

# Long Term Volunteering

*Those who say it cannot be done should not interrupt the people doing it.*  
(Chinese proverb)



## Camphill Thornage Hall

*in Great Britain, hosted by IVS GB*

<b>Theme:</b>	Disabilities
<b>Location</b>	Holt, Norfolk
<b>Duration:</b>	No vacancies for 2019
<b>Application:</b>	Internal application form, 2 references and police clearance check from volunteer's own country.
<b>Vacancies</b>	5
<b>Languages:</b>	
↔ <b>Project:</b>	English
↔ <b>Local:</b>	English

*If you are interested in taking part in this project, or if you would like to get more information about becoming a long term volunteer, please contact your local SCI organisation. You can search for the contact information here: <http://www.sciint.org/contact-us/local-sci-branch-or-partner>*

### **Project Description:**

This is an opportunity to learn new skills in a unique environment that will make you stand out to future employers. Whether your interests lie indoors or out, there are a range of activities in need of enthusiastic help. We expect our co-workers to be responsible and stress that as a co-worker you should be willing to work where your help is most needed. Thornage Hall is an independent charity located in the idyllic countryside of North Norfolk which provides supported living and work and learning opportunities for adults with learning disabilities.

**Work:** Support in the houses with preparing meals, outings and weekend activities and attending festival celebrations i.e. New Years eve party, outings, communal meals. Evenings and week-ends are spent sharing leisure time, cultural events and outings together. As well as leisure time the weekends involve supporting with independent living skills and maintenance of the farm and garden, working in day services on the land and art, craft and cooking and baking workshops. Thornage Hall runs a biodynamic farm and garden which provides food for those living in our houses, as well as sales to local organic outlets. Converted farm buildings are now studios for Day Services offering a range of crafts, IT, weaving etc. Thornage Hall has a person centred approach to support tenants

and service users meaning that they are supported to live their lives as independently as possible in the way they choose, and they are supported in doing things for themselves.

**Requirements:** Volunteers need to be flexible and adaptable and not afraid to try new things. They need to be willing to get involved in the life of our community, attending festivals and celebrations, and sharing meals and home life with the tenants.

**Food:** All meals & food are provided & Thornage Hall cater for dietary requirements such as vegetarian.

All gluten free meals are prepared separately.

**Accommodation:** Co-workers and volunteers will receive free board and lodging (generally with your own bedroom) and two days off per week. You will have the use of the co-worker computer and free access to the internet. Bicycles are provided free of charge.

**Pocket money:** 40 GBP per week

**Insurance:** VOLUNTEERS MUST HAVE APPROPRIATE HEALTH INSURANCE, ARRANGED EITHER THROUGH THE SCI SENDING ORGANISATION OR INDEPENDENTLY OR VIA IVS OR AS PART OF VISA APPLICATION. Separate travel insurance will be also required.

**Fees:** None

**Visa:** IVS (or the host) will issue a certificate of sponsorship for anyone living outside the EU and who requires an entry visa. Details of how to do this are given to each volunteer. Check your countries requirements for living and working in the UK.

**Others:** Thornage Hall is located in a rural location with a limited bus service. Within weekly allowance, additional GBP5 assist with contributions to travel. TH operates a rota pattern. One week you will be supporting our tenant with breakfast, followed by assisting in the workshops. You will then help with lunch. Alternatively you could be volunteering an afternoon shift, where you will be supporting in the workshops and supper.