

## Volunteering

Use your skills and learn new ones as a Trust volunteer in a friendly supportive atmosphere. Research shows that volunteering is a good way to find work if you are unemployed and a good way to remain mentally active if you are retired or disabled. The Trust has some excellent volunteer opportunities in reception work (basic IT skills are necessary), research, IT and outdoor work in nature conservation and building restoration.



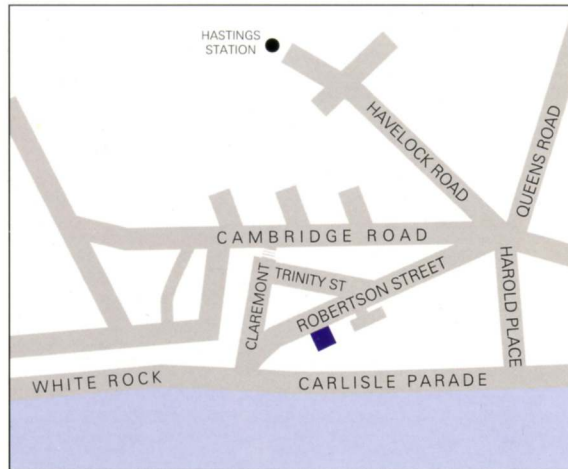
### Benefits:

- Builds confidence and motivation
- A sense of achievement
- A good way to gain references
- Social skills enhanced
- Personal growth and development
- We pay travel and other expenses

## GEMS

GEMS is the Local Exchange Trading System (LETS) for Hastings & Rother which allows people to exchange services and goods without money. For more information on GEMS contact the Centre.

## Where to find us



For more information please contact  
**Chris King** MCIM  
Resource Centre Development Co-ordinator

Or drop in between 10am - 5pm  
**Hastings Trust Resource Centre**  
35 Robertson Street Hastings  
East Sussex TN34 1HT  
Tel: 01424 446373 Fax: 01424 436740  
Email: [resource2000@hotmail.com](mailto:resource2000@hotmail.com)  
Website: [hastingstrust.netfirms.com](http://hastingstrust.netfirms.com)



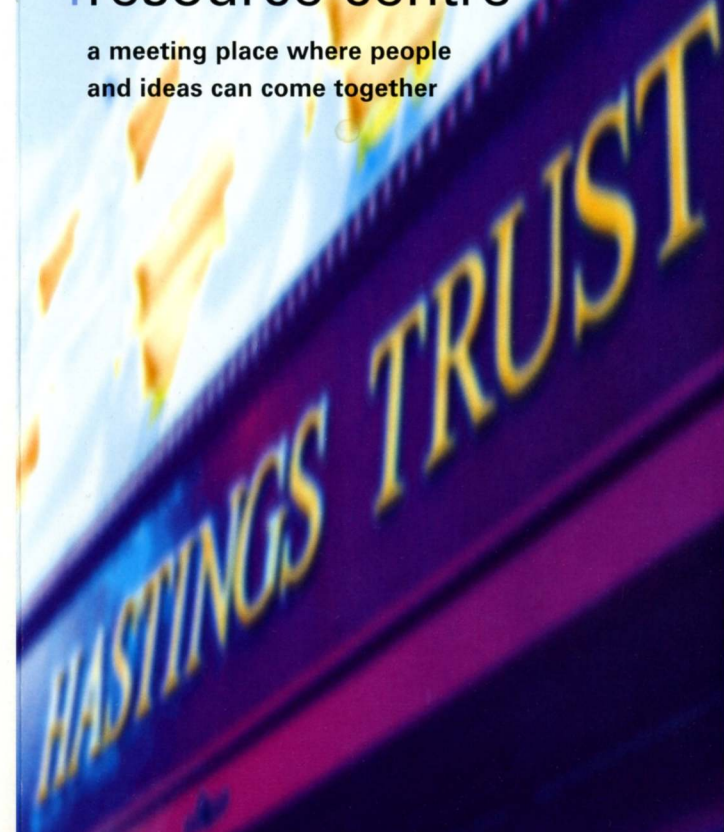
HASTINGS  
TRUST

working with and for the community

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# hastings trust resource centre

a meeting place where people  
and ideas can come together



a Hastings Trust Project

## Resource Centre

The Hastings Trust Resource Centre's services are for all visitors and residents. The Centre has a meeting room, library, ukonline registered internet access and friendly IT support. Advice can be obtained on funding, careers, education and volunteering.



## Internet & IT

Open Monday to Friday from 10am to 5pm, the ground floor (with disabled access and toilet for disabled people) has up to eleven computers for public use - all with fast ADSL internet connections. There is special equipment for disabled users. Free help is always available for internet or IT novices. There is a seating area and boards to display information, posters etc or for special displays by local organisations and individuals.



## Counselling & Advice

- Counselling and advice for groups and individuals by a Chartered Marketer
- Marketing and business start-ups
- Career planning, advice & re-packaging
- Personal development
- Community and voluntary sector project planning, development and promotion
- Funding and sponsorship

All advice is confidential.

## Meetings

For hire on the first floor is a meeting room holding up to 35 people. It has four tables that can be folded up if not needed. Flipcharts, video, slide and overhead projectors can also be hired.



## Searching for Funds

The Centre has two regularly updated databases that reduce the time searching for funding. Funder Finder helps find funding for community projects. Persons in Need helps find funding for individuals. Both services are free apart from the cost of printouts.

## Information

The Hastings Trust Address Database of over 2000 files has many subdirectories including names and addresses of all local councillors, county councillors, Rother councillors, residents associations in Hastings and St Leonards (by far the most comprehensive available), Council officers, voluntary organisations, and other groupings.

## Library

The Centre Library contains Local and County Council documents, local newsletters, funding information for community projects, information on regeneration, on setting up charities, co-ops etc, on voluntary matters, on the natural and built environment, as well as journals on a wide range of subjects.