



HEALTH & WELLBEING

Bedfordshire Hospitals NHS Charity

[Forget-Me-Not at Bedford Hospital](#)

Forget-Me-Not Volunteers provide social interaction and engagement for hospital patients, with a focus on patients who are living with dementia. They support staff, carers and families to make hospital stays more warm, friendly and positive.

[Blossom Service Volunteer](#)

The Blossom Service, at Bedfordshire Hospitals, enables volunteers to provide support and companionship for those receiving End of Life Care and their loved ones. The volunteers provide a hand to hold and friendly face at a heart-breaking and uncertain time.

Sue Ryder St John's Hospice

[Meet & Greet Volunteer](#)

The reception team are often the first people visitors speak to when they arrive, so they play an important role in making visitors feel welcome and reassured. In this role you'll work with the reception team to provide a warm, friendly greeting to all our guests.

Tibbs Dementia Foundation

[Cognitive Stimulation Therapy group volunteer](#)

We offer a weekly Cognitive Stimulation Therapy group in Leighton Buzzard and are looking for volunteers to help out there. You will be setting up and clearing away, making teas/coffees for our clients, and helping support our clients do the activities.

East of England Community Health and Care NHS Trust

[NHS - Breastfeeding Buddy Volunteer](#)

Breastfeeding Buddies are all parents who have breastfed/chestfed their own child for a minimum of three months. They provide infant feeding support and information to parents, and to those expecting a baby, with the aim of promoting breastfeeding / chestfeeding and close and loving relationships between parent and baby.

Sight Concern Bedfordshire

[Coffee Morning Support Volunteer](#)

Starting in May, we'll be hosting relaxed, friendly drop-in coffee mornings at local cafés in both locations. We're looking for a welcoming person who can help attendees get settled, support them with placing their orders, and enjoy some light conversation.

[IT Support](#)

We are looking for someone to join our weekly IT support sessions, to enable visually impaired people to make the most of their devices, e.g. smart phones, tablets and laptops. Good knowledge of accessibility functions on Apple and Android and Microsoft products would be ideal, although training is also available.

Youth Mindset

[Volunteer Youth Mentor](#)

Youth Mindset need Volunteer Youth Mentors. Our Mentors support and meet with a Young Person in Need to complete a mentoring session with them.

There is an average expectation of 1-2 hours per week commitment.

Age UK Bedfordshire

[Information and Advice Advisor - Home Visits \(Borough\)](#)

Many people experience difficulty successfully completing forms or gaining access to information or advice. We therefore provide a service to people who cannot attend our offices, where we will visit an older person in their own home.

[Telephone Befriender](#)

Volunteers will develop through planned, regular telephone conversations a small number of positive and valued relationships with isolated older people who have been identified by Age UK Bedfordshire, with the final aim of reducing social isolation of those older people.

Embrace

[Parent/Carer sessions support](#)

Caring can be exhausting, isolating, and all-consuming. Our well-being groups offer Parents and Carers a rare moment to pause, breathe, and connect with others who understand their journey. Sometimes, that freshly made cuppa and friendly conversation is the highlight of their week — the little lift that helps them keep going.

[Fundraising and Events](#)

Working individually and as a team with a positive commitment to the benefits successful events have to the wider community. We will support you to create your own fundraising events, while you also support others to fundraise for the organisation.

Royal National Institute of Blind People

[Lived Experience Speaker](#)

Delivering talks to groups of sighted people about your lived experience of sight loss to challenge their perceptions and behaviours. Audiences will vary but may include local businesses, community, faith and voluntary groups.

[RNIB Community Change Champion](#)

You'll be raising awareness, & improving understanding of sight loss through delivering RNIB's Awareness to Action sessions in your local community. Through these engaging sessions, you'll inspire participants to make small changes to their behaviour that make a massive difference in the day-to-day lives of people with sight loss.

[Telephone Group Facilitator](#)

We need you to facilitate our weekly telephone groups that offer blind and partially sighted people the opportunity to socialise with others.

Music24

[Volunteer Session Support Worker](#)

This role is a very important part of what makes Music24 successful. We need open-minded and caring people to support the main thread of work in our sessions that provide therapeutic music-making opportunities to people living with dementia, learning disabilities and mental health conditions.

[Fundraisers](#)

We are looking for a number of energetic volunteers to join our team of fundraisers. This is a vital role within our organisation because we need to raise funds to support our much-needed work.

[Volunteer Community Musician](#)

We are looking for a number of energetic volunteers to join our team of fundraisers. This is a vital role within our organisation because we need to raise funds to support our much-needed work.

Headway Bedford

[Directors/Trustees - No pay - Huge Rewards!](#)

Headway Bedford is a charitable, limited company, affiliated to Headway - the brain injury association. We exist to support and rehabilitate people with acquired brain injuries and their carers in the Mid and North Bedfordshire area. We now need some additional volunteers to join our Board of Trustees.

[Volunteer rehabilitation Assistant - Cognitive Support.](#)

The main purpose of this role is to work with the clients either within a group or individually to complete a variety of activities within cognitive sessions. All session activities have a purpose and are set by the co-ordinator according to framework to address all areas of cognition for example, memory, attention, planning, problem solving, daily living skills, brain injury education etc.

[Volunteer rehabilitation Assistant - Speech and Language Therapist Support.](#)

The main purpose of this role is to work with the clients either within a group or individually to complete a variety of activities within speech therapy sessions. All session activities have a purpose and are set by the key worker or Speech and Language Therapist to help practise, build and improve communication skills.

['1 to 1' Cooking and Kitchen Skills Volunteer](#)

The main purpose of this role is to work with clients with acquired brain injury in a '1 to 1' setting to complete a variety of activities related to cookery. This may involve all steps in the process from choosing recipes to cook, putting together a shopping list, preparation of the kitchen area prior to cooking, following recipes and cleaning up afterwards

Headway Bedford - ['1 to 1' IT Session Volunteer](#)

The main purpose of this role is to work with clients with acquired brain injury on an individual basis to complete a variety of everyday IT specific activities, such as teaching clients how to use emails, calendars, access apps etc. Some clients may also want to increase their confidence and abilities with various computer programs (such as Microsoft Office, accessing the internet etc.).

Friends of Moorfields Eye Hospital

[Moorfields Bedford Hospital Volunteers](#)

Some of the tasks we'll need you to complete at Moorfields, Bedford can include leading and guiding patients around the clinics, providing advice and guidance about services etc. and hand-holding which will

see you supporting patients come into theatre and offering to hold their hand during their operation.

Friendship Link and Action Group

[Volunteer Driver FLAG Bedford](#)

Our members all live in Bedford Borough and have a range of disabilities, including learning and physical disabilities. If you'd like to find out more or get involved, please get in touch – we'd love to hear from you!

FACES

[1:1 Family Support Volunteer](#)

The support our 1:1 volunteers provide may involve experiencing low-medium risk domestic abuse, practical and emotional support as well as support with child development. There is not a 'typical' family that FACES support. Our services are tailored to a family's individual requirements and circumstances.

[Family Support - Family Groups](#)

The FACES family support groups are for families who do not usually access other services for a variety of reasons. The aim of the groups are to reduce social isolation for children and parents, promote school readiness and help with child development.

Bedford Samaritans

[Samaritans - Volunteer Listener](#)

Samaritan listening volunteers ensure that we are able to continue to offer support to those in need. We are looking for listening volunteers who can offer regular time to listen every month.

Friends for Life

[Activities Volunteer](#)

We place individuals or groups as activities volunteers, such as singers and musicians. Perhaps you have a hobby or skill you would like to share, such as knitting or drawing, or you would be happy to support residents' with quizzes, puzzles or word searches.

[Volunteer Care Home Befriender](#)

Our befrienders visit regularly for chats and, where appropriate, take their residents out for short walks etc. The opportunity to talk to other residents in communal areas may also arise.

Keech Hospice Care

[Shop Assistant Volunteer \(Bedford\)](#)

Our Volunteers are at the heart of the day to day running of our shops. We thank you for your time given to the charity. The shops provide much needed income to provide nursing care for our patients.

Marie Curie

[Retail Volunteer](#)

We're looking for enthusiastic Shop Volunteers to join our retail team and help deliver a great shopping experience. From fashion and homeware to books and unique finds, our shops offer a wide range of quality donated items, and we need your help to sort, prepare, and sell them.

Songhaven

[Concert Assistant Volunteers](#)

We are looking for friendly and reliable volunteers to help create a warm and welcoming atmosphere at our Bedford concerts.

Bowel Cancer UK

[Bowel Cancer UK - Volunteers needed](#)

We are looking for volunteers to support on a range of activities from awareness raising, peer support, research, campaigns and fundraising.

East Anglian Air Ambulance

[Event Support Volunteer](#)

We are regularly invited to attend events and they provide a great opportunity for us to talk about the work we do. We go to fetes, fairs and country shows, as well as carnivals and sporting events.

[Speaker Volunteer](#)

We are often asked to attend events and group meetings to present information to people who are interested in the work of East Anglian Air Ambulance. We need volunteers who enjoy speaking in public, are able to communicate clearly and who can inspire and motivate people to become supporters or even volunteers themselves

[Street and Store Bucket Collection Volunteer](#)

We're sure that you've seen the collectors as you walk into your local supermarket, or walk through your town centre, and collections are a very simple way to raise valuable funds. A couple of hours of your time can make a big difference; collecting for one day alone can raise £500!

CHUMS Charity

[CHUMS Fundraising Volunteers](#)

CHUMS requires fundraising volunteers to help with events and much more. There are lots of other ways to offer support as well such as placing and maintaining collection pots out in the community, being on events committees, collecting cheques from organisations, helping with donor research, being our online champion and attending supporter events such as concerts.

[Occasional Drivers for our Young Carers service](#)

Chums are looking for volunteer drivers to transport children and young people, who are part of our young carer scheme, from their homes in Luton to venues in Luton for trips / days out.

Bedfordshire Rural Communities Charity

[Men's Wellbeing Group Volunteer](#)

We're looking for someone to help run a wellbeing group for men aged 18 - 35. The group was set up to give young men a chance to support their mental health and wellbeing by getting active and meeting others through gardening, walking and fitness activities.

[Wellbeing Walk Leader](#)

We are looking for people to become Wellbeing Walk Leaders to support existing walks and to set up new walks across Bedfordshire. Each Wellbeing Walk has a small group of leaders who between them take on a number of tasks.

4YPUK Ltd

[Mentor to Young People](#)

As a mentor you will work with young people on a 1:1 basis once a week offering up to 12 sessions. As a youth mentor you will help a young person to improve their well-being. You will work with a young person to encourage them to reach an agreed set of goals such as improving school attendance, improving relationships at home or with peers.