

Spring 2009

So What Do You Think of Us?

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Next Issue

Have an article about volunteering? The deadline for submissions for the next issue of this newsletter is June 9th 2009.

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Tel: 0161 339 2345
www.tamesidevb.org.uk
office@tamesidevb.org.uk

Volunteers' Week 2009

Volunteers' Week (1-7 June) is the UK's annual celebration of the work volunteers do. During the Week events are held to recognise, reward and recruit volunteers. Make sure you and your volunteers are able to take part in our annual volunteer awards celebration. Sign up now by emailing riona@tamesidevb.org.uk or phoning **0161 339 2345** to make sure you don't miss this years event.

Increase your Participation in Tameside Radio

Tameside Radio has now been live on air for 18 months. There has been a steady increase in community content during that period but there is much, much more we can all do together.

To this end we are planning to increase the direct activities of individual community groups whereby they can participate more in the spoken content of our broadcasts.

Maria Bailey, Community Outreach Officer told us:-

"I am planning to attend as many community groups' management committees as possible in 2009. Following this meeting, we would like every organisation to identify a volunteer reporter who is willing to be trained by us to script, edit & record their organisation's personal message(s).

I am endeavouring to contact all groups as soon as possible but if any organisation would like to contact me before I get chance to contact you, please do so at maria@tamesideradiocom or ring **078 7757 5200**"



So What Do You Think of Us?

Just under a year ago after closing for 12 months for an extensive renovation, we re-opened our doors to the general public as Topaz@Mind the Well Being Centre.

The aim of the new centre was to be as attractive as possible to the people of Tameside and Glossop and to dispel the myth that Mind is only for people with serious mental illnesses.



We reckoned that if at the minimum 1 in 4 people are likely to experience mental health problems then we need to be available to anyone and everyone. So we now provide a range of things that are proven to be beneficial to reduce stress, anxiety and depression and improve our self esteem, confidence and well being. These include a vegetarian cafe, internet access, dance and movement studio, art studio, training rooms and a dedicated 1-2-1 and counselling suite.

If we are going to improve and continue to offer stuff that really makes a difference to improving people's lives then we need to know from you, our customers, what you think: Warts and all.

So on Wednesday the 1st April between 5.00 and 7.00pm we will be opening our doors so we can learn from you. Pop in whenever you want for as long (or as short) as you like. Our award winning cafe will be providing a free buffet with a range of delicious savouries and tempting home-made cakes.

You can then choose to just settle into the cafe for an informal chat; tell us your views creatively in the art and dance studios, attend a more formal discussion chaired by the member of the Executive Committee or meet the Director in a private room.

Whether you have used us once, every day or never heard of us, we really want to know your opinions.

For further information contact us on **0161 330 9223** or **office@tgmind.co.uk**

Training at the Grief Centre

All participants who attend MABF courses will be given a certificate of attendance. This may be used by professionals to form part of their professional training requirements such as PREPP. Accreditation is in place on some courses validated by ABC (CENTRA).

All participants will receive up to date literature on the subject as well as a reading list and articles. All training is practically based but includes the relevant theory and research in the area. Our workshop leaders are all qualified and experienced professionals who are actively involved in bereavement. Training can be carried out in your own workplace, at the offices of the MABF or at an alternative venue depending on the numbers involved.

Upcoming Courses:

Introduction to Bereavement Counselling Skills
March 25th, April 1st & April 8th 2009.

Helping Young People Cope with Loss & Change Counselling Skills
April 29th, May 6th & 13th 2009.

For further details contact our office on **0161 371 8860** or email: grief@mabf.org.uk

Do you want to be
in at the start of
Tameside Radio's
exciting
second year?



Do you want to broadcast your own community
messages to the listeners?

Do you want to have your own volunteer reporter
for your community group?



Do you want to broadcast
messages directly to the
public?

Record your own interviews?

Add a musical background?

How about being trained in
script writing and editing?



Want to know more?

Contact Maria Bailey (Community Engagement Officer)

Tel: 0161 343 8446

email: maria@tamesideradio.com

Calling BME organisations!



Does your organisation work with BME (Black and Minority Ethnic) groups? Do you help to run your group for members of the BME community? We are working in partnership with T3SC and can offer help with:

- Finding new volunteers
- Looking after your current volunteers
- Supporting your management committee to develop volunteer friendly policies and practice
- Training on any issues regarding volunteering

For more information contact Vashti on
0161 339 2345, email vashti@tamesidevb.org.uk



Are We Equal?

A one day event for voluntary and community groups/ organisations and community leaders to provide practical support, training and information to combat discrimination.

Inspiring speakers, discussion forums, panel questions and time to meet others will raise awareness of the 'equalities agenda and obligations' so we can improve the way we work and the protection of people's rights.

22nd April 2009,
9.30am - 3.15pm,
Dukinfield Town Hall.

To book email: hakeel.queeshi@t3sc.org or tel: 0161 339 4985



Community Fund TK Maxx

The idea of the Community Fund is to give both help and support to a selected charity that is local to TK Maxx associates. The funding allows TK Maxx associates to be involved with activities which will benefit the community.

Funding of up to £2,500 can be applied for, and you must be a registered charity. The deadline for applications is 30th April 2009.



Once the store has found the charity project that they are going to help, they then have to fill out an application and 'pitch' it to the Community Fund Committee at Head Office who will give final approval.

For more information and to apply contact Lauren Bowden on 0161 320 3993 or email: ljbowden@aol.co.uk.

Free Training Through Train to Gain

Ashton 6th Form College can help you to develop your organisation through the provision of high quality training for your staff. Initially, our experienced staff will work with you to assess your training and organisation needs and provide a choice of programmes that will meet the needs of your organisation.

Courses are available in English, Maths, IT, Childcare, Retail and much, much more. If you have training needs which we do not currently offer, please contact us and we can discuss your needs further. For more information contact 0161 330 2330, or email km@asfc.ac.uk.