

CENTRE FOR COMMUNITY ENGAGEMENT



Project V

Project V is the Students' Union community volunteering scheme. Our aim is to offer University of Sussex students safe, supported and rewarding volunteering placements that benefit the local community.

We are keen to work with departments across the University of Sussex to encourage students to get involved in volunteering in their local community.

Benefits for CCE Students:

- Increased employability
- Opportunity to develop new skills
- Opportunity to link degree study with real life experience

What's on offer:

We offer a huge choice of volunteering opportunities that range from conservation, to media to mental health. We have over 200 opportunities in the following areas:

ADMINISTRATION	ADVICE	ARTS / MEDIA
BLACK & ETHNIC MINORITIES	CHILDREN	COMMUNITY DEVELOPMENT
CONSERVATION	FUNDRAISING	HEALTH
HIV/AIDS SUPPORT	HOMELESSNESS	I.T.
LGBT SUPPORT GROUPS	LEARNING DISABILITIES	MENTAL HEALTH
SHOPS (CHARITY)	OFFENDERS	OLDER PEOPLE
PHYSICAL / SENSORY DISABILITIES	REFUGEES & ASYLUM SEEKERS	SPORTS DEVELOPMENT
SUBSTANCE MISUSE	WOMEN	YOUNG PEOPLE

Matching and Advice

We provide a matching and advice service to help students find the right volunteering opportunity. Our drop-in is open 10-4.30 Monday to Friday.



Potential Projects for CCE Students:

East Sussex Credit Union

A savings and loans co-operative that provides access to flexible and cost effective financial services to all people across East Sussex. Particularly aims to provide services for those who do not /cannot gain access to banking facilities. Could be of interest to students who wish to tackle the issue of financial exclusion.

Young Peoples Centre (YPC)

The YPC provides learning opportunities, information and support to young people aged 13-25 in Brighton and Hove. Services available include: advice drop-ins, computer classes, 1-1 support, food, counselling, and a sexual health service. Volunteers are needed to help out in all aspects of the Centre: supporting the young people to access the available services, referring on and signposting to external agencies, using listening skills to support the young people and co-facilitating workshops.

Brunswick Older Peoples Project

The aim of the centre is to maintain and increase the physical and psychological well being of older people by offering socially, intellectually and physically stimulating activities and services. Volunteers are needed to help run activities, support older people on outings and/or provide befriending support.

(Please note that these are examples and we cannot guarantee that projects will be recruiting volunteers all year round but we have many more projects with a variety of client groups and communities across Brighton and Hove.)

Student Case Study: E.F volunteered with Brunswick Older People's Project

I volunteered for two years for the Brunswick Older People's Project. The project provides lots of different services for older people, and I volunteered within their befriending scheme. Befriending involves visiting an older person in their own home and providing social companionship. I was matched with a lady in her nineties whom I visited every week for two years.

Why did you decide to volunteer? I saw it as a really good opportunity to do something different and get off campus into Brighton. I wanted to help others and thought that volunteering with older people would be nice as it's an age group that I wouldn't normally have much contact with.

Volunteering Role: I would go once a week in term time to visit the lady I was matched with. She was a very friendly and welcoming person and told me lots about her past and also had lots of opinions about modern life too! I would talk about what had happened during my week at University and show her photos of my friends, family etc. She was always really appreciative of my time and when I couldn't visit due to University vacation I would phone her once a week for a chat.

What did you get out of your volunteering? It was a really good chance to get off campus and take a break from University work. I think that University is the best time to try new things like this, as once you have a job it is more difficult to find the time. It felt really good to be doing something positive for someone else, and I felt that the lady I visited looked forward to my visits.

How did volunteering fit in with your student life? Even though I volunteered regularly on a Wednesday afternoon, it was flexible and could be changed if I had University work to do. It was only a couple of hours every week so I could fit it in very easily.

Why would you recommend volunteering to other students? University really is the best time to try something new like this. There is so much choice through Project V that there really is something for everyone. Until you try volunteering you don't realise how much you can get out of it.

(You can read more student case studies on our web pages).

Working with University Departments

We are keen to develop our links with university departments so that more of your students can benefit from volunteering and also to explore the possibility of developing mutually beneficial links between community projects and university departments.

a) **Outreach Days:** New for 2010-11, we have instigated 'Outreach Days', the purpose of these being to renew and develop relationships between community organisations, University departments and Project V. Each academic term we will keep 2 days free to visit community organisations and University departments, or for community organisations/ University departments to visit us. The dates of these Outreach Days are posted on our website (under Information for University Departments). Please e-mail Michaela at m.rossmann@sussex.ac.uk if you would like us to visit you, or wish to visit us.

b) **Student Talks:** We can provide short and informative talks for your students to advise them about the benefits that volunteering can bring. This includes dispelling some common myths that are held about volunteering and bringing into focus the need for work-relevant skills development.

Find out more about us

You can find out more about us, the services we offer and what we've achieved in the past on our web pages, which include a page for University Departments:

www.sussexstudent.com/volunteering

Contact Details

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