Volunteer Opportunities [updated September 2019]:

Call 603.228.1462 for EH = Friends Emergency Housing (family shelter)
Call 603.228.0141 for FGP = Friends Foster Grandparent Program
Call 603.228.0139 for RSVP = Friends Retired & Senior Volunteer Program
Call 603.228.0108 for YM = Friends Youth Mentoring Program

Bone Builders Leaders (RSVP): Lead a senior exercise program twice per week to increase strength and balance as well as prevent osteoporosis. Training is provided. Various locations in Belknap, Merrimack, and Rockingham counties.

Caregivers Program (RSVP): Provide homebound seniors a ride to medical appointments and grocery shopping, and friendly visits, in several regions: Greater Concord, Greater Derry, Greater Hampton, Greater Salem, Portsmouth.

Child Care (RSVP): Help with child care at Lydia's House of Hope in Somersworth, a transitional home for women and children.

Community-Based Youth Mentoring (YM): Mentors are matched with young people in need through a one-to-one mentoring relationship that help the children develop characteristics and capabilities that lead to positive life choices and personal growth.

Concord Hospital (RSVP): Provide friendly visits to patients.

Concord VNA & Hospice House (RSVP): Support hospice patients, provide respite care for family, greet patient families. 8-week volunteer training begins in February, focused on patient visits. Other opportunities include kitchen assistance with meal preparation (no interaction with patients, meal prep only), VNA Flu Clinics and Matter of Balance facilitators. Training and certification provided.

Cops and Caregivers (RSVP): This new initiative allows homebound Tilton residents to receive a daily phone call from volunteers to check their wellbeing and remain independent in their home. It also gives family and friends the security of knowing the homebound individual is safe and receiving daily contact.

Drivers (RSVP): Provide homebound seniors a ride to medical appointments and grocery shopping in the following regions: Greater Concord, Greater Derry, Greater Hampton, Greater Salem, Portsmouth.

Farm to School Program Coordinator (RSVP): Key volunteer needed to facilitate communication and coordination of farm to school activities between various local groups and the Pittsfield School system. The ideal volunteer is connected to the Pittsfield area with a passion for people of all ages, ensuring community access to healthy food, and great organization skills. Commitment of approximately 4 hours per week.

Food Pantry (RSVP): (1) Gather in Portsmouth needs volunteers for 2 hours shifts throughout the week as well as cooking for seniors. (2) Volunteers also needed at Southern NH Services food pantries in Raymond and Seabrook.

Friends Emergency Housing (EH): Provide support for staff and residents where needed at the Friends Program residence that houses up to 8 families.
Foster Grandparent (FGP): Low-income seniors helping children reach their full potential by assisting educators and staff in the public school system, at childcare centers, head start programs and other nonprofits such as the Boys & Girls clubs. Supporting youth as they develop confidence to strive and succeed through emotional growth and academic achievement.

Friends of Forgotten Children Food Pantry (RSVP): Dedicated volunteers available Thursdays between 9am and 8pm. Opportunities include answering telephone inquiries, sorting food and clothing donations, client intake services, special weekly and monthly food donation pickups.

Future In Sight (RSVP): Give rides/support to sight impaired individual for medical appointments, grocery shopping, and support meetings.

Gardening Mentors (RSVP / EH): Oversee cultivation of raised gardens to grow vegetables for local food insecurity projects (Penacook Community Center and Friends Emergency Housing family shelter).

Greeter (RSVP): Greet families at the Family Reception Center located at the entrance of the Strafford County Department of Corrections in Dover.

Homeless Shelter for Families (EH): Provide support for staff and residents where needed at the Friends Program residence that houses up to 8 families.

Mailing (RSVP): Assisting local nonprofits with bulk mailings; may include collating, folding, stuffing, sealing, labeling.

Meals On Wheels (RSVP): Derry, Londonderry, and Portsmouth sites - Assembling meals to be packaged and delivered.

Meals On Wheels Kitchen Assistance (RSVP): At Pittsfield Senior Center - Prepare food items, set up for community meals, and wash dishes. Easy tasks and training is provided. Times vary.

Merrimack County Conservation District (RSVP): Summer/Fall 2019 gleaning fruits and vegetables at local farms for food pantries. Involves physical movement outside in weather conditions. Most opportunities involve produce pick up from farms and delivery to local food pantries. Some harvests will also be available during the growing season.

Merrimack County Nursing Home (RSVP): Provide friendly visits to patients, assist with senior activities, provide Gift Shop help.

Public Schools (FGP): Low-income seniors helping children reach their full potential by assisting educators and staff in the public school system. Supporting youth as they develop confidence to strive and succeed through emotional growth and academic achievement.

Second Start, Concord (RSVP): Open doors for adults in our community by helping them build their reading, writing, math skills or learn English. In a series of three, 3-hour workshops you will learn basic teaching skills and techniques. After completing the workshops, you will be matched with a student who meets your availability and teaching interests. Teaching materials and on-going support are provided. Join our amazing group of volunteers and make a difference in your student's life and in your own!
Senior Exercise Program Leaders (RSVP Bone Builders): Lead a senior exercise program twice per week to increase strength and balance as well as prevent osteoporosis. Training is provided. Various locations in Belknap, Merrimack, and Rockingham counties.

Site-Based Youth Mentoring (YM): Mentors are matched with young people in need through a one-to-one mentoring relationship that help the children develop characteristics and capabilities that lead to positive life choices and personal growth.

Transitional Housing for Homeless Families (EH): Provide support for staff and residents where needed at the Friends Program residence that houses up to 8 families.

Transportation (RSVP Caregivers Program): Provide homebound seniors a ride to medical appointments and grocery shopping in several regions: Greater Concord, Greater Derry, Greater Hampton, Greater Salem, Portsmouth.

Ushering (RSVP): Ushers needed on a regular basis at Capitol Center for the Arts and/or Concord City Auditorium “The Audi”. Perks include seeing a variety of great shows for FREE! Training is provided and feel free to ask a friend to sign up and join the fun.

Youth Mentoring (YM): Mentors are matched with young people in need through a one-to-one mentoring relationship that help the children develop characteristics and capabilities that lead to positive life choices and personal growth.