



Fancy volunteering, but don't know what's available out there?

If this is the case, why not visit www.do-it.org.uk?

This brilliant website holds a national database of volunteering opportunities available all over the UK.

To narrow down your search and find something local to you, click on **"Find a Volunteer Centre"** and enter your postcode.

This will bring up the nearest Volunteer Centre to your home address. You can then click on **"View our opportunities"** which will bring up a list of different opportunities from various volunteer-involving organisations. From here you can refine your search by choosing an interest, activity or location.

Once you've found an opportunity you would like to register an interest in, click on **"apply for this opportunity"**, this will take you to a page where, if you haven't already registered, you can click **"online registration form"** to take you to a simple to fill form, then back to the page where you add your e-mail address and password (set up during the registration process) and click on **"enter it!"**

Once you have applied, your opportunity form will go either to the organisation who posted it on the website (most often the local Volunteer Centre) or the organisation providing the opportunity. The details will be sent through to you by email and you will be contacted by your local Volunteer Centre or the advertising organisation.

The Volunteer Centre Team:



Amanda Harris - VC & Funding Manager



Jeannette Helson - VC Co-ordinator

Keep up to date with our latest volunteering opportunities, events and news on our facebook page.

Visit:-

www.facebook.com/volunteercentre.rayleighrochford



Rayleigh, Rochford and District Association for Voluntary Service

RRAVS Volunteer Centre
105a High Street
Rayleigh, Essex, SS6 7QA
Email: volunteering@rravs.co.uk
Website: www.rravs.org.uk
Tel: 01268 772796



Opening Hours

Monday - Thursday 9.00 - 3.00 pm
Friday 9.00 - 1.00 pm



High Sheriff's Award

Any voluntary or community organisation based in Essex, Southend or Thurrock needing financial support for their community safety project can apply for an award from this fund. Grants of up to £1,000 are available for projects that will make local people of all ages feel safer in their homes, schools, towns and villages.

The deadline for the next round of applications is **1st December 2011**. Details of the awards together with application forms are available from RRAVS on the above contact details.

LocalGiving.com

A new website has been launched to help small charities to promote themselves online.

The site features registered charities and includes small community organisations vetted by the Essex Community Foundation. It is the first website that has been created to help unregistered charities in this way and provides a platform allowing such organisations to fundraise on line as well as a much needed way for the public to find them and make donations. For more information call:

0300 111 2340
www.localgiving.com

Job-Seekers and Volunteering - Breaking down the Barriers

In April 2010, Volunteering England and Job Centre Plus entered an agreement to promote the value of volunteering to job seekers and break down the barriers they may face when volunteering, such as the mistaken belief that they can only volunteer for 16 hours per week or that they cannot be reimbursed expenses.

Booklets giving clear and concise information are available from both Job Centre Plus entitled "Volunteering While Getting Benefits" and Volunteering England entitled "Working Together to Promote Volunteering". Copies of these can be found on their websites.

Sign up to the 3R Promise

Volunteering England continues to promote the Volunteer Rights Inquiry's Call to Action to ensure ongoing improvement in volunteer management. By signing up to the 3R Promise, organisations commit to getting it right from the beginning, offering means to reconciliation and accepting their responsibility. 90 organisations have already made the Promise; to join them, visit Volunteering England's website at www.volunteeringengland.org and search 3R promise.

KEEP THE DATE FREE—RRAVS HEALTH & WELLBEING SHOW

RRAVS will be holding their annual community event this year on the

**THURSDAY 17TH NOVEMBER 2011
between 10.00 am and 2.00 pm**

The Mill Arts and Event Centre, Bellingham Lane, Rayleigh.

This year it will focus on Health and Wellbeing, and all the groups and organisations there will be able to give you advice and information on services available across the Rochford District. You can also find out how you can be involved with them as volunteers. The Volunteer Centre will be there advising potential volunteers of the opportunities available to them, as well as how volunteering can benefit your health!

Love Where You Live

Essex County Council recently launched their biggest ever community improvement campaign 'Love Where You Live' to encourage residents to organise and take part in their own local improvement events. These could be anything from a clear-up of the local area to something that benefits or celebrates the community. Residents and community organisations can register their own events.

Once you have decided what you would like to do you can register your event on our Get Involved page. We will then send you a free Love Where You Live support pack containing lots of materials to help you plan and carry out your activity.

You can also record how your Love Where You Live events go, and you can send us your blog entries and pictures to be included on this website!

There will be more exciting updates on Love Where You Live coming soon, so keep visiting the website, like the website on Facebook or follow on Twitter. We hope to hear from you soon!

TRUSTEES WEEK 2011

**31st October 2011 -
6th November 2011**

The first week of November heralds national Trustees Week

Many organisations need committee members in order to continue providing services to their local communities.

Organisations within the Rochford District looking for committee members include:-

**Essex Savers
Motor Neurone Disease Assoc.
Crouch Valley Scouts
Home-Start
Parkinson's Disease Assoc.**

For more information on how to become a committee member with any of the above organisations, Please contact RRAVS.

Pass it On!

If you know someone who would be interested in volunteering for any of these organisations, or in general pass on this information and encourage them to get in touch.