



## **PRESS RELEASE**

**Date:** 14 May 2018

**Subject: Come & try Volunteering during National Volunteers' Week!**

Have you ever thought about giving something back to the community but don't know where to start? Can you spare some time to help support a local community initiative called The Project that saves out of date supermarket food from going to landfill? We are looking for help to build a community garden from scratch at The Wickham Centre, Mill Lane, Wickham and are asking for more volunteers to give a helping hand.

The event is taking place on Friday 8th June between 0930-1330, with a number of staff from local businesses taking part and residents from Wickham & surrounding areas. Janet Duggan, Volunteer Service Manager from Community First says "we are keen to get as many people as possible to come and get involved with this community project, it is your chance to be part of the UK's biggest celebration of volunteering, recognising the contribution of 23 million people who volunteer in their communities across the UK. It's going to be such a great day, with local MP's George Hollingbery and Suella Braverman coming along to lend a hand to give their support".

The Project is a local initiative which collects food that is past it's sell by date from large supermarkets, a selection of which will be available on the volunteering day. It then opens to the local community giving them a chance to use that food on a donation or skills swap basis. Sue Cooper from The Project says "we are looking to extend our reach by building a community garden, where local residents can come and help maintain the vegetable patches. The vegetables grown will then be available to everyone in the local area. We are so grateful for the volunteers who have already signed up to take part, but we need more help. There is a role for everyone even if you're not green fingered, we need support painting the storage container and other day to day tasks at The Project!"

If you would like to get involved with this exciting and innovative volunteering day please email [julie.eden@cfirst.org.uk](mailto:julie.eden@cfirst.org.uk). To find out more about other volunteering opportunities available across Hampshire go to [volunteerwessex.org](http://volunteerwessex.org) or telephone 0300 500 8085 option 1

- End -

**Photos:**



### **Notes for Editors**

1. Communities First Wessex (known as Community First) provides support and advice to local voluntary and community groups, charities and social enterprises in order to build their capacity and ensure a thriving and successful voluntary sector across East Hampshire, Fareham, Havant and Winchester. We also provide a one stop shop for all aspects of volunteering; helping recruit and place volunteers throughout our local communities and providing specialist training for voluntary organisations.
2. Communities First Wessex also delivers critical community services including:
  - a. Community Transport and Dial a Ride in East Hampshire, Fareham, Gosport, Havant, Winchester and Basingstoke
  - b. Shopmobility in Fareham, Havant and Chichester, and Winchester

Community First is the trading name of Communities First Wessex

Registered Charity no 1147527 Company Registered in England and Wales 8071971 at  
Langstone Technology Park Langstone Road Havant Hampshire PO9 1SA



- c. Health and wellbeing services including surgery signposting with GP surgeries in Bordon, Fareham and Waterlooville, a Silver Linings programme for older people at Hewitt's in Emsworth, Walking 4 Health in Fareham, and a Home Help and a Gardening Service for vulnerable people in Fareham.
  - d. Support for Community Buildings and managing agents for Leigh Park Community Centre in Havant
  - e. Rape and Sexual Abuse Counselling services
  - f. Specialist youth work including support for young people's mental health
  - g. Work and skills based training and support for unemployed people
  - h. Supported volunteering for people with a range of needs including mental health, drug and alcohol abuse, and those with a physical or mild learning disability.
3. Communities First Wessex employs 116 staff, has more than 80 regular volunteers and has a turnover of £2.6m. Its main sources of income are local authority and government grants and contracts, Big Lottery Fund and a range of charitable trusts.
  4. For further information contact:  
Tim Houghton, Chief Executive, Communities First Wessex  
07467 941018 or email [tim.houghton@cfirst.org.uk](mailto:tim.houghton@cfirst.org.uk)

Community First is the trading name of Communities First Wessex

Registered Charity no 1147527 Company Registered in England and Wales 8071971 at  
Langstone Technology Park Langstone Road Havant Hampshire PO9 1SA