

# VOLUNTEER OPPORTUNITIES!

## IN THE COMMUNITY

### Fun'raising Volunteers

Fun'raising challenges are for anyone who wants to have tonnes of fun whilst raising funds for charity. Raise anywhere between £60 and £150 (or more!) by carrying out crazy challenge and asking your friends, family, colleagues and neighbours for sponsorship money. Really bonkers fun'raising ideas for you include 'wear a vegetable to work day', 'help! I need you to eat me out my compost brownie bath', 'wheelie bin washes' and many more!

### Events Volunteering Team

Join the events volunteering team and give much needed help to a different community project every month. Take the opportunity to try out all sorts of activities, learn about different aspects of sustainability, meet tonnes of interesting people and be a great big help. Being an events volunteer is a great way of finding the perfect community project for you.

Events volunteers also help to run information stalls at public events, inspiring members of the public to live more sustainably and to get active in their communities. Events volunteers receive training in events running and organisation, and in environmental awareness.

### Energy Academy

Help local people to change their behaviour in order to save energy, reduce carbon emissions and save money. We have a range of volunteering opportunities from making telephone calls to help people fill in energy saving questionnaires, attending events and passing on energy-saving tips, helping us with monitoring work or office admin. We specifically need volunteers on the following dates:

- Saturday 10th December: 3pm to 6pm. Tenant Energy Champion Training. The Brow House, 1 Mabfield Road, Fallowfield.  
We need a volunteer to observe and assist at this 3 hour energy efficiency training session for housing association tenants. You could take notes on the parts of the training that work well or that need changing, help ensure that shy trainees are participating and help us make the afternoon run smoothly.
- Friday 16th December OR Monday 19th December  
We need someone to make telephone calls (max 20) from the AfSL office to ask housing association tenants to return their completed energy data questionnaires. Full guidance will be given.
- Week of 15th January  
Can you use excel? We need someone to enter the data from energy-use questionnaires (max 20) into a spreadsheet. If you want to go further and analyse the results too, that would be great! Full guidance will be given
- Mid February  
By now we will have trained 24 housing association staff and 48 housing association tenants and we will need help to work out how successful this has been. Can you help with mailing out questionnaires and making telephone calls to remind people to return them?
- End of February  
We need another (or the same) excel user to enter the questionnaire data into a spreadsheet and analyse it if possible.

About the project: The Energy Academy aims to teach people the simple tricks that really work to reduce their energy use at home. We will be training Tenant Energy Champions to attend our training courses and then spread the energy saving message themselves. We also provide training for Housing Association staff so that they can help their tenants save energy, reduce carbon emissions and save money.

### Community Project Helpers

Action for Sustainable Living encourages people to take small steps towards becoming more sustainable. We think it's important to show people how easy it is to make small lifestyle changes and really make a difference, locally to you. Community Project Helpers take part in volunteer led projects, lending a hand where you can and where you're needed most. Projects for January 2012 include a Community Cafe in Moss Side, Schools projects in Old Moat and Whalley Range, band nights and a student sustainability project.

To find out more about volunteering with Action for Sustainable Living, contact Simon  
volunteering@afsl.org.uk | 0161 237 33 57

Or register your interest at [www.afsl.org.uk/volunteer\\_registration](http://www.afsl.org.uk/volunteer_registration)

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## FROM YOUR HOME / FROM AFSL

### Press and Communications Internship

All too often fantastic good news stories about local community projects are missing from our newspapers. The Press and Communications Intern will keep up good relations with journalists, write press releases and sell heart warming headlines to newspapers. Training in press and media will be available as well as regular support and mentoring. The internship is a fantastic opportunity to kick start your career in media and gain valuable contacts and experience. Past interns carrying out the role have gone on to embark on careers in the media and third sectors.

### Newsletter Writer

The Newsletter Writer helps to create Action for Sustainable Living's monthly newsletter. You can take part in researching, writing, publishing stories and sending out the newsletter online. We're especially looking for copy writers who can give plenty of bite to our articles.

### Administration and Development Volunteers

Join us at the office: Are you a do-er, a great communicator and like to be in a friendly, relaxed environment? Welcome to the AfSL office! We'd like to offer a volunteer the chance to help out in the office with administration and programme development. You'll need to be internet savvy, resourceful, and familiar with Microsoft Office software. Your work will help AfSL to reach out into new communities, helping more and more people to take consideration for their environment. This role is particular suitable for people wishing to enhance their CV and build up experience of the workplace, this role will give you a great insight into the inner workings of a community charity.

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Or go to [www.afsl.org.uk/volunteer\\_registration](http://www.afsl.org.uk/volunteer_registration) to sign up online