

Autumn 2009

West Enders

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Volunteer Centre Cornwall

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www.volunteercornwall.org.uk

We had a fairly damp Summer, but at least Autumn arrived with a little more sunshine! We had hoped to get this newsletter out to you in October, but unfortunately staff shortages made that difficult to achieve, so **Welcome to our late Autumn newsletter!**

We have had one change in the office, in that our volunteer Alice has left us to take up paid employment; we shall miss her a lot, and wish her well in her new employment. I am delighted to say that we now have a new volunteer, Alina, who is quickly learning from our other volunteer Teresa, who has in turn discovered her teaching talents!

Last month saw the first "Cornwall Celebrates – volunteering" event. Details of which of the nominated volunteers have won awards in the various volunteering categories have been announced in the local press. Details are also available on our website.

Our next newsletter should be with you in early January, and in the meantime we wish you a happy and peaceful Holiday Season - whichever festival you are celebrating. See page 3 for details of our Christmas Coffee Morning - we'd be glad to see you!

Richard

CURRENT VOLUNTEERING VACANCIES

For further details contact the Volunteer Centre

Details of all our current opportunities can be viewed on-line at

www.do-it.org.uk



CLEAR, an organisation that provides support for children linked to experiencing abusive relationships, is looking for a Treasurer to join the team at management meetings and in other committee duties.

Redruth Children's Centre cafe provides refreshments to parents and other visitors to the centre. Could you spare a couple of hours a week to help serve drinks and hot and cold snacks?

Do you have a love of animals?
A national charity for the elderly and their pets is looking for volunteers to support the work they do in seeking to keep pets and their owners together as long as possible. Opportunities include dog walking, even if only once a week, can make a huge difference. Short term fostering (where the volunteer cares for a pet while it's owner is in hospital) can mean an elderly person does not have to worry about their beloved pet.

A Community Dance Team requires volunteers to help out at their weekly dance workshops. Could you help out with one of the variety of duties which include registration, first aid cover, mini bus driving, computer processing and **GENERAL HELPING HANDS!**

Have you ever had an interest in anything theatrical?
Kidz R Us have a huge range of backstage opportunities which include scenery and props, hair and makeup, costume production, wardrobe hands, sound and lighting, front of house, box office, administration, chaperoning and stage management. Why not volunteer and take the opportunity to learn new skills, have fun and make new friends (you don't have to be a kid to join Kidz!)

Are you an Individual/Parent/Professional who is interested in improving the life chances of children and young people?
The TR14ers dance group are looking for Trustees to join the Board of Directors.

Do you have a car?
Have some spare time? Want to make a difference in your community? Why not become a **Volunteer Driver** for Volunteer Cornwall?
Mileage rate paid

Saturdads, a group dedicated to strengthening the bond between dads/male carers and their children, would like volunteers to help out with their Saturday morning sessions. Activities could involve arts and crafts, play activities or trips out. Sessions are held on the last Saturday of the month.

do-it.org.uk
volunteering made easy

Age Concern's "Age and Ambition" event at Kingsley Village on the 8th October

On behalf of Volunteer Cornwall, Richard attended this event, which brought together a huge number of organisations providing advice, support and information for older people.

Richard said; "I was really moved by some of the stories and experiences of older people who came along to the event. So much of the provision of what is needed by older people comes through volunteers' support, and I was both proud to be part of a service which helps provide that support and also humbled to see what a difference just a small amount of our time can make in someone's life. October 31st was "Make a Difference Day", when a lot of people take on special activities to help others. I really urge everyone to consider what they can do for an older relative, friend or neighbour, not just on that day, but through the year - it really does make a difference for someone to know that someone else cares, and often all that is needed is for someone to have time to listen. The other side of the coin at the event was seeing the wonderful wealth of experience and skills on offer from older people who are involved in volunteering to help others - a real inspiration!"

Contact us at the Volunteer Centre if you need some ideas for using a little of your time as a volunteer to support older people.



we would like to invite you to our

**C h r i s t m a s C o f f e e
M o r n i n g**

The Volunteer Centre will be open to all current and prospective volunteers, colleagues and partner organisations for festive refreshments

from 10am until 12 noon on

Wednesday 16th December

Call in and see us!

CORNWALL HEALTHY LIVING CENTRE

Cornwall Healthy Living Centre's Wellbeing Project.



Not only does the Wellbeing project recruit Volunteers to place in Health and Wellbeing volunteering opportunities but it also supports the Volunteers with Wellbeing sessions that provide information about healthy eating, gentle physical exercise and stress control techniques. We recently held one such session, facilitated by Angela Royle from the Health Promotion Service. As you can see from the photos the attendees were following Angela's every word and movement as they grappled with the vibrating tension busters!! After all their hard work they were also treated to a healthy lunch.

If you think you could benefit yourself or others by becoming a Wellbeing Volunteer then please contact me:

Judy Thomas
Wellbeing Volunteer Recruitment Officer
Volunteer Cornwall
01209 219599
judyt@volunteercornwall.org.uk



organisations - Do your volunteers need training?

Volunteer Cornwall offers courses in First Aid, Food Safety, Risk Assessment, Health and Safety at work, and Paediatric First Aid - all at very competitive rates!

We will also soon be offering basic skills training, such as literacy and numeracy, for volunteers.

Remember: For volunteers who are in paid employment for 16 or more hours per week, we can also FUND the training through our Convergence programme!

Flu Friends

Everyone will be aware that the UK is expecting cases of swine flu to pick up again over the coming weeks. For most people, this will mean nothing more than a short spell 'out of action' with flu-like symptoms and some TLC from family members, neighbours or friends, within a matter of days they will be back on their feet.

But not everyone has family, friends or neighbours they can turn to. That's where 'Flu Friends' comes in.

Volunteer Cornwall is looking for people to act as 'Flu Friends' for those who have no-one else to help them. Put simply, it involves being a good neighbour for vulnerable people in your community and could involve:



- Picking up medicines on their behalf
- Doing their shopping for them as you do your own
- Checking on their progress each day and being a 'friendly face'

What about the risks?

Obviously, being around people with flu may increase your chances of catching it yourself. People with underlying health problems, with children under one or pregnant women may not be suitable for direct contact roles but for everyone else, if you follow basic hygiene rules, the risks are minimal.

It may be that you have already had Swine Flu yourself and now want to volunteer to help others or you may feel that the difference you could make to elderly or vulnerable people outweighs the risk of catching flu yourself.

So how do I get involved?

Just contact the Volunteer Centre and let us know that you would like to be a Flu Friend and we will do the rest.

Is there any help or support for me?

Yes, we will give you a full induction pack and we can offer you additional training and support if you want it.

Do I get a vaccination or face mask?



The UK's vaccination programme is now up and running with the first vaccine batch being supplied to full-time health workers.

Face masks have only limited value and you are much better following basic hygiene guidance around proper hand washing and using tissues – Catch it, Bin it, Kill it!

The Flu Friends scheme is supported by the NHS and Cornwall Council