



MARSTON'S

Volunteering Guide



We care



Introduction

At Marston's, being the hub of the community is really important to us and we know that our people are hugely passionate about playing their part, whether its through the pub, brewery or office they work in.

Although it's harder to do in the current situation, we would encourage you where possible, and where it is safe to do so, to continue to give back to your community. Not only will you be helping and supporting others, it's good for your personal wellbeing too.

Please note, if you're currently furloughed, you can still take part in volunteer work or training, as long as you do not provide services to, or generate revenue for, or on behalf of Marston's.

In this guide, we've included some volunteering opportunities that you might be interested in. If you're aware of others, please email communications@marstons.co.uk and we'll keep this guide updated.

[Click here](#) for the latest up-to-date government advice on how to help safely.



NHS COVID-19 Volunteer Responders

NHS Volunteer Responders has been set up to support the NHS and the care sector during the COVID-19 outbreak. To do this, the NHS is building an 'army' of volunteers who can support the 1.5m people in England who are at most risk from the virus.

You can help by signing up for one or more of the tasks listed below. Once you have registered and checks are complete you will be provided a log-in to the GoodSAM Responder app. Switch the app to 'on duty', and you'll see live and local volunteer tasks to pick from nearby.

This programme enables volunteers to provide care or to help a vulnerable person, which is permitted under the new rules announced by the Government on 23 March 2020.

Volunteers must be 18 or over, and fit and well with no symptoms. The majority of tasks can be undertaken while social distancing and volunteers will receive guidance through a 'getting started pack'.

- Community response volunteer
- Patient transport volunteer
- NHS transport volunteer
- Check-in and chat volunteer

[Click here](#) to join the NHS Volunteer Responders.



The British Red Cross Community Reserves

Help your community in a crisis and share your kindness with those who need it most.

No special skills are required to become a volunteer and the support is essential to the British Red Cross.

It only takes a few minutes to [sign up](#). The initiative, which is funded by Aviva, has already seen over 20,000 people sign up to support their community during a crisis.



Staffordshire County Council – iCare

Thousands of vulnerable residents in Staffordshire rely on personal care in their homes and this demand is only increasing with the spread of COVID-19.

Staffordshire County Council needs more carers to help care for them. Not only will you be keeping vulnerable people safe, you will also be helping to protect our hospitals.

Depending on each individual's needs, this could include tasks such as:

- Helping them out of bed
- Washing or showering and dressing them

- Brushing their teeth and hair
- Preparing meals
- Helping them to the toilet

Every time you support someone with personal care it will be making a direct impact in fighting the virus. To step up and help, please complete a short questionnaire [here](#) and a representative from Staffordshire County Council will be in touch.



Find a local volunteering centre/group

National Council for Voluntary Organisations

Volunteer Centres are local organisations that provide support and expertise within the local community.

Volunteer Centres are often a good place to start looking for volunteering opportunities in the local area. They can find out what you're interested in doing and try to match you with a suitable volunteering role with a local charity or voluntary organisation.

Enter your postcode [here](#) and find your local centre (England only).

Visit [Volunteering Wales](#) to find volunteering opportunities in Wales and [Volunteering Scotland](#) for opportunities in Scotland.

National Association for Voluntary and Community Action

To find your nearest NAVCA member [click here](#). As the local voluntary sector support and development specialists, they will have information on what is happening in your local area and will be able to match you with a cause.

Do-IT

To find local charities that need your help or register as a community helper, [click here](#).

Reach Volunteering

There are many good causes in need of help at this challenging time. Reach supports you to volunteer your professional skills for charities across the UK.

[Join the Reach community here](#) and [search for opportunities](#) where you can make a difference with your professional skills.

Mutual Aid Group

There are now thousands of local groups across the country. COVID-19 Mutual Aid Group was set up to co-ordinate "good neighbour" initiatives and has lists of local groups in your area, together with details of how to help people safely.

[Click here](#) for an up to date list to help you find your nearest one. Simply enter your postcode to find a group nearby.



Trussell Trust food banks

During this challenging time, food banks in the Trussell Trust network need your help to continue to provide essential community services to people in crisis.

By volunteering for your food bank and being a voice for change in your community, you can make a real difference to people's lives.

Across the UK over the coming months, food banks may need extra volunteers to help sort and pack donations in their warehouse, collect donations from supermarkets, and deliver food to people in greatest need.

Trussell Trust has just launched a new volunteer system with Assemble. [Click here](#) to find out more and sign up to opportunities where you live.



What else can I do to help?

- Look after your neighbours. The simplest thing everyone can do right now is look out for their neighbours and offer help with shopping and other errands. Remember to be safe when supporting others.
- Volunteer for Age UK as a Telephone Befriender Volunteer. Due to increased interest in volunteering for this service, it's taking some time to process applications. This means there is a pause on taking on any new volunteers. Keep checking the website here for when applications re-open.
- Make the most of local online groups. Keep up to date, share information and be a positive part of your local community conversations using platforms like Nextdoor.
- If you can afford to, donate to the Coronavirus Resilience Fund to support local charities and voluntary groups doing vital work in challenging conditions. [Donate here.](#)
- If you can afford to, donate to the National Emergencies Trust. This charity is co-ordinating the UK coronavirus disaster voluntary relief effort, providing a single online portal for donations from individuals and companies. The money will be rapidly distributed in the form of small grants to recognised local charities via 46 established regional community foundations covering the whole of the UK.