Active for Life is a community support project that promotes physical activity in adults with mental health problems and/or learning disabilities, by helping them find something active they can enjoy and take part in regularly. Volunteers are required to assist participants in weekly sports taster sessions such as boccia, gardening, aqua aerobics, football, basketball and walking. They are also looking for volunteers to become a ‘buddy’ in their buddy service, a short term stepping stone to helping people access activities in the community.

Website: [www.plymouthguild.org.uk/active-for-life](http://www.plymouthguild.org.uk/active-for-life)  
Contact: Larissa Mildren

Telephone: 07791682777  
E-mail: larissa@plymouthguild.org.uk

The Alzheimer Society’s Befriending Project aims to reduce social isolation of older people living with dementia through developing a meaningful befriending relationship. Befrienders visit people with dementia in their homes and need to be committed to visiting at least once a week for one or two hours. Visits usually aim at developing meaningful relationships through conversation and activities such as working on a life book, or helping them do something they enjoy. This is a most rewarding post, which really enriches the lives of older people living with dementia. Hospital Befrienders also required to visit on two wards in Mount Gould hospital. Befrienders would spend time with both individuals and small groups of people who perhaps have no visitors.

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
Contact: Ruth Bishop

Telephone: 01752 608900  
E-mail: ruth.bishop@alzheimers.org.uk
The National Autistic Society provides a city-wide Befriending and Mentoring Service to people with autism over the age of 18 years. Befrienders spend a few hours each week socialising and spending time building a relationship with adults with autism, as well as accompanying them to activities within the community. Mentors help people with autism learn new skills, such as independent travel, managing their time, and helping them to become more confident in accessing the community. Volunteers need not be 'experts' in autism, but to be friendly, reliable, willing to learn, and sensitive to the needs of others. After training and appropriate safeguarding checks, we match the volunteer to the right individual according to shared interests / preferences. Between them, they decide how often they meet and the kind of things they do together.

Website: [www.autism.org.uk](http://www.autism.org.uk)  
Contact: Ken Short  
Telephone: 02920 629318  
E-mail: [plymouthbefriending@nas.org.uk](mailto:plymouthbefriending@nas.org.uk)

The Special Olympics aim to sponsor and provide sports coaching and facilities for people aged 8 years and over who have learning disabilities. These activities are open to people who enjoy sport and want to try a range of sports to become part of the Special Olympic movement. They are looking for volunteers to assist as assistant coaches and general carers to ensure that people with a Learning Disability have the chance to enhance their lives and fulfil their potential.

Website: [www.sopd.org.uk](http://www.sopd.org.uk)  
Contact: Alan Stockdale  
Telephone: 01752 408271  
E-mail: [clubsopd@gmail.com](mailto:clubsopd@gmail.com)
The Sainsbury's School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport.

The Games are made up of four levels of activity: competition in schools, between schools, at county/area level and a national finals event:

Level 1 - sporting competition for all students in school through intra-school competition

Level 2 - individuals and teams are selected to represent their schools in local inter-school competitions

Level 3 – the county/area will stage multi-sport Sainsbury's School Games festivals as a culmination of year-round school sport competition

Level 4 – the Sainsbury's School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete in our sporting venues

The Games are designed to build on the magic of 2012 to enable every school and child to participate in competitive sport, including meaningful opportunities for disabled youngsters.

At a local level, the Sainsbury's School Games will be delivered by schools, clubs, county sports partnerships and other local partners. Local Organising Committees (LOCs) are being set up, chaired by Head Teachers, to oversee the county festivals. County sports partnerships have an important role to play in helping to stage the festivals but the delivery of the school games competitions and events are helped hugely by student volunteers.

Active Devon are looking for student volunteers to support Level 2 and Level 3 competitions in roles such as refereeing, umpiring, mentoring younger volunteers, recording result, supporting young people with disabilities, general event support, performing, running arts activities and photography/filming.

Contact: Jo Reed Email: joanna.reed@su.plymouth.ac.uk
Scope is a charity that supports disabled people and their families. Their vision is a world where disabled people have the same opportunities as everyone else. On a monthly basis they run a youth club in Plymouth for young children with disabilities, for which they require volunteers to assist at. There is also scope for volunteers to create and run their own activities/events during these sessions.

Website: [www.scope.org.uk](http://www.scope.org.uk)  
Contact: Emily Davies

Telephone: 07435 964625  
E-mail: Emily.davies@scope.org.uk

Beckly is a Routeways’ project that works with disabled and disadvantaged children and young people, to improve and enhance their personal lives through engagement and participation in a range of enjoyable, productive and purposeful recreational activities out of school time. Beckly also support their families and carers through the provision of short breaks from their caring responsibilities. Beckly warmly welcomes offers of voluntary help across all areas of their work. Opportunities include providing practical assistance with the upkeep of their locations, helping with essential fundraising for resources and equipment, as well as signing up to a regular programme of attendance, to support and encourage disabled children and young people in the social and play activities available.

E-mail: beckly@routewys.org.uk

Telephone: 01752 484433

**Other Opportunities**

In the past, we have also worked with:

- Active 8
- Dame Hannah Rodgers Trust
- The Downham School
- The Dove Project
- Strictly Collaborative
If you think you would be interested in volunteering for any of these organisations, or for another that is not mentioned here, then pop into the Volunteering Office located in The Hive of the Students Union, or drop us an e-mail at volunteer@su.plymouth.ac.uk