

LAW



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 Law 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 students studying Law:

The Clocktower Sanctuary

The Clocktower Sanctuary is a Day and Advice Centre providing practical help and support for young homeless people aged 16-25yrs. Volunteers help in all areas of the centre e.g. interviewing new service users, recording and updating service user's details and delivering the advice and support service. It provides great experience of 1:1 work for volunteers.

Young Peoples Centre (YPC)

The YPC provides learning opportunities and 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 advice service. Volunteers 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-facilitate workshops.

St. Lukes Advice Service

St Lukes Advice Service provides independent and impartial advice and assistance on a wide range of issues e.g. welfare benefits, debt, budgeting and matrimonial breakdown. There are a number of volunteer roles available, from providing advice and administrative support, to fundraising.

(Please note that these are examples and we cannot guarantee that projects will be recruiting volunteers all year round.)



Student Case Study: R.S volunteered at the St. Lukes Advice Service.

Why did you decide to volunteer? I read about the position on Project V's website and I thought it sounded interesting and would provide me with a great chance to put something back into the community and also put some of my Law skills into practice.

Tell us about your specific role: The service has one solicitor that works for them, and it is my job to assist her in any way possible. This can range from typing up letters, carrying out legal research, phoning clients and sitting in interviews with clients and writing up summaries of them.

What do you get out of your volunteering? I really enjoy it as I feel that I am helping people and making a difference and also gaining valuable work experience at the same time.

How does volunteering fit in with your student life? I volunteer on a Wednesday afternoon, which fits in well with my student life, as I have no classes on that time. The people at St.Lukes are very understanding as when I recently had a lot of deadlines they let me have some time off.

Why would you recommend volunteering to other students? It is a great opportunity to try something different and see whether it is something you would be interested in pursuing further. It also helps you to gain valuable work experience, meet people in the community and feel like you are being useful!

(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

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