

Current Volunteer Service Opportunities 2023

Food Pantry- Every other Thursday from 9-11 over the summer months. Assist patrons with fulfilling food orders, ensure paperwork about family demographics is recorded.

Bread Sorting and Delivery- Assist with sorting weekly delivery of bread from Hannafords. Weigh, sort and box bread and distribute to determined local apartments.

Cooking Assistance- Assist with cooking meals to feed their soup kitchen guests.

Food Delivery on Fridays-Drop off large plastic totes of food to Boys and Girls Club every Friday at 10:30.

New American Services-Assist new Americans with reading, writing and speaking English so they can pass their citizenship test.

Admin Support - Front desk operations, assisting visitors, and lending a hand with office based projects

- Someone with good customer service skills or who would like to develop these skills
- Availability sometime between 8:30am-4:30pm Monday thru Friday with 2+ Hours per week available to support the office

Hospitals – Volunteers needed for three roles

- Reiki II Certified providers
- Welcome Liaisons in Spiritual Care
- Readers in the ICU

At-Home Support -

- Visit patients in their homes, especially in the following towns. Tilton, Loudon, Belmont, Canterbury, Northwood, Pittsfield and Franklin. 16 hour training required.
- Help out in the commercial kitchen evenings and weekends. 16 hour training required plus food safety.
- Assist the Telehealth Monitoring Team with equipment check in and check out as well as general inventory duties.



Caregivers Program – Shop for groceries for a home bound older adult. A consistent schedule is helpful, but shopping trips may be planned around your availability (Concord)

Nursing Homes – provide friendly visits to patients, assist with senior activities, provide gift shop help and play bridge. Days are flexible. (Boscawen)

Portsmouth Area

Food Pantry looking for volunteers to pick up bread at a local store and deliver it to their Rockland Street location. Pick up is around 8:30 on Monday and Tuesday mornings - volunteers can choose the day/days they are available to help.

Meal Prep Prois looking for volunteers to help set up for dine in services on Tuesdays and Thursdays. Hours are 9:30-11:30 though they can be flexible.

Portsmouth Senior Activity Center – Do you have a talent you'd like to share with others? The Center is looking for volunteers for new programs to keep seniors engaged. Artistic programming, games, and more!

Food Pantry provide donated meals to food insecure students and community members with affordable, convenient & healthy food options. Volunteers support the Gather Cafe Manager in setting up and maintaining cafe for service. There are many other volunteer opportunities at Gather in many locations along with the pantry at 210 West Road, Portsmouth.

Newmarket Food Pantry needs volunteers for a variety of shifts.

Drivers are needed for the visually impaired for appointments, technology training, etc. Statewide.

Drivers needed in several Seacoast towns for medical appointments for eligible residents. Drivers can choose the rides, areas they drive, and hours they volunteer.

Derry

Greater Derry – Drivers are needed in all towns served, but there is high need in Hampstead, Danville, and Sandown. Volunteers also needed to help the homebound



AmeriCorps
Seniors

The logo for the Friends Program, featuring the text "Friends Program" in a dark grey serif font, with a light blue curved line arching over the text.

Friends Program

stay in their homes with help with light chores and visitation. Schedules can be flexible.

Please contact RSVP@friendsprogram.org or 603-228-0139 to sign up for any of these opportunities or for more information.