



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 opportunities"** which will bring up a list of different opportunities from various volunteer-involving organisations.

Once you've found an opportunity you would like to register an interest in, click on **"apply"**, 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 to the organisation who posted it on the website (most often the local Volunteer Centre) or the organisation providing the opportunity. You will then be contacted by your local Volunteer Centre or the advertising organisation in order to process your application further.

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



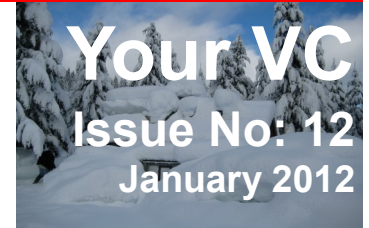
Rayleigh, Rochford and District Association for Voluntary Service

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



New Year, New Start



We all make resolutions at the beginning of January each year... So why not think about doing something for your local community in 2012?

Volunteering is a great way to give something back, and you can give as little or as much time as you are able to.

RRAVS currently have almost 200 different opportunities with local organisations, such as driving for community transport schemes, cooking, befriending, advocacy and much more besides. It's not just about what you can give, but also what you can gain. Are you:

- Looking to enhance your CV?
- Wanting to make new friends?
- Looking to gain confidence?
- Develop new skills?
- Put your talents and experience to good use?

Volunteering can help with all of the above, and much more.

You have already made the first step by picking up this leaflet, why not make an appointment by calling in to our office or telephoning on the above number, to see one of our Volunteer Centre Staff and discuss all the options available to you. A full list of current volunteering opportunities can be viewed at www.do-it.org (details on page 4).

As a potential volunteer, there are some things you may find it helpful to know.

Volunteering England has produced a range of Information Sheets designed to help answer your questions and provide you with further information. If you would like to view any of the following information sheets, please visit:
<http://www.volunteering.org.uk/iwanttovolunteer/what-do-i-need-to-know>

Thinking about volunteering? Answering some of the more general questions that potential volunteers have about volunteering.

Who is allowed to volunteer? This covers those in receipt of state benefits, children and young people, older people, 'vulnerable' people and ex-offenders.

Volunteers from outside the UK . If you are from the European Union (EU), the European Economic Area (EEA), refugees and asylum seekers, or outside of the EU and EEA this may be able to answer any questions. This information has been written for Volunteer Managers. If you have further questions regarding a specific case, you can contact the UK Border Agency directly.

Volunteering and state benefits . Again, written for Volunteer Managers, this sheet explains the rules and regulations around volunteering whilst receiving state benefits in more depth.

Accreditation of volunteering. Outlines the main sources of accreditation for volunteering and may be of particular interest to anyone looking to gain a certificate to mark their volunteering achievement or to enhance their CV.

Careers in the voluntary sector. Gives the main ways of finding job vacancies within the voluntary and community sector (also known as the 'third sector').

If things go wrong. This explains the courses of action open to you if things don't work out with your volunteering opportunity.

Wyvern Community Transport

As from March 2012, Wyvern Community Transport will be launching a bus service operating between Rayleigh and Great Wakering. It will operate 2 outward and 2 return journeys on Wednesdays and Fridays.

In order to operate this service, Wyvern are looking for reliable volunteer drivers. Ideally you will already have experience as a bus or coach driver.

If you are interested or would like more information, please contact RRAVS who will be able to give you more information on the scheme.

REMAP

REMAP is a nationwide network of dedicated volunteers who use their skills and expertise to help individuals with disabilities to achieve independence and enjoy life's opportunities.

REMAP tailor-make or modify equipment not commercially available to meet an individual's needs. The Southend and District REMAP currently operates with 10 volunteers and handles 40-60 jobs each year. The work carried out is free of charge to the patients and the costs are covered by donations made to REMAP.

REMAP are also recruiting for a Committee Secretary who can attend monthly meetings, held in the evenings at the United Reform Church Hall at Bridgewater Drive, Westcliff. The Secretary's main responsibility is to record and distribute the minutes of each meeting, however, you would also be required to keep records of current and completed work and file the drawings and photographs (taken by the members) of each job as well as other tasks as directed by the Chairman of REMAP.

If either of these roles are of interest to you, contact RRAVS Volunteer Centre for full details of this opportunity.

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.

New Volunteering Opportunities for 2012

Citizens Advice Bureau

Financial Education Volunteer.
This is an exciting opportunity to help people manage their money to avoid getting into debt.

REMAP

Equipment Adaptation Volunteer. If you have practical experience in design, manufacturing or repair, use your skills to benefit individuals facing disabilities.

Essex County Fire & Rescue

Help us provide that crucial link between ECFRS and the Essex residents.

ActionAid UK

ActionAid are looking for enthusiastic and dynamic volunteers to join in the global fight to protect those affected by international conflict and natural disaster

Essex Wildlife Trust

Volunteer on the Living Landscapes scheme volunteers and get the opportunity to learn about all aspects of the Wildlife Trusts work.

Great Wheatley Nursing Home

Entertain residents by singing/playing musical instruments/acting/talks/jokes

CSV (Community Service Volunteering)

Make a difference to someone with a learning disability through mentoring.

For more information on any of the above, please contact Amanda or Jeannette on 01268 772796