



PRESS RELEASE

Date: 23rd May 2019

Subject: PULLING TOGETHER FOR A COMMON CAUSE ON VOLUNTEERS' WEEK

From 1st until 7th June 2019, people across the country will come together to mark Volunteers' Week, the annual celebration recognising the contribution of 22 million volunteers nationwide. In the spirit of social action, Community First is inviting people in East Hampshire to lend a hand with vital conservation work at **Bordon Inclosure on 7th June**. Local residents and businesses are invited to attend.

Volunteers will join Rangers from the Deadwater Valley Trust in tackling growths of Himalayan Balsam, which can harm other plants and adversely impact the ecosystem of the beautiful woodland. This work is essential for protecting wildlife habitats and keeping the Inclosure as a pleasant place for local people to spend time in nature. The group will meet at Bordon Inclosure at 9:45am and finish at 1:00pm.

Spending time in the fresh air and meeting new people is a sure way to raise spirits while bringing the community together. It will also provide ample networking opportunities for volunteers from businesses. Most importantly, all hands on deck will get the job done. As Janet Duggan from Community First recalls, "You don't need to be a regular volunteer to have a positive impact. We have had several successful Social Action Days now, including helping Wickham Community Centre build a community garden during Volunteers Week last year. We are looking forward to another chance to show that we can make a big difference in only one morning, this time at Bordon Inclosure."

All are welcome to volunteer and all helping hands will be appreciated. No previous conservation experience is necessary, as the Rangers will guide the group. If you are interested in volunteering or would like to know more, please contact Janet Duggan on 01730 774003 or email janet.duggan@cfirst.org.uk. You can also register online via Eventbrite at: easthantsvolweek19.eventbrite.com.

For anyone interested in more local volunteering opportunities, the Community First Volunteer Service staff will also be at Café 1759 in Bordon on Wednesday 5th June from 12noon until 3pm. All are invited to drop in and find out how they can give something back to the local community. Community First aims to show that everyone can contribute to causes they care about, with whatever time and skills they have.

- End -

Photo:

Community First is the trading name of Communities First Wessex
Registered Charity no 1147527 Company Registered in England and Wales 8071971 at
3000a Parkway, Whiteley, Fareham, Hampshire PO15 7FX



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
 - c. Health and wellbeing services including surgery signposting with GP surgeries in Bordon, Fareham and Waterlooville, 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

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- 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:
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07467 941018 or email tim.houghton@cfirst.org.uk