

vinvolvedbury



vinvolvedmagazine Christmas edition

Introduction from the team ...

vinvolved Team Bury are here to give you the opportunity to **make a difference**.

Volunteering is a great way to try something new, learn a new skill, meet new people, help your community or just have some fun, and it looks great on your **CV!**

There are lots of opportunities across the whole of Bury so you're bound to find something that interests you. Each month we add new opportunities to the list so keep reading to make sure you don't miss anything.

If you can't find anything in this magazine then give us a ring on 0161 253 7914.

We hope to hear from you very soon,

Your vinvolved team,

Vicky & Beth

This newsletter is online on vinvolved Team Bury's website www.bury.myvinvolved.com – check the website at the beginning of each month to see the new newsletter.

On the website you can register with vinvolved and download log sheets so you can record you volunteering hours earn your vinvolved awards for volunteering!

How to use the Opportunities Update

The volunteering opportunities listed in this newsletter are divided into different categories. Use the contents page to find the area of volunteering you are interested in. Each opportunity listed in this newsletter includes:

- General information about the opportunity
- Any specific skills needed
- What time commitment is needed
- Whether or not expenses are paid
- Any age restrictions
- Any other information needed

If you are interested in any of the opportunities listed, give Vicky a ring on 0161 253 7914 / 07530511237 and she'll help you take the next steps to volunteering.

Key:



Time commitment

This can be:

- a one-off opportunity – a one day event or a taster session;
- a part-time opportunity – a few hours a week for several weeks;
- a full-time opportunity – 30 hours a week for at least 13 weeks.



Expenses

Some volunteering opportunities will pay you out of pocket expenses. For more information on expenses ask the vteam.



Males only

Some volunteering opportunities are open only to males due to the nature of the work. This is often in roles where you are supporting other men or boys.



Females only

Some volunteering opportunities are open only to females due to the nature of the work. This is often in roles where you are supporting other women or girls.

18+

Over 18s Only

Some Volunteering Opportunities are open only to over 18s. This is often due to insurance restrictions on the volunteering organisation.

21+

Over 21s Only

Some Volunteering Opportunities are open only to over 21s. This is often the case when the role involves working closely with very vulnerable young people or adults.

CRB

CRB Check Needed

This is a check of your criminal record and is needed if you are volunteering with children, young people or vulnerable adults.



Access to Vehicle

Some roles include driving responsibilities. You will need experience of driving, access to a vehicle (this may be provided), a full, clean British driving licence and adequate insurance cover

Christmas Opps

Do someone a favour this Christmas



One Off

Medequip4kids Christmas Fundraisers

We have lots of exciting one off opportunities for people interested in running Events. There are Christmas Carol Concerts in Bury and Prestwich on **10th and 16th of December in the evening**

They are looking for volunteers to assist in welcoming guests, selling raffle tickets and refreshments.

Chocolate Extravaganza at Slattery's Chocolate House in Whitefield on **Wednesday 2nd and 9th of December** in the evening need events assistants to help run the event and sell raffle tickets to customers.

Guide Dogs for the Blind Marks and Spencers' Bag Pack



One Off

This is a fun opportunity to get a taste of fundraising volunteering. You will be helping customers with their packing in return for a small donation to the Charity. You can come along for an hour or two or a whole morning or afternoon.

It takes place at Marks and Spencers in the Mill Gate on **December 4th and 5th.**



One Off

Organise a Soup Kitchen Challenge for your friends to raise money for the Salvation Army this Christmas

The Salvation Army is the largest homeless charity for men and women in the UK. This is a fun opportunity to fundraise for them, and maybe learn a couple of new recipes. Check out the link for hints and tips to organize your own event

http://www1.salvationarmy.org.uk/uki/www_uki.nsf/vw-dynamic-index/4933EB7244EAF3C802576400051B39C?Opendocument

RESPECT - Help Keep someone warm this Winter



Part Time

Raising awareness of the Impact of cold, damp homes on Health and Wellbeing.

RESPECT was developed by National Energy Action and CVS, with the support of British Gas and V, to encourage young and older volunteers to assist vulnerable households with their energy needs.

We are looking for people aged 16-25 to act as RESPECT mentors. Champions and Advocates in your area.

NSPCC needs Santa's Little Helpers!



Part Time

NSPCC need 16-25 year old volunteers to help promote their annual "Letter from Santa" campaign. Every year we raise 1000s for children and young people by asking adults to make a donation to have a letter from Father Christmas sent to a child of their choice. We need a team of "Santa's Little Helpers" to get the promotional postcards out into the Bury Community - shops, doctors, post offices, xmas lights switch on, events - the possibilities are endless



One off

Singalong a Shelter

Think you have a voice like an angel? Then why don't you organise a singalong to raise funds for Shelter the Homeless Charity. For a step by step guide checkout:



http://england.shelter.org.uk/what_you_can_do/

Are you looking for some simple New Year's Resolutions?

Check out this website for some quick and easy ideas to do something nice - everything from reusing your plastic bags, to teaching your granny to text!

<http://www.wearewhatwedo.org/actions/>

If you want to help improve the appearance of your local area, and are sick of seeing too much graffiti and litter check out

<http://www.fixmystreet.com/>

Bury vinvolved Team



Part Time

Youth Action Team Member – vteam

- Do you live, work or go to college in Bury?
- Are you aged 16 – 25?
- Do you have experience of volunteering?
- Are you able to work well as part of a team?
- Do you have skills and knowledge you'd like to share with other young people?

This could include: life experiences, a creative streak, computer know-how, putting your views across or even a good sense of humour.

You could help guide the development of Youth Volunteering in Bury on by becoming a YAT member.

You will need to have already done some volunteering and be interested in improving volunteering experiences for other young people and helping charities in and around Bury.

If you are interested in joining Bury Youth Action Team then please come along to our information session:

Thursday 3rd December, anytime between 4:30 - 6:30pm at the New Kershaw Centre, Deal Street, Bury, Lancashire, BL9 7PZ

Volunteer Overseas

Would you like the chance to volunteer overseas? There are lots of ways you can get involved. Some of them are free, some involve you fundraising before you go & some need to be paid for.

18+ Global Exchange is a free 6 month scheme

Young people from developing and developed countries work together on community projects at home and abroad.

Volunteers who have completed Global Xchange gain a huge range of transferable skills from practical experience such as giving presentations, fundraising and organising events to softer skills like working with others and improved confidence.

The partner countries for the next exchange will be Pakistan, Kazakhstan, Bahrain, Egypt, Syria, Ghana, Ethiopia, Malawi, Mozambique, Zambia and Mongolia. For more information visit: www.vso.org.uk/globalxchange.

Platform2 - Overseas Volunteering

A unique, fully funded opportunity for 18-25 year olds in the UK to volunteer in a developing country for 10 weeks and then come back and share their experience with others. Check out their website - <http://www.myplatform2.com/>

European Voluntary Service (EVS)

EVS is a scheme to volunteer in European Union countries for between 3 months and 1 year. You are provided with a basic living allowance whilst you are volunteering on a project. There are lots of different opportunities to get involved in.

Opportunities to do things outdoors

BTCV Conservation Volunteer



Part Time

BTCV is the UK's largest practical conservation charity, supporting people who take positive action in our countryside, towns and cities. We take out groups of volunteers into the local countryside to do a variety of jobs which help improve the environment and access for people.

Work that we do includes footpath and boardwalk construction, fencing, building gates, steps and stiles, pond work, tree planting, tree felling, hedge laying and habitat management. We can also offer certificated training in many conservation skills and other related activities

BTCV meet at 9:20am outside Bury Town Hall & take volunteers by bus to the activity – you return around 4:30pm.

- ✓ You will need to wear scruffy clothes and steel toe cap boots (if you do not have these please speak to Dominic).
- ✓ If you are under 18 – you will need your parent/guardian to sign a parental consent form to do this volunteering.
- ✓ You will need to take a pack lunch

Parks & Rangers



Part Time

Do you want to make a difference to the parks and woodlands around Bury? Would you like to get experience in environmental work or events?

If so Bury Parks and Rangers are always looking for volunteers to help with one off opportunities, such as sowing wildflowers, clearing litter, building paths and helping with summer events.

Community Allotment



Part Time

Did you know that there is a Community Allotment in Bury East? A group of enthusiastic residents are transforming a neglected space into a community orchard. They need extra people to help. If you are interested in conservation, don't mind getting your trousers a bit muddy and your hands dirty, this could be the perfect opportunity for you!



Part Time

Ramblers' Association Walking Ambassador

Volunteering with a wide range of community groups to motivate and encourage participants to achieve the aims of the Get Walking programme by providing information and support on the health and social benefits of walking.

Sports

Bury Sports Development



Part
Time or
During
school
holidays

They have lots of exciting opportunities to get involved in sports activities.

You can help with: helping to coach teams, organising teams; promotion and marketing; Marshalling, health walk assistants.

You can get involved in Council Events, or you can get involved with local sports clubs.



Part Time

Sports Volunteer Team Captains

This is a great new opportunity to get involved as a sports ambassador passing on your experience to new volunteers and helping out with sports development projects

Peer Supporters

Are you good with people? Do you want to help someone reach their full potential? Would you like to gain experience for the health and social care fields? Can you make a long term commitment? If you answer yes to any of those, then consider the following opportunities we have in Bury:

Peer supporters needed to help:

- 1) Blind People to participate in a variety of activities
- 2) Autistic children and their families in their own homes and at Prestwich Youth Club
- 3) People who care for other family members in their own home (for volunteers aged 18+)
- 4) Young people aged 16-25 to help them build their self esteem and achieve their goals and participate in hobbies
- 5) To befriend older people and help with domestic tasks they are unable to do themselves (in Manchester)
- 6) To mentor young offenders aged 8-17 for Bury Youth Offending Service) (18+ volunteers)

CRB

These opportunities provide training and may pay some expenses. They will require a CRB check and references before you can start.

Various times and dates available, expenses paid, training provided.

Youth Offending Service



Part Time

These are fantastic opportunities to gain experience within the youth justice field. Good communication and listening skills are essential.

All these opportunities require a long term commitment, full training will be given as will some expenses.

18

Community Panel Members

Panel members will seek to agree with the young person a contract containing a plan of action that is designed to repair the harm done and prevent further offending whilst addressing the problematic issues they may have in their lives

21

Appropriate Adults

This is to support young people who have been arrested and do not have an 'adult' or family member to support them. This role involves ensuring that the young person is treated fairly and that they understand what all the different processes mean from being cautioned to having their fingerprints taken. The Appropriate Adult scheme currently covers 3 boroughs, Wigan, Bolton and Bury and an individual decision can be made as to which of these areas the volunteer wishes to cover. You must be over 21 years of age to apply for this project

18+

Mentors

The mentoring scheme pairs an adult volunteer with a young person (aged 8-17 years of age) who has offended or is at risk of offending and is working with the YOS. The mentor's role is to motivate and support the young person for up to 12 months.

Media and Arts and Culture



Part Time

[Roch Valley Radio Volunteer](#)

Volunteers needed will all aspects of running the hospital radio. Most of the opportunities are available in the evening and at weekends. Some training will be given.



Part Time

[In touch project volunteers - Manchester](#)

The In Touch Volunteer scheme is run by Manchester Museum and the Imperial War Museum North. It's very highly respected and involves a whole range of different work roles and training opportunities within the Museums. Through this volunteer programme individuals gain work experience and skills, meet new people, and ultimately develop their self-esteem, interpersonal skills and confidence.

Full training will be given and some expenses paid.

Fundraising for charities



Part Time

Charities are always looking out for volunteers to help them raise valuable funds to deliver their services.

There are two main ways you can get involved.

1) You can help a charity with an event that it is already running either as a regular volunteer helping in the fundraising office or volunteering to help at a particular event – such as a street collection, a jumble sale or a concert.

2) If you (or a group of you) have an idea for a fundraising event, or would like to raise money for a particular charity you could organise it yourself. This involves you taking on more responsibility but you will get the experience and sense of achievement of doing something independently. Many charities provide advice and guidance to help you run your own events. Examples of these are – Holding a Macmillan Coffee Morning, Hosting a clothes swap party in aid of the NSPCC.

[Bury Young Friends of the Samaritans](#)



Part Time

Is a group that organises fun activities to raise money to keep the service going. They have organised events such as charity football matches and sponsored walks. They need new members to raise funds for the next year.

Charity Shops



Part Time
or full time

Charity shops are always looking for volunteers to help them run their shops. There are a variety of roles – from volunteering on the tills, sorting the donated goods, creating window displays, and many more.

Featured shops:

Red Cross

British Heart Foundation

Education



Part Time

17

Reading Help volunteers

There are two projects available at the moment to help young people read in schools they are: Time for Children and Volunteer Reading Help. Opportunities occur within school term times.

Animals



Part Time

Bleakholt Animal Sanctuary

Needs volunteers to help with lots of different activities at the Centre. Generally volunteers will need to be over the age of 18, if they are not accompanied by a responsible adult.

Please note: The Sanctuary is difficult to get to by public transport.

If none of these appeal to you then why not set up your own volunteer placement at a local school, church youth club, council run old people's home or other venue. Please note we do not count helping out at a business which makes profit as volunteering (if you are unsure please contact Vicky for advice).

For more information or details on how to apply for these opportunities please contact Vicky, involved team Bury's Youth Volunteer Adviser on 07530511237 or email vicky.sullivan@gmyn.co.uk