

# volunteering newsletter

February 2011

## Volunteer Centre Bolton

Welcome to our first newsletter of the New Year. Our volunteers continue to make an impact at this important time for the sector in a challenging environment.

We are here to support individuals who want to volunteer and also help organisations in developing new volunteering opportunities.

The team at the Volunteer Centre consists of Heather Potter (Co-ordinator), Hava Yakub (Volunteering Outreach Worker), Joan Manville (Learning and Skills Development Co-ordinator) and Shahenaz Patel (Administrator).

Peter Sloan will be around from time to time doing some specialised training, adding more value to what we do here at The Hub and beyond.

This newsletter will provide you with information on some of our latest opportunities and also give information on training and events that are coming up.

## Volunteer Centre Bolton

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We hold regular pre-volunteering workshops to help people get into volunteering. They last an hour and give people the information they need to make the right choice.

Don't forget that you can also access hundreds of volunteering opportunities on the Do-it website - [www.do-it.org.uk](http://www.do-it.org.uk) - they are listed by interest and area.



## News

### Volunteer Centre helps M&S and Pocket Nook get together...

It was all smiles at a Together Trust service in Bolton, after Marks & Spencer employees completed a 1-day garden transformation at Pocket Nook. Eight staff, from HR Support, swapped their suits for overalls, pens for paint brushes, to spruce up the sensory garden area of the home.



Fences and a shed at the Lostock home got a fresh coat of paint and the garden was prepared for planting in the spring.

Part of 'Plan A,' M&S' sustainability programme, employees now get one paid day-off each year to work for a registered charity.

Volunteer Centre Bolton was contacted, and helped in matching them up with a charity; Pocket Nook was selected by the Salford Quays based M&S People Policy Specialist team.

Pocket Nook is a 'home from home' for young people with autism, and offers a personal approach to each service user's care and development. "It's the small things that make a real difference to the young people here at Pocket Nook," said Carmel Perry, manager at Pocket Nook. "The volunteers did a fantastic job and they entertained the staff and young people here at the home; it was a pleasure to work with them."

If you need the boost of a **Volunteer Day** or are an organisation looking to get involved in **Employer Supported Volunteering** - where time and skills can be as valuable as donations - contact Heather who is compiling a database for this b2v matching service.



## Coming Up

### Volunteer Speed Dating



**February 14th**, St Valentine's Day, sees us launch a new and exciting way to find out about Volunteering.

Many people have not only discovered their true passion in life through volunteering but have also met people who share the same passions and interest as them.

The Volunteer Centre is arranging a special, free St Valentine's event to help you meet those people.

The idea is simple: just like Speed Dating, you'll have the opportunity to see if you can find your 'ideal match' in volunteering.

If you are interested in coming for the Speed Volunteering event, either as an organisation who wants to recruit more volunteers, or as an individual interested in getting involved in volunteering, please contact the Volunteer Centre.

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### Volunteering Forum

Our next meeting is on **Monday, 4th Apr 2011**, 12.30 - 3.00pm at The Hub. (Lunch provided.)

**Aimed at those involved in managing volunteers, this is a good opportunity to learn and express your opinions on all matters concerning volunteering.**

Contact Shahanaz to book your place.

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## Volunteer Related Training at Bolton CVS

These free courses are run by Peter Sloan who maintains his link with the Volunteer Centre, and whose years of experience in the sector provide valuable and pertinent insights; with Joan Manville as usual running the excellent Volunteer Development courses.

### ◆ Dealing with Uncertainty | 7th February

Life is uncertain but one thing is certain, everyone has the capability and inner strength to create the life they desire.

We live in a time of great change which challenges us all. If we let events overtake us and control the way we think and feel they can adversely affect our confidence, self-esteem and our self-worth.

This workshop will show how you can deal with uncertainty and how you can choose to create the life you've always dreamed of.

### ◆ Selection & Screening of Volunteers | 9th February

In this workshop we will look at ways to make sure you have the right systems in place to match the right people with the right roles.

### ◆ Volunteer Development Programme | 10th & 24th March

The course is designed to look at a range of aspects related to volunteering including confidentiality and boundary issues, empowerment/disempowerment, vulnerable adults, listening skills and assertiveness.

### ◆ Dealing with Difficult Volunteers | 22nd March

What happens when volunteers do the wrong things or don't do what is expected of them? What would be the consequences if you failed to act appropriately?

In this workshop we will explore this difficult and delicate area of volunteer management.

### ◆ Volunteer Development Workshop | 31st March

This workshop is a follow on to the Volunteer Development Programme where there is the opportunity to gain accreditation for the course through Bolton University.

To book on these courses call Lynette on 01204 546010 or email [lynette@boltoncvcs.org.uk](mailto:lynette@boltoncvcs.org.uk)

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## Volunteering Opportunities

### ◆ Help from Home

A free, web-based service, Help from Home currently features over 700 micro-volunteering opportunities.

Micro-volunteering are 'actions that benefit a worthy cause, where the main bulk of the task can be completed on demand in one or more sessions of up to 30 minutes, either from a person's home or on the go.'

These types of actions involve little or no commitment and are easy to participate in. Examples being:

- cross stitch squares for quilts for very ill British children
- donate free water to the poor by playing a pc based game
- knit dog coats to sell, that fund dog rescue centres
- write a letter to a very sick child and make them smile
- feed the hungry for free by playing an online quiz

To find out more go to:

[www.helpfromhome.org](http://www.helpfromhome.org)

volunteering  
what's in it for YOU?

### ◆ Royal National Institute For The Blind (RNIB) -

The RNIB aims to challenge blindness by empowering people who are blind or partially sighted, removing the barriers they face and helping to prevent blindness.

The RNIB are currently looking for **Key Campaigners**. This will involve taking a minimum of three actions per year to support RNIB's national and local campaigns such as by sending emails, letters or contacting key national or local politicians or service providers. You can help us to make a big difference by not necessarily leaving your home.

You may also get involved in local and regional actions such as meetings or events to demonstrate support for local change to support blind and partially sighted people.

### ◆ Halliwell Ward Neighbourhood Policing Team

The Halliwell Ward Policing Team is dedicated team of Police Officers and Community Support Officers who deliver Neighbourhood policing in the Halliwell Ward. We work in partnership to reduce crime and disorder with other agencies.

We are looking for a **Community Volunteer** who will provide support to our team by undertaking various activities including administrative support, supporting community officers in Surgeries, crime reductions, leaflet distribution, developing the use of Twitter and use of email to the community, building links with community groups and the existing voluntary sector. You must be aged over 21 to get involved. All training will be provided.

### ◆ Making Space - Befriender

Making Space aims to offer information, peer support, and family support for carers and users of mental health services.

We are looking for **Volunteer Befrienders** to befriend carers and enable them to have a break which could be in the form of a coffee and chat or going to the gym, library or telephone support.

We are looking to recruit individuals who are or have been carers of people experiencing mental health difficulties. In addition to this, you will need to be friendly, enthusiastic, supportive and able to work individually or as part of a team. Induction training given.

### ◆ Mencap - Award Volunteer

We work with people with a learning disability to change laws and services, challenge prejudice and directly support thousands of people to live their lives as they choose. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

The volunteer team are looking for an **Awards Volunteer** who will be part of the central Mencap volunteering team, supported by the head of volunteering.

The purpose of this opportunity is - using the internet for its main tasks - to locate all the unsung heroes who volunteer for Mencap by helping people with a learning disability. We want to know the people who we think are inspiring, and who deserve to be recognised with an award. This is a flexible, home based role covering the UK.

### ◆ Cancer & Polio Research Fund - Awareness Ambassador

Cancer & Polio Research Fund is a charity dedicated to supporting research into cancer and other diseases. Our mission statement is to stop the threat of secondary cancers and save the lives of patients. We fund vital research projects into why and how cancer spreads causing secondary cancers and often the loss of life. †

‡ **Awareness Ambassador Volunteers** are required to raise awareness of CPRF and the great work that we do. We would like to invite people to come on board to help us raise awareness.

They will do this by going out into the community to give presentations about who we are and the work that we do, this could also include doing any interviews with local press and radio - but only if the applicant felt confident to do this - with the guidance and support from community fundraiser.

Volunteers would also be required to ask local businesses and organisations to display collection boxes on their premises; they may be required to collect full boxes, count money and bank funds.

### ◆ Bolton FM – Management Help



Due its continued growth and success, Bolton's community radio station - **Bolton FM 96.5** - needs additional senior personnel. Over 100 volunteers help to run the radio station 24 hours a day, 7 days a week; they are looking for someone with senior experience of running a busy organisation to assist in organising the offices, train staff and sell advertising and sponsorship. If being involved in the buzz of a business despite the lack of financial rewards appeals, please get in touch with us.

### Where to find us...

**Volunteer Centre Bolton, The Hub, Bold St, Bolton BL1 1LS**

*Volunteer Centre Bolton is part of Bolton CVS, Registered Charity: 1003123. It is supported by Bolton Adult Services and is a member of the Volunteering England. Our service is confidential & interviews will be conducted in private.*

