

Volunteer Centre Rochdale Borough



Winter Edition 2011



volunteer vibes

- Community Champion
- Volunteering Opportunities
- Make a Difference Day
- Crescent Community Radio Celebrates



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ROCHDALE
METROPOLITAN BOROUGH
COUNCIL

Welcome

WELCOME from the Volunteer Centre

Hello and welcome to the Christmas edition of the newsletter from the Volunteer Centre —Rochdale Borough!

The Volunteer Centre would like to thank all volunteers who took part in volunteering this year. Without the continued support of volunteers lots of charities and voluntary organisations would cease to exist.

Volunteering takes many forms from service delivery to campaigning, regular to occasional and informal and formal settings. We look forward to actively supporting and developing volunteering in the borough in 2012.

In this issue you will find useful articles on volunteering, Life As A Volunteer, How An Organisation Celebrates Success, our fantastic Make a Difference Day event and other useful information regarding our drop in sessions and up-coming training course.

We hope that you have managed to find the right volunteering placement for you, if not give us a call and we will have a chat about finding the right volunteering opportunity for you.

The Volunteer Centre will also be sharing with you some new volunteering opportunities under specific headings but don't worry if what you're looking for isn't there. We have lots more on our main database, or take a look at www.do-it.org.uk. If you would like to discuss any volunteering opportunities please contact the Volunteer Centre on 01706 631291 or email us on vc.admin@cvsr.org.uk

Contents

Welcome	Page 2
Volunteering Has Got Lots to Offer	Page 3
Life as a Volunteer	Page 4
New Volunteer Opportunities	Page 6
Make a Difference Day	Page 11
Press Release	Page 12
Volunteer Training	Page 14
Local Drop in centres	Page 15
Find Us	Page 16

If you would like to suggest what you would like to see in the next edition of the vibes newsletter, or for any questions or information contact us on : Tel: 01706 631291
Email: vc.admin@cvsr.org.uk

Volunteering Has Got Lots To Offer

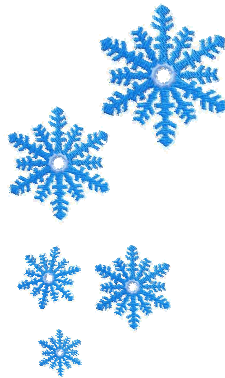
Volunteering is a worthwhile activity that benefits organisations immensely, however, volunteering can also benefit you too. Here are a few of the rewards it can offer:

- Build your self confidence
- Gain some real skills and experience
- Improve your career prospects
- Boost your C.V.
- Update your references
- Get involved in a cause or issue that concerns you
- Meet new people and have some fun
- Share your interests and hobbies with other people
- Gain a sense of satisfaction
- Become a part of something that really makes a difference

There are a whole host of things you could be involved in, here are a few ideas:

- Conservation Projects
- Befriending schemes
- Driving
- Fundraising
- Charity Shops
- Working with children
- Office/administration support
- Sports, arts & media
- Management committee work
- Youth work
- Giving advice and information
- Working with the elderly

Please see pages 6-11 for some volunteering opportunities available. You could also call us at the Volunteer Centre where we would be happy to help find you something.



Life as a Volunteer

Community Champion: Sandra

"I've always been a bouncy sort of person." Sandra told me. "Like nothing could stop me – I've had my share of problems like everybody else but I always seemed to be able to cope. I always believed I'd be fine with whatever life threw at me but I discovered that was not true." There was no one big problem that caused Sandra to feel that she wasn't coping; it was a combination of lots of small things. "On their own, each thing was fine – I could manage – I'd done it before and I could do it again." Sandra thinks that her problem was having too many small difficulties at once.

"I think the worst thing for me was having no money. I'd always worked; always provided for myself and my kids; not that I was ever loaded but just that if things were a bit tough, money wasn't a problem." Three years ago, Sandra found herself unemployed and before she'd realised, she'd started to become depressed and isolated. "It was like I just didn't have the confidence anymore. The world changes fast and I felt like I was falling behind. I didn't have any qualifications and I thought I needed them to get back into work."

Sandra enrolled on a numeracy and IT course to get the skills she felt she needed to get back to work. Whilst she was on the course, a community champion, Rob, came to see her and asked her about what she wanted from the courses she was doing. Rob suggested that Sandra might want to consider becoming a champion herself. "He was right though," said Sandra, "as soon as he said it I knew he was right. Helping other people will help me."

Sandra had missed the recent training course but Rob encouraged her to come to a community champions' meeting so that she could see what it was all about. Sandra felt that the warm welcome she received from the group was a really important factor. "They welcomed me with open arms. It didn't matter that I didn't know anyone; they all just said hi and encouraged me to join in, even though I didn't know anything." A few weeks later, Sandra attended the Champions induction training. "I think it was good that I'd met some champions beforehand. It meant that I knew what I'd get from the course before I did it because they'd all told me about what they were doing." On the induction course, Sandra learned about

Life as a volunteer

“Solution Focused” approaches to helping people, along with literacy and mental health support skills. “It was a really good combination – I am most interested in mental wellbeing but you can’t really do one without the other: Literacy – well at least spoken and hearing skills are vital for everything so it’s good that I learned about that too.”

Once Sandra had completed the training she went to see a friend at a local community centre and offered to help out there. She offered to use her solution focused skills to have a chat with people. There were no referral criteria – just when people felt they were struggling. “I suppose it’s that thing of prevention. The offer of help being there *before* it reaches a crisis.”

Sandra was studying for a Solution Focused qualification and used the tools she’d learned in her “chats” with people. Sandra was amazed at the difference it could make having a solution focused conversation versus a standard conversation:

“The thing is you can’t really go wrong. Just talking to someone feels better anyway – like a problem shared is a problem halved... But then having someone who’s there; just dedicated to you? Well that makes it even better... And then that person doesn’t advise you or tell you what to do; she sort of just helps you to advise yourself? That makes it even better... And then they help you believe you can do it because you’ve talked about all the things you’ve done before and she remembers and tells you and you’re really convinced? That makes it real... Then all I do is talk them through what I did different so that they can do it themselves next time. .. it’s so simple but it makes a huge difference.”

Sandra thinks she’s been able to cope with her own difficulties better because she’s been helping other people. “It’s like it gives you a status or a value. Like being a friend but only when they need me. I suppose we all need to be needed don’t we? One lady said to me I was like an angel. I wasn’t but it was nice to hear. .. So I’m moving forward myself – I have my own new evidence of what I can do now so I feel more confident to get a job (if one ever comes up!!) And as well, I think helping other people helps you with your own stuff. I suppose if I’m feeling like an angel, being skint doesn’t matter so much!”



Volunteer Opportunities

Social Care Opportunities

Independent Visitor

Children and young people in care can feel isolated and need support. Social workers and carers play a very important role in the lives of children and young people in care, but a relationship with an adult who is independent and there just for them is of great benefit too and will encourage children to develop into happy successful adults. An Independent Visitor is a volunteer adult befriender who is there to offer support, guidance, a listening ear, provide long term commitment - someone to have fun with and respect confidentiality. We ask our volunteers for a commitment of 2 years.

Helping hands Scheme:

This involves working with the Supporting People service users, who are aged 16 plus including: women at risk of domestic violence; people with alcohol problems; single homeless people with support needs; older people with support needs, through meeting up with them, socialising, going out for coffee, possibly doing activities and some mentoring support if appropriate; e.g. supporting them to write letters, use the internet and so on. Volunteers will be matched with a service user who has similar interests.

Would you like to mentor someone?

Mentoring is a one-to-one, non-judgemental relationship in which a volunteer gives time to support and encourage someone else. This is usually at a time the person who is being mentored has some sort of problem in their life.

Mentors are people who help others achieve their potential. They are many things - a positive role model, an adviser, an experienced friend; somebody from outside a person's immediate circle. Taking a special interest can make an enormous difference.

Mentors are often needed to volunteer with children and young people, ex-offenders, people living with mental health needs, and people with drug and/or alcohol addictions.

Volunteer Opportunities

Christmas Opportunities

British Red Cross—Santa Dash

Wanted: Santas to take part in our festive 5K or 10K run

Ho Ho Ho! Join 1000s of other jolly Santas in one of Manchester's most exciting events.

You can choose to run either the 5K or 10K route in Manchester's Heaton Park, the perfect setting for you to enjoy your festive fundraising run.

You even get your own Santa suit!

Barnardos—Festive Fundraising

Christmas is a time when many people's thoughts turn to giving and we are asking you to volunteer as a Festive Fundraiser and ask your networks to take part in some simple festive fundraising activities. We need your help to promote Barnardos to friends, family, colleagues, businesses, pubs, gyms, hairdressers, schools, places of worship, etc. It couldn't be easier.

Barnardos Christmas Collections

Urgently required—fun willing and dedicated people to co-ordinate/volunteer at British Red Cross bucket collections at various locations around Greater Manchester and dates in November and December 2011



Volunteer Opportunities

Fundraising Opportunities

Fundraising activities for disabled people in our Middleton Supported Living Service. Volunteers are needed to assist with fundraising activities including setting up or being part of a fundraiser group, assisting with events and administration work, making phone calls and marketing material.

There are no specific times for volunteering, as this can vary to suit the volunteer and the fundraising task.

All money raised through our fundraising activities will go towards supporting the service users and could make a real difference to their lives, helping them to feel less isolated as well as enabling them to get involved in different activities and experiences.

You can fundraise for a variety of organisations, including, animal charities, disability or health related charities. It can involve joining a fundraising team or delivering and collecting collection boxes from shops or places of work. You can do collections in supermarkets and street collections. It can be a good way to meet new people and can be fun to do.

Fundraising for Muscular Dystrophy Campaign. We have established an active fundraising group within the North Manchester Area. At the present time, we are concentrating on store collections, shopping centres. The group meets around every 3 months and always welcomes new members.

Are you a competent fundraiser? can you research funding and write funding bids? If so, we need your skills. We aim to inspire young people to realise their potential and contribute positively to their communities discovering meaning and direction in their lives, and need more funds to do this. Some of the work can be done from home if need be, but can be done at our office.

Volunteer Opportunities

Environmental Opportunities

Environmental Volunteers

Description:

Join other volunteers in a variety of activities in Rochdale and the wider area of Greater Manchester, to improve the environment. Help to improve urban woodlands, footpaths, wildlife corridors and canals. All are welcome, tools and equipment are provided. No previous experience is necessary. Training and guidance on tool and equipment use is given on site.

We also have some opportunities for general gardening, preparing the ground, planting, cropping fruit and vegetables. It could be on a community allotment or garden, or the garden of a community centre.

Green Volunteer:

Volunteers will be able to take part in outdoor practical projects, work with local communities to deliver environmental improvements, patrol and survey woodlands, green spaces, footpaths and rights of way, join in environmental campaigns, events and road shows to promote: recycling, energy saving, action against climate change etc..

Environmental Volunteering:

Carry out practical environmental tasks which include pond construction, dry stone walling, hedge laying, habitat management & construction etc, free transport and training provided. Leading to recognised qualifications. Tuesday and Thursday; Wednesday by arrangement only.

Volunteer Opportunities

HOT Off The Press Opportunities

Christmas Lunch Volunteers

Do you want to do something useful and worthwhile at Christmas? Volunteers are needed to help prepare and serve Christmas lunch to homeless people. You can give whatever time you have available. We need people to help prepare vegetables, under the supervision of a qualified chef, on Christmas eve, late afternoon into early evening. People are also needed Christmas day, to serve meals, wash up, tidy up and socialise with the people attending, we are hoping to raise funds to be able to give them a Christmas present too.

Befriending someone with autism

Befrienders spend a few hours a week with an adult or child with autism (including Asperger syndrome) or their family. Just a small amount of your time could transform the life of a person affected by autism in your local community. No prior knowledge or experience in Autism necessary as we offer a full induction and training. Befrienders must be 16 years or above.

The Volunteer Centre is now on Facebook.....



If you enjoy social networking and would like to keep up to date with the very latest volunteering opportunities available to you then why not become a fan of us on Facebook?

In addition to submitting details of new opportunities as we receive them we also have regular updates on events we are attending, our training courses and any other volunteer related news we think is of interest.

So come on don't miss out and 'Like' our Facebook page today.

Search 'Volunteer Centre Rochdale Borough'

Press Release

Make a Difference Day 2011

Carers tap into the power of technology

Carers from across the borough brushed up their IT skills as part of a day of action to highlight the efforts of volunteers in the community.

The carers got to grips with a whole host of different technologies, with topics such as how to shop online and how to use social media to communicate with family and friends with the help of local people who have volunteered their IT skills, through CVSR.

The session was held to mark 'Make a Difference Day' on 29 October, a national event organised by Council for Voluntary Services Rochdale (CVSR).

Make a Difference Day 2011 provided thousands of people across the country with the opportunity to try out volunteering for the day. This year's Make a Difference Day highlighted how volunteers can tackle loneliness and isolation.

CVSR joined forces with the Carers' Resource, a local support network for carers who live within the borough and Pride Media to organise the day.

As part of the day, carers picked up tips on how to use the internet on a mobile phone, how to use a digital camera, travel training and where and when they can access public computers with the help of volunteers.

Councillor Martin Burke, Cabinet Member for Internal and Environmental Services, said: "Carers can sometimes feel isolated because they work so hard to care for their loved one that they don't often have time to get out and about.

"Technology can be an incredibly useful tool for people like this because it helps them connect with the outside world without leaving their home.

"Once carers are familiar with all that technology can offer them, they can do everything from stay in touch with their family and friends to getting their groceries in and everything in between, all at the touch of a button."

Press Release

Crescent Community Radio Celebrates Five Years of Continuous Broadcasting.

Crescent Community Radio has been broadcasting 24/7 since 17th September 2006. To celebrate five years of continuous broadcasting, the station held an anniversary event on Saturday 17th September 2011 at Rochdale Town Hall. All current volunteers as well as past volunteers were invited to mark this occasion which was attended by around 180 guests in total.

Initially set up in December 1999 as a Ramadan station, the radio obtained a full time community radio licence in 2006. Therefore members of the inaugural management meeting of 1999 were also invited to mark the occasion. One such member was Mr. Abdul Aziz who made a short speech about the difficulties of setting up back in 1999.

Managing Director, Faheem Chishti also took this opportunity to announce that the Radio station has been successful in renewing its five year licence from Ofcom for ANOTHER five years and so looks forward to another five years of successful community broadcasting.

Mrs. Razia Shamim MBE, current Chair, thanked the amazing efforts of all volunteers over the years and spoke about how the radio station reaches those audiences that are marginalised and hard to reach. Nafisa Siddique our youngest committee member (18) described future plans for expansion and development. Rizwan Khan an ex volunteer who now works in the Commercial Radio industry, also described his start in the radio sector as a 14 year old volunteer.

The evening culminated in the giving out of Awards to volunteers.

Continuous Volunteer Award:-

Volunteers who had stayed with Crescent Radio continuously, week in week out for all of our past five years.

- Hafiz Rafaqat
- Haji Farooq
- Saba Nusrat
- Yasmeen Iqbal
- Mufti M M Z Chishti

Press Release

100+ Club: Presenters who had volunteered 100hrs or more in any one year.

- Afzal Chaudhry
- Farzana Koser
- Shazia Afzal

Continuous AND 100 Club !!

- Abdur Rehman Hussain
- Nafisa Siddique
- Rahat Siddique
- Sabira Siddique

Studio Manager Award:- Studio Managers past and present were also recognised:-

- Zia Zaman
- Suhaib Chishti
- Jamil Chishti
- Raees Khan (+ 100 Club)

Culture Bazaar



*Come & join us
for the next...*

4TH DECEMBER

8TH JANUARY

1ST SUNDAY OF EVERY MONTH

11.30am - 3.30pm

IN THE COVERED MARKET

Volunteer Training

Confidence Building & Self Esteem



Course summary: The course will look at existing attitudes and behaviours, identify problem areas and find mechanisms for change

Who aimed at: Aimed at new or existing volunteers

Overall Aim: To help participants assess their level of confidence and self esteem and make more confident decisions with a positive attitude

Specific learning aims: Awareness of level of confidence and self esteem and an ability to recognise need for change and ways to increase self esteem and confidence

Course outline:

The course will cover:-

- Self esteem assessment
- What is confidence?
- Why we lose confidence
- Identifying problems affecting confidence
- Improving confidence
- Negative and positive thinking
- Cycle of change

The next course is being held at the Volunteer Centre, CVS Rochdale on :

Thursday 9th February 2012

12:00 noon to 3:00 pm.

If you would like to book on this free course, please contact the Volunteer Centre on: 01706 631291.

Past participants have found this course to be very helpful and places get booked up quickly so give us a call today.

Local Drop in points

Come in and have a chat with us to find out more about the volunteering opportunities available to you!!

We have walk-in sessions planned at Heywood Job Centre Plus, Taylor Street, Heywood, OL10 1ED. Why not call in on:

Date	Time
Monday 12th December	13:00—15:30
Monday 9th January	13:00—15:30
Monday 13th February	13:00—15:30

Alternatively you will find us at some of the local libraries, we would be happy to see you at:

Library	Date	Time
Rochdale Library (Wheatsheaf)	Friday 2nd Dec 11	1.00—3.00pm
Rochdale Library (Wheatsheaf)	Friday 6th January 12	1.00—3.00pm
Rochdale Library (Wheatsheaf)	Friday 2nd February 12	1.00—3.00pm
Rochdale Library (Wheatsheaf)	Friday 2nd March 12	1.00—3.00pm
Heywood Library	Friday 23rd January 12	10.00-12.00pm
Heywood Library	Friday 24th February 12	10.00-12.00pm
Heywood Library	Friday 23rd March 12	10.00-12.00pm
Middleton Library	Thursday 15th Dec 11	10.00-12.00pm
Middleton Library	Thursday 19th Jan 12	10.00-12.00pm
Middleton Library	Thursday 16th Feb 12	10.00-12.00pm
Middleton Library	Thursday 15th March 12	10.00-12.00pm
Littleborough Library	Monday 23rd January 12	2.00-4.00pm
Littleborough Library	Monday 27th February 12	2.00-4.00pm
Littleborough Library	Monday 26th March 12	2.00-4.00pm

How to find us



Address:
 Volunteer Centre
 Partnership House
 Sparrow Hill, OL16 1QT

Tel: 01706 631 291

Fax: 01706 710 769

Email: vc.admin@cvsr.org.uk

Or visit www.do-it.org.uk

Opening Times:

**Monday to Friday
 9.00am to 4.30pm**

CVS Rochdale

Above is a map showing our location. There is limited disabled parking on site and we have disabled access. If you have any problems finding us don't hesitate to phone.

Due to diversion-Bus stops at present time for No. 17 and No. 471 buses from Rochdale bus station & also No. 17 from Manchester, alight at Drake St/Milkstone Rd. junction.

Parking

Parking is available on site for disabled drivers using the Blue Badge Scheme.

Pay and Display parking is available on **Church Lane, Packer St.** and adjacent to the **Town Hall**. There is also parking available **adjacent to Matalan.** (Parking charges apply)

A set of **very steep** steps behind the Town Hall lead up to St Chad's Church, CVS is next door to the church.



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