

Spring 2009

Volunteering Overseas

VSO is an international development charity that works through volunteers, and we're currently looking for people from a wide range of backgrounds to work overseas in placements lasting from four weeks to two years...

Being a Mentor

If you've lived and learned, there are probably people who could benefit from your wisdom. Don't keep it all locked up inside your head - share it with others who might benefit from hearing how you've handled something, managed something or achieved something...

Next Issue

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

Volunteer Centre Tameside
95-97 Penny Meadow
Ashton-under-Lyne
OL6 6EP

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

The world's first festival of original new work seeks volunteers

Manchester International Festival is launching its 2009 Volunteer Programme sponsored by PZ Cussons and this is your chance to be part of a huge, exciting and unmissable event in Manchester's 2009 calendar.

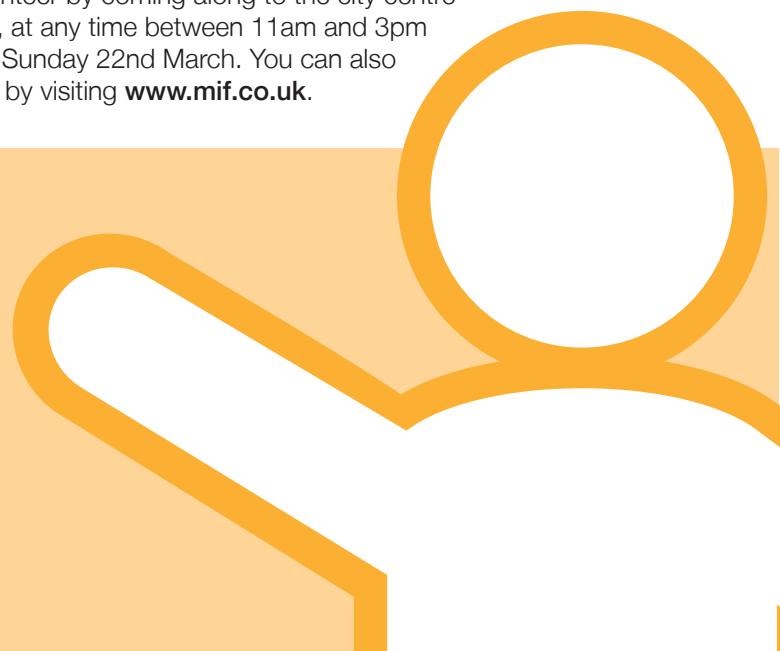
If you're interested in the arts, culture or just excited by the opportunity to represent the Festival and Manchester, then the Festival team would like to hear from you.

In 2007 around 300 volunteers provided invaluable support to the Festival. One volunteer said, "Despite the rain, it was probably the best 2 weeks of volunteering to experience as a first timer - and definitely made me reconsider my career."

Volunteer Coordinator Caroline Birnie adds, "Volunteering offers countless benefits and it's a great way to share skills and to learn new ways of working. It also offers the chance to meet people and to experience, first-hand, the build-up to productions which will be world-premiered in Manchester."

Manchester International Festival will run from 2 - 19 July 2009, returning to the city once again in 2011. Trailblazing this year's festival was Leonard Cohen, who performed his first and only live dates in the UK for more than fifteen years, in June 2008.

You can find out more about becoming a Manchester International Festival volunteer by coming along to the city centre Open Event, at any time between 11am and 3pm at Urbis, on Sunday 22nd March. You can also apply online by visiting www.mif.co.uk.



LATEST VOLUNTARY OPPORTUNITIES

Cut out and take to the Volunteer Centre for more information

Volunteer Advisers

Tameside CAB

Tameside CAB, as part of Tameside Older People's Partnership will be running a special programme of training for the over 50's to begin early 2009.

You may wish to come along to one of our Taster days at Tameside CAB, 9 George Street, Ashton on 20th March, 11am to 12pm to find out more about volunteering, about our aims and principles and about the training programme.

Telephone 0161 331 2919 or visit www.tamesidecab.org.uk

Schools First Aid Project Worker

British Red Cross Society

We are looking for volunteers, who are willing to teach school pupils in their local area basic first aid on behalf of the Red Cross in May and June as part of the 'schools first aid project'.

The volunteers will be provided with all necessary training and will receive support by the Red Cross during the whole project.

Beat Down - Hip Hop Theatre

Adrenaline Productions

The project is an urban musical aimed at developing performers and show-casing talents as well as delivering a message through theatre. The project is directed and run by young people.

Volunteers will need to be well motivated, self-driven, able to work on their own initiative and have an interest in hip hop theatre. You may be needed to assist with marketing, costume, refreshments, workshops and production.

R.S.P.C.A. - Animal Fosterers

Tameside & Glossop R.S.P.C.A.

The opportunity

Animal fosterers are needed to care for animals too sick or young to enter the boarding kennels or cattery used by the RSPCA Tameside and Glossop Branch.

Skills/Qualifications

Commitment to the welfare of animals in care.
Prepared for sleepless nights in the case of very young unweaned animals
Experience of caring for animals

Community Based Police Volunteer

Greater Manchester Police

The opportunity

Provide information to people who report crime.
Help the police to become more accessible to the community
Help the police to better understand the issues that affect the community
Help the police to deal with the things that matter in the community, and many other similar tasks.

Skills/Qualifications

You will not be expected to perform any tasks that you are not qualified to do, hence, appropriate training will be provided.

Ever considered volunteering your skills overseas?

VSO is an international development charity that works through volunteers, and we're currently looking for people from a wide range of backgrounds to work overseas in placements lasting from four weeks to two years. VSO volunteers share their skills in developing countries to create sustainable communities to help in the fight against global poverty and disadvantage.

From the business, management and IT sectors, VSO is looking for marketing and communications specialists, managers from all disciplines, business advisors, IT specialists, researchers, advocacy and policy workers and fundraisers to name a few. From the education sector, VSO needs teacher trainers, SEN specialists, primary school teachers and education managers.

In health, VSO needs midwives, doctors, nurses, OTs, physiotherapists, mental health workers and more. In addition, VSO needs people with technical skills, such as specialists in agri-business, mechanics, horticultural and livestock. VSO also runs two youth schemes for 18-25 year olds, with opportunities to work overseas from three to twelve months.

From the minute you enquire until long after touch down on UK soil VSO will support you. We are renowned for our extensive volunteer training programme that readies you for work in the field.

In addition to this, we will provide you with flights, a living allowance, accommodation, support before, during and after your placement as well as extensive training.

The list above is not exhaustive, and further information about roles available can be found on our website at www.vso.org.uk or call 020 8780 7500.



Global Xchange

Young people active in the community

Global Xchange (GX), a partnership of VSO and the British Council is a six-month global exchange programme working with teams of up to 18 people with equal numbers coming from the UK and an overseas partner country.

Volunteers spend three months volunteering in the UK and three months overseas. They live and work in cross-cultural counterpart pairs on community projects and promote the values of active global citizenship.



Applicants don't need formal qualifications or experience to be eligible for a place on a GX exchange. GX covers all direct costs including flights, accommodation and a living allowance and supports participants to fund-raise £600 towards the cost of their placement. Find out more at www.vso.org.uk/globalxchange.

Tameside Enterprising Inspire 2 Independence Women's Network

Join Tameside's free network supporting women in business! Networking opportunities, seminars, web support, advice for existing and start up businesses and more! Our next event is "spring fling", love yourself and love your business - building your business confidence.

The aim of the network is to provide a woman friendly environment where all are welcome and to encourage as many potential women business start ups to take advantage of the support available through Tameside Business Family and the networks. Tameside Business Family is a free support service to existing and potential Tameside businesses. Check out the website on www.tamesidebusinessfamily.com or ring Dee Kearney on 0161 342 3641 for more details, or email deena.kearney@tameside.gov.uk.

Calling all ladies, you are invited to Inspire to Independence! Come and us join us for the day and let us inspire you to find your dream job! Motivational workshops, succeed at filling out your application form, career planners, succeed at interviews, pamper sessions and taster sessions. This is a fantastic opportunity not to be missed...your future could start today! Refreshments and lunch will be provided.

Tuesday, 17th March 2009
10am - 3pm

**Manchester United Ground,
Sir Busby Way
Old Trafford
Manchester
M16 0RA**



For more information or to reserve your place, please contact us on 0161 856 1141, or email positiveactionteam@gmp.police.uk.



Being a Mentor

If you've lived and learned, there are probably people who could benefit from your wisdom. Don't keep it all locked up inside your head - share it with others who might benefit from hearing how you've handled something, managed something or achieved something.

It's a great way to volunteer and give something back, and it's a really meaningful way to enjoy communicating online. It requires only that you take it seriously and are ready to participate in the community.

What can mentoring do?

Adam attends Alcoholics Anonymous, Bilal runs a business, Chris studies chemistry at college and Diane lives with diabetes. What do they all have in common? They could all share the lessons they've learned from experience with fellow horsesmouth members facing the same situation. If you have successfully faced an important choice, challenge or change in your life - and who hasn't - you could help people by signing up to be a mentor. Everyone has something to give and gain.

What's in it for you?

Drawing on your life experiences to help others is rewarding and allows you to breathe the heady air of the moral high ground. But think about it - its just like e-bay - all that stuff you've got locked up in your head that you rarely think about and that no-one really benefits from can now be unlocked and shared with people who will really value it. In short - this is an easy and fun way to give something back. Or if you're a younger mentor it can be very helpful in building the kind of skills that employers love - listening, problem-solving and learning from experience.

What's in it for our community?

Communicating with someone who has been in your shoes can be really helpful, no matter who or where you are. While it may not substitute for professional advice, family or friends, sometimes it's exactly what you need.

For more information visit Horsesmouth - www.horsesmouth.co.uk

Committee Members Needed

We are a voluntary association, our full name being Stalybridge Voluntary Twinning Association (SVTA). We are supported by Stalybridge District Assembly, and by our own fund-raising efforts. Our aim is to promote and foster friendship and understanding between the people of Stalybridge, Tameside and district and those of Armentières and district in France.

We urgently need several more working committee members, to help us maintain and develop the different links. Currently, a huge amount of work has to be done by a very small number of people, and if we do not manage to find help, there is a very real possibility that our association, in common with quite a few other twinning associations across the country, will cease to function. In particular, we need a committee secretary, a coordinator for the annual sports exchange and a publicity officer. For more information contact us on 0779 2325 877 or email svta@firenet.uk.net



Make 2009 Your Year to Volunteer

Are you fed up of sitting at home with nothing to do? Why not give something back to your local community by volunteering a few hours of your spare time to one of the many organisations working to make a difference to people's lives?

Volunteering is not just about giving, people volunteer for many different reasons:- for their own enjoyment, to make new friends, gain new skills or refresh old ones, to obtain work experience, to conquer new challenges, to help others, to get involved in their community or to just make a difference.

There are hundreds of opportunities out there, from helping to restore canal boats to supporting people who have been a victim of crime, helping people who can't get out and about to attend hospital appointments or supporting families with young children.

Volunteer Centre Tameside can point you in the right direction. We have been working to promote volunteering and supporting local voluntary and community organisations in Tameside since 1975.

We can help match you with a voluntary role that works for you from the hundreds of opportunities in Tameside. Our advice and placement service can help you narrow down the sort of voluntary work you'd like to do and assist you in applying for an opportunity.

Telephone **0161 339 2345** to make an appointment, visit www.tamesidevb.org.uk or call into the centre at 95/97 Penny Meadow in Ashton-under-Lyne between 10am and 4pm any weekday.



Brave Volunteers Get Their Teeth into Shark Dive

Members of Tameside's vinolved Youth Action Team took part in a charity shark dive at the Blue Planet Aquarium in Cheshire.



The team of five were Maydul Islam (19), Munim Mohsin (19), Claire Walklett (19), Fiona Taylor (18) and Lauren Anderson (17) all from Tameside. The event raised over £200 for Tameside Blind Association.

The daring volunteers received two hours of intensive training before bravely stepping into the giant tank of sharks and other tropical marine life including stingrays and moray eels.

Munim Mohsin said: "Seeing sharks skim inches over our heads as we played with the tropical fish was a life changing experience.

"It was just brilliant and opened our eyes to the environmental issues around the planet.

Another of the team, Maydul Islam said: "The shark dive was one of the best activities I have ever done in my life.

"I swam with fish I had never seen before. To see sharks and stingrays swimming past my head was just awe-inspiring."

Each diver received a shark's tooth as a momentum and a certificate commemorating their experience.

The huge tank at one of the country's biggest marine attractions contains 11 different species of shark, including sand tiger sharks up to three metres long.

vinolvedteam

involved is the new national youth volunteering programme aimed at attracting young people aged 16 - 25 to give some of their time and reap the personal benefits of the volunteering experience.

The primary objectives are to create the greatest range of volunteering opportunities, to inspire a new generation of volunteers and to encourage and support them through the volunteering process. Phil Austin, manager of the vinolved programme in Tameside, said:

"Volunteering is a great way for young people to explore their own interests, learn about life, the working environment and to add a recognised and valued credential to their CV. A big bonus is that all volunteers get a nationally recognised award to acknowledge their endeavours."

Tameside's Youth Action Team aims to involve young people in decision-making in order to influence and support the activities of the vinolved team. Youth Action Teams provide the opportunity to promote a young person's perspective on all aspects of our work. In addition, for those that get involved, they can learn new skills, and have the opportunity to participate in social events and team-building activities.

If you want to find out more about vinolved Tameside or would like to join Tameside's Youth Action Team contact Phil Austin or Addam Merali-Hosiene on **0161 339 5454** or email: phil.austin@vinolved-team.org.uk or addam@vinolved-team.org.uk