scouts

"It has shown me that I can teach other people new skills and that I could maybe use that to build a business." Steve



Sea Cadets - Forest of Dean

Whether you opt to be a uniformed leader, or wear your own clothes, you can be hands-on, teaching cadets. Volunteers run lessons, activities, games, projects and events that help cadets progress through The Cadet Experience, gaining qualifications and confidence as they go. Whatever your experience and skills, they could be utilised to help young people flourish – catering, archery, meteorology, navigation, orienteering, first aid, engineering, photography, marketing, football coaching, IT, social media, finance, driving - there is no limit.

You could also share your skills out on the water with the next generation, through the opportunity to teach water sports such as kayaking, sailing, powerboating, canoeing, rowing and windsurfing. If you don't have any water sport qualifications, we'll provide you with all the equipment, training and the opportunity to gain national qualifications with the Royal Yachting Association for example. All you need is lots of enthusiasm!



 Lydney

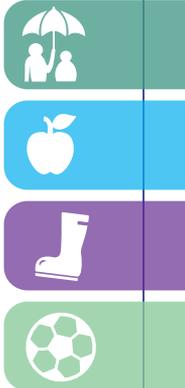
For further details please contact :

 forestofdeanscc@btinternet.com

 07938 192592/01594 841058

 www.sea-cadets.org/forestofdean

 [ForestOfDeanSeaCadets](https://www.facebook.com/ForestOfDeanSeaCadets)



"It has really made a difference to how I feel about community. After seeing the impact we could make, it has made me want to do more and see more beautiful change." Harriet.





ShelterBox

We are looking for volunteers who enjoy meeting people and making connections in their local community. We need you to spread the story of ShelterBox, of the millions of people across the world made homeless by terrible events, and of the hope that practical help can bring.



ShelterBox
Disaster relief



Location Varies

For further details please contact :



volunteering@shelterbox.org



01872 302715



www.shelterbox.org



ShelterBox



"It was incredible for me to lead a group of 18 people... It really boosted my confidence, that I could do that. I felt absolutely buzzing after doing it!" Steven



Sixteen Community Café

Front of house volunteering includes taking orders, delivering orders, and dealing with cafe visitors. Kitchen volunteering includes washing up, cleaning, food preparation and cooking. No qualifications needed.



Coleford

For further details please contact :



wozencroftsally6@gmail.com



01594 835954



sixteencommunitycafe



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 like 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.



 Tuffley, Gloucester

For further details please contact :

 SkillZONE@glosfire.gov.uk

 01452 834150

 www.skillzone.glosfire.gov.uk

 GlosSkillZONE

SkillZONE
Where safety is for life.

St Briavels Community Shop

We are always keen to hear from people interested in helping with customer deliveries, wholesale collection, shop assistance, general repair person duties, cardboard collection, general assistance.

 St. Briavels

For further details please contact :

 stbvcommunityshop@gmail.com

 01594 530740

 StBriavelsShop



"Learning together, making discoveries and chatting about what we are doing has been really enjoyable." Ann





TIC+ (Teens in Crisis)

We are always thankful for volunteers to help with admin roles at the Mitcheldean office, as well as help with presentations and fundraising events locally and around Gloucestershire (such as charity runs, cake bake, plant sales and coffee mornings).



Mitcheldean /
County-wide depending on role

For further details please contact :



admin@ticplus.org.uk



01594 372777



www.ticplus.org.uk



teensincrisis1



Together We Can

We are looking for fun, dependable people to join our well-established team of volunteers to help with the weekly running of our activity club for disabled people. It is fun and rewarding volunteering for us, so please come and join us!



Cinderford

For further details please contact :



togetherwecan2019@outlook.com



07944 447700



www.togetherwecan2019.com



TogetherWeCanClub2019

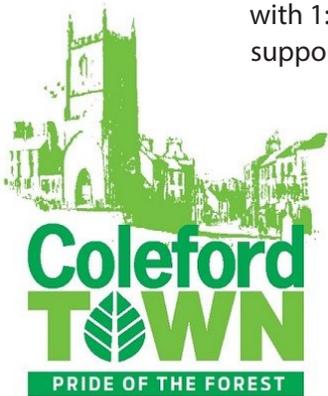


Together We Can
Est. 2019



Tourist Information Centre

Volunteers are welcome to join our friendly team, helping visitors to make the most of our wonderful local area. 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 regular or as cover. Training starts with 1:1 induction and is followed with ongoing peer support. Please contact us for further information.



Coleford

For further details please contact :



Info@colefordtown.net



01594 837135



www.colefordtown.net



Walking with Wheels

The Walking with Wheels project runs two all-terrain mobility scooters (Trampers) allowing safe and comfortable access to the beauty of the Forest of Dean. We are always looking for support with promoting the Trampers via social media, posters and leaflets.



Location varies

For further details please contact :



Projects@fvaf.org.uk



01594 822073



www.fvaf.org.uk



ForestVoluntaryActionForum





Woodcraft Folk - Biblins Youth Campsite

On the first Friday of each month through March – October, volunteers needed to join a team carrying out site maintenance tasks, from cutting back vegetation to painting and helping with site developments. Volunteer Wardens also needed to stay on site as and when required to act as warden for the busy youth campsite, manning reception, cleaning and being the point of contact for visiting groups.



Woodcraft Folk

Education for Social Change since 1925



The Doward, Whitchurch

For further details please contact :



biblins@woodcraft.org.uk



01600 890850



www.biblins.org.uk



Worcester Walk (Friends of)

Land based seasonal work to clear invasive plants like brambles, docks, bracken and Himalayan Balsam. Some hedge laying and hedge maintenance, checking reptile transects, and scything the wildflower meadow. Committee members also sought for our friendly team.



Between Broadwell and Mile End

For further details please contact :



melanie.getgood@gmail.com



01594 835005 / 07826 926911



[groups/486732908900377](https://www.facebook.com/groups/486732908900377)

Wye Valley Area of Outstanding Natural Beauty (AONB) Partnership

Our AONB Volunteers do a range of tasks to help conserve and enhance the natural beauty of the Wye Valley, from habitat management to surveying and repairing landscape features. We also run our AONB Youth Ranger for 14–16-year-olds, to gain experience of the wide variety of work and activities that go on in the Wye Valley AONB. Both groups usually meet monthly, focusing on having an enjoyable time while expanding interests and skills.

 Brockweir, Chepstow, Lydbrook, Redbrook, St Briavels

For further details please contact :

 community@weyvalleyaonb.org.uk

 01600 710844

 www.wyevalleyaonb.org.uk



wye valley **dyffryn gwy**
Area of Outstanding Natural Beauty Ardal o Harddwch Naturiol Eithriadol



Wyldwood Arts

Here at Wyldwood Arts, we're always looking for enthusiastic volunteers to help us plan, deliver and evaluate our various community workshops, projects and activities. If you're creative, flexible and enjoy working with people of all ages, then we want to hear from you!

WYLDWOOD ARTS

 Location varies

For further details please contact :

 hello@wyldwoodarts.co.uk

 07519 936665

 www.wyldwoodarts.co.uk

 WyldwoodArtsCIC



FOREST VOLUNTARY ACTION FORUM



“Supporting volunteering and community action in the Forest of Dean”



Know Your Patch



Volunteering



Group Support



Community Food



GEM



Youth Association



Community Hubs



Walking with Wheels

For further details please contact us:



This booklet has been produced by Forest Voluntary Action Forum supported by Foresters' Forest