



## **VOLUNTEERING and MENTORING**

There is no time like the present ... and conversely no present like the time. You have more of it now IN REWIREMENT so why not give some. There is huge need in the Cape and a wide range of organisations looking for volunteers maybe for just a couple of hours, a day a month or maybe a regular day each week. Here are just a few of the ones we know about.

### **ROTARY CLUB**

The object of **Rotary** is to encourage and foster the ideal of service as a basis of worthy enterprise. For more details go to [www.rotary.org](http://www.rotary.org) and find a club near you.

### **ANIMAL CARE**

**DARG:** Domestic Animal Rescue in Hout Bay needs volunteers to help their animals in different ways from cat brushing to dog walking ([www.darg.org.za](http://www.darg.org.za)). Similarly the SPCA needs volunteers with the caring of strays.

**SA Guide dogs association:** They require assistance for administrative duties. In Cape Town contact Teagan Schwerin 021 674 7395. Puppy raisers get a puppy to raise and give basic training for 2 years. Go to [www.guidedog.org.za](http://www.guidedog.org.za) for an application form.

### **VOLUNTEER AGENCIES**

There are several organisations that put people in touch with the appropriate volunteer organizations abroad, not only in sub Saharan Africa but around the world from Asia to South America. Many of these are aimed at the youth BUT REMEMBER 65 is just a number.

[www.volunteeralliance.org](http://www.volunteeralliance.org)

[www.voluteering.org](http://www.voluteering.org)

[www.globalnetwork.org](http://www.globalnetwork.org)

[www.globalvoluteernetwork.org](http://www.globalvoluteernetwork.org)

[www.mercyship.org.za](http://www.mercyship.org.za)

[www.betersa.org.za](http://www.betersa.org.za)

### **RESCUE**

The **NSRI** requires volunteers to provide administrative and other support to the rescue boat teams ([www.NSRI.org.za](http://www.NSRI.org.za)).

## CONSERVATION

Help care for endangered African Penguins with **SANCCOB** which saves seabirds

([www.sanccob.co.za](http://www.sanccob.co.za)).

**The Wildlife and Environmental Society of South Africa (WESSA)** has a range of Friends groups for nature reserves. Contact Marion Mengell, WESSA Friends Group Advisor. Tel/Fax 012 667 2183, Cell 083 455 1736 or Email [friendsnylsvley@mweb.co.za](mailto:friendsnylsvley@mweb.co.za)

**SANParks** has a Honourary Rangers core ([www.sanparksvolunteers.org](http://www.sanparksvolunteers.org)).

## SOCIAL SERVICES

**S-CAPE** are involved in every aspect of rescue from human trafficking which enslaves a shocking 20.9 million worldwide. ( [www.S-Cape.org.za](http://www.S-Cape.org.za)).

**Masiphumelele** needs volunteers to get involved in many aspects of the township from sports coaching and spectating to working in the library there ([www.masiphumelele.corp.co.za](http://www.masiphumelele.corp.co.za)).

**GAPA Grandmothers Against Poverty and Aids** are dedicated to helping South African families help themselves through the development of grandmothers who are holding together families affected by poverty and AIDS ([www.gapa.org.za](http://www.gapa.org.za)).

**The SOZO Foundation** works towards the uplifting of lives in the Vrygrond community

([www.thesozofoundation.org.za](http://www.thesozofoundation.org.za)).

**Project Daphne** needs people in the Plumstead, Wynberg, Constantia and Bergvliet areas with their own transport. Spare a few hours per month to help the elderly by offering lifts to medical facilities shopping library and so on. Office helpers also needed. Call Elizabeth Yeadon 083 261 0612.

**Trauma Counselling.** The Victims of Violence Trauma Room at the Diep River police station need volunteer councillors. Basic training is provided. At least one shift of five hours per week is required and attendance of one meeting per month. Need to live in the area with their own transport. Contact Niki or Hettie at the Trauma Room 021 710 7342

**Rape Crisis Centre** ([www.rapecrisis.org.za](http://www.rapecrisis.org.za)). Become trained as a volunteer to educate the community and change attitudes about rape. Trained volunteers actively work towards making change by facilitating workshops, doing talks at a variety of places and training our high school Peer Educators to become leaders who challenge rape myths and stereotypes in their schools.

## HOSPITALS AND HOSPICE

**The Iris Children's Hospice** needs volunteers in various spheres. 021 910 1578.

**The Friends of Red Cross Children's Hospital** needs volunteers particularly to spend time with lonely sick children ([www.friendsofthechildrenshospital.org](http://www.friendsofthechildrenshospital.org)).

Saint Luke's Hospice needs volunteers for a wide range of services ([www.stlukes.co.za/volunteer/](http://www.stlukes.co.za/volunteer/))

## MENTORING AND LITERACY

The key to literacy is a wonderful gift to give children who are struggling to learn to read organisations like help2read ([www.help@read.org](mailto:www.help@read.org)), the Life Matters Foundation [www.lifemattersfoundation.org](http://www.lifemattersfoundation.org) and Shine literacy ([www.shineliteracy.org.za](http://www.shineliteracy.org.za)) are always looking for volunteers to form reading partnerships with children.

The SA-Yes foundation requires mentors to guide young adults who have to leave formal children's home care when they reach the age of 18 ([www.SA-YES.com](http://www.SA-YES.com)). ([www.ikamayouth.org](http://www.ikamayouth.org)) and ([www.boystomen.org](http://www.boystomen.org)) are also organisations where your experience will help the less privileged.

The Rape Crisis centre provides support and mentoring for rape victims ([www.rapecrisis.org.za](http://www.rapecrisis.org.za)).

**There are probably many more opportunities for volunteers and any information to expand the list would be most welcome.**

Last updated 16<sup>th</sup> January 2018