



Volunteer Handbook



Every Action
Counts and Makes
a Difference

Thank you for choosing to volunteer in East Haven.

People love East Haven because it is such a beautiful unspoiled coastal community. However, with only 100 residents we rely heavily on both residents and the wider community to help maintain all the features that we all value and enjoy. We ask everybody to think about one thing they can do to play their part and help the village achieve its vision.

East Haven is a strong, safe, accessible village where the natural environment is protected and conserved with services and amenities to support a sustainable and thriving community.

Alone we can do so little but together we can achieve so much.

East Haven Together (EHT) has a sustainability strategy and community action plan linking to charitable aims, local and national priorities and Global Sustainable Goals. EHT wants everybody who lives in or visits the village to understand that every action we take can make a difference and help not just East Haven but ourselves and the wider world we live in. Everybody can contribute and play a part no matter what their age or ability. We all have different talents, experience, knowledge and skills. Perhaps you can provide advisory support, a technical or professional skill. Perhaps you are good at DIY, baking or painting? Whatever contribution you can make, wherever you live, EHT would welcome you as a volunteer. There is something for everybody whether you prefer to work alone or enjoy working as part of a group. Whether you are only able to commit the occasional hour of your time or commit to an activity on a regular basis.

Please contact EHT if you want to chat more about volunteering opportunities.

- Helping to look after the coastal dunes - grow coastal grasses
- Species activities and learning new things e.g about wildlife
- Helping to maintain and repair the boats -flags
- Helping to look after sheds and fences
- Village Emergency Telephone scheme volunteers (VETS)
- Grass cutting - verges - leaf clearing in Autumn.
- Cleaning the bus shelter
- Helping to maintain gardens and plants
- Keeping the beach and amenity areas clean from litter. On your own or with others.
- Cleaning the defibrillator box
- Joining the rota to clean and maintain the toilets
- Becoming a Charity Trustee
- Maintaining street furniture - painting bins - heritage boards
- Becoming a named driver with the ATV
- Leading projects and/or being involved in working groups
- Community Resilience activities
- Storm Reporters. (Photography)
- Maintaining unadopted roads
- DIY support especially for small jobs in toilets etc.
- Administrative, IT roles.

More About Some of Our Volunteering Activities

Gardening

The gardening group meet at the Bothy every Thursday morning (unless it is raining) from 10am between March and October. Coffee is served around 11.15am. Everybody is welcome to get involved and just do whatever they enjoy. The community gardens/green spaces extend across the village square to the corner of the cycle path and under the bridge to the heritage bed at the toilets.

Beach Cleaning and Litter Picking

This activity can be undertaken either as an individual at a time of your own choosing or as part of a group. Organised beach cleans are held two or three times per year. The car park needs a daily check to keep it litter free.

Toilets (Wee Gallery) rota

Volunteers on the rota tend to do a full week at a time. They open up the toilets before 9am in the morning and don't close them before 6pm. They are kept open longer in the summer. Volunteers on the rota receive a small daily expenses payment.

Named Driver Training

Residents can undertake named driver training to enable them to drive the All-Terrain-Vehicle to help with beach cleaning. If confident, named drivers can also undertake SCORDS online training to enable them to support the Emergency Services. The ATV is on the Community Asset Register

Coast and Wildlife Habitats

The coastal dunes and habitats are of critical importance. They protect biodiversity and also mitigate against coastal erosion. Volunteers are required to help grow and plant Lyme and Marram grasses. Also to remove garden escapes and non-native species.

Maintaining Heritage Items and Street Furniture

Volunteers are needed to clean, repair and maintain heritage items and street furniture. These include, heritage boards, boats, litter bins, sheds, fences, monuments and statues. Residents also help to keep the bus shelter in a clean condition and maintain the defibrillator unit.

Make a Difference
Play your part
Every Action Counts
Just Do it!

What else do I need to know?

East Haven Together take their responsibilities for supporting volunteers seriously. We undertake health and safety risk assessments for specific volunteering activities. We update these regularly. We provide guidance and support. Also training and advice.

- We want every volunteer to enjoy what they do so if there is anything that you are not sure about please tell one of the Trustees or the lead member of the group you are working with. If there is a task you are not enjoying please tell us. If you have any worries about undertaking a task please talk to us. Don't do anything that you think might cause injury or harm. Building up friendships and sharing quality time together is what East Haven is all about. We want to support you in your role as a volunteer so please tell us how we can do that.
- We often take photographs of the work we are undertaking so we can share them on Facebook or our website. If you would prefer not to have your photograph taken please let us know.
- We largely communicate by e-mail or 'what's app' to let people know what's happening. If you would prefer us to communicate by another method please let us know.
- We sometimes circulate newsletters and other information from organisations such as Keep Scotland Beautiful. Please let us know if you would prefer us not to receive these
- We might also contact you to ask if you would help with other specific projects as they arise. If you would prefer not to be contacted to take part any additional activities then please let us know.
- If you have ideas or suggestions about other ways in which East Haven Together can help to achieve its charitable aims please let us know.

Contact us on easthaventogther@gmail.com

