

Winter 2008

Upcoming Pre-volunteer Courses

14th & 21st January
3rd & 10th February
5th & 12th February
19th & 26th February
24th & 26th March
25th & 26th March
21st & 28th April

Learn more about volunteering before applying for a post. Find out how volunteering could change your life by attending a two session course. Certificates awarded on completion. Lunch will be provided.

These are planned dates, please contact Ben on 0161 339 2345 for details of venues or to book onto a course.

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

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

Volunteer Viewpoint

Sue Carrigan worked at St Peters Partnership for 4 years as a Support & Training Advisor; she currently works at Oldham College as a New Deal for Communities Project Worker. Sue first volunteered at a day centre for people with learning disabilities then after a break to have a family she returned to volunteering as a receptionist at the Volunteer Centre, it was whilst Sue was volunteering that she completed a Community Course at Tameside College and then went on to gain employment with the Ashton Regeneration Team.



How did you benefit the most from volunteering?

Through volunteering I was able to re-refresh my administration skills and I regained my confidence. I also had the opportunity to work with a wide range of people which helped me build my interpersonal skills and expand my experience.

Volunteering was significant as it gave me an insight into what career and training opportunities were available to me within Tameside. I also gained references and was able to update my CV and this was crucial for when applying for paid employment.

What training and support did you receive whilst volunteering?

I attended a range of different in house training sessions and I received a lot of support and advice from Sue and David at the centre.

What would you say to other people who are thinking about volunteering?

It can be the most rewarding and challenging thing you can do and in my personal experience I got so much out of it, volunteering gave me confidence and was the stepping stone that kick started me into moving forward.

By Ben Stoddard



LATEST VOLUNTARY OPPORTUNITIES

Cut out and take to the Volunteer Centre for more information

ICT for Adults Project

St Peter's Community Partnership

Working in our Richmond ICT Suite with experienced staff to support adults with IT skills. Help design Web pages, posters, marketing materials etc.

Patience and a good understanding of IT packages is required, all prospective volunteers need to live within the St. Peter's Community Partnership catchment area.

In Memoriam Ambassadors

Cancer Research UK

We need your help to support our local fundraising & to support In Memoriam donations within your area. You'll represent Cancer Research UK in your local community, make visits to local funeral directors, distribute supporting materials, write personal thank you letters to recognise donations.

Cafe/Kitchen Assistant

Topaz Well-being Centre at Mind

The well being centre offers counselling, courses and a community cafe to maintain and improve people's mental health. The cafe is open to anyone, with counselling and courses open to all people aged 16 and over living in Tameside and Glossop.

'Cafe Assistant' - serving customers directly from the counter. The role entails making cappuccinos, hot chocolate, teas, etc, receiving payment and giving change.

Food Preparation and Kitchen Assistant - Helping to prepare fresh vegetarian organic meals. General cleaning and washing up, etc.

Experience in kitchens would be helpful.

Adult Inpatient Services

Opportunities Participation Team - OPT IN

Supporting identified service users with a range of activities under the supervision of ward staff including:

- Ward orientations
- Patient satisfaction surveys

Group activities which may include:

- Health promotion/healthy living
- Social Skills
- Art Groups

Emergency Services Team Member

WRVS

We are national charity with 56,000 active volunteers. We aim to help older, lonely and isolated people by providing practical help & support.

We also have emergency service support teams which provide behind-the-scenes support at the scenes of disasters and crises.

We are looking for volunteers to become members of our emergency services support team which support the Blue Light services and Local Authority at the scenes of disasters and crises.

You might be involved in setting up a rest centre, providing to those affected or in providing more direct practical support.

Mileage Expenses

Volunteering England's Information Service has recently noted an increase in enquiries about the mileage rates, and we understand that it is an issue of concern for particular groups of our members, specifically those which operate driving schemes, but also those who reimburse volunteers for car usage when travelling to and from their volunteering activity. We have been following this issue closely for the past few months, and been in discussions with HM Revenue and Customs (HMRC), the AA and the Community Transport Association about the situation.

As part of our discussions with HMRC, we have highlighted the significant number of volunteers who use these rates as a basis for simple calculations, and that some volunteers now feel 'out of pocket' when reimbursed with the current rates. We understand that although the rate was recently reviewed prior to the Budget 2008 it has not been increased since 2002 and these higher driving costs are creating yet another barrier to volunteering, by discouraging volunteers who feel unable to afford to support vulnerable people in their communities.

If organisations give higher reimbursement than the rate published by HM Revenue and Customs, volunteers will have to keep tax records. If a profit is made, insurance cover could be affected or the volunteer may actually be entitled to the legal status of a 'worker' and associated employment rights. The HMRC has indicated that there are no plans to review the rates at present, but suggests that volunteer drivers can refer to a guidance page on the HMRC website. The guidance explains an alternative method for calculating costs and reimbursement, so that anyone who can prove their costs are higher than 40p per mile can claim a full reimbursement.

Volunteering England supports the Volunteering Compact Code of Good Practice undertaking that "volunteers are entitled to reimbursement of all reasonable expenses and volunteers should be entitled to claim".

For any further developments on this issue, Volunteering England will publish updates in the policy section of our website - www.volunteering.org.uk

Have your say. Get involved. Make a difference

A new network has been launched in Tameside for people who want to help improve local health and social care services. Tameside LINK (Local Involvement Network) provides an opportunity for everyone in the community - both individuals and voluntary and community groups - to comment on and work to improve the services you receive.



The LINK will not replace existing groups and networks but aims to bring them together and provide a stronger voice for the people of Tameside. The LINK will work with the people who provide your GPs, dentists, hospitals, social care and other services to ensure that they listen to what local people have to say and make services better for the people who use them.

The LINK has powers given to it by the Government which means local health and social care bosses have to consult with it and take its views into account. The LINK has the power to ask questions, write reports and visit premises where services are being delivered to ensure patients are getting the best possible care. This means that the LINK has real teeth and by getting involved you really can make a difference.

To find out more please contact the LINK Support Team at T3SC on **0161 339 4985** or e-mail tamesidelink@t3sc.org.

Alternatively, you can write to us at: **T3SC LINK Support Team, St. Michael's Court, Stamford Street, Ashton-U-Lyne, OL6 6XN.**

Volunteers going from strength to strength

Pennine Care have a volunteering service and we are looking for volunteers who are users of the service, carers or anyone who has an interest in mental health. Some of our volunteers have now moved on to further education with a long-term view to get into a profession in mental health.

A volunteer has registered as a member of the hospitals bank staff, others are happy to volunteer long term. Some of the areas where voluntary opportunities are available include inpatients, social groups, drama groups, music groups, substance misuse service, day hospital and the community.

“Two years ago I did a training course to be an accredited volunteer for Pennine Care. The course was two hours a week for twelve weeks. We also had course work to do at home, as well as preparing an individual project on any topic we chose that was related to mental health. I chose nutrition.”

“As a volunteer, I have been helping out with the Healthy Lifestyles group for nearly eighteen months and enjoy it very much. People coming to the group have various problems concerning weight and healthy eating, and some simply enjoy coming to the group and giving each other support.”

“As a group we aim to improve our diet, up our fitness levels, share advice and tips, sometimes have professionals coming in to talk to use and having some fun and laughter. Not forgetting the cups of tea and occasionally healthy cooking! What lifts my spirit is the kindness, generosity and understanding within our group.” **Christine OPT-in volunteer.**

There are many opportunities for volunteering within the OPT-in groups - this could be to support people or to help out with the activities...where you have an interest, hobby or skill you have an opportunity to share it with others.

All of the groups are looking for people to help out with running them, from treasurers and secretaries to people to open up or buy the milk. This could be your chance to help out and make a difference.

For more information contact Naheed Asif on **0161 339 2985.**

Lifeshare at Christmas 2008

Lifeshare is running the Christmas project from 24th December until 29th December. The project gives the homeless and disadvantaged the chance to enjoy Christmas in a friendly and supportive environment instead of being alone and isolated. It also provides access to medical and advice services for those who need them.

This project is in addition to their normal services and they need extra resources in order to make it a success. If you could contribute in any way it would be greatly appreciated.

The following is a list of what they are particularly in need of:

- Money – (for gas used for cooking and heating, use of premises, etc)
- Herbs and spices
- Tinned food, such as corned beef, ham, meat, hot dogs, plum tomatoes
- Coffee
- Cereals
- Fresh fruit and vegetables (but check nearer date)
- Puddings, chocolate, biscuits
- Clothes - especially small items like socks, gloves, scarves, hats
- Household products – kitchen rolls, bleach, washing powder, washing-up liquid
- Toiletries – soap, toothpaste, toothbrushes, shampoo, disposable razors, shaving cream

Lifeshare are also recruiting volunteers to help run the temporary day centre for homeless and disadvantaged people over the Christmas period. The project runs from December 24th to 29th inclusive, and you will need to attend one of the induction training sessions, to be held on December 3rd, 6th, 10th and 13th. They ask for a minimum commitment of 2 shifts. Please note that available spaces for Christmas day morning fill up very quickly!

For more information
tel: **0161 235 0744** or
visit their website:
www.homelessness.org.uk

