



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

**If this is the case, why not visit [www.do-it.org.uk](http://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"** and this will bring up all the organisations currently looking for volunteers. 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 they will contact you.

### The Volunteer Centre Team:



Amanda Harris - VC Co-ordinator



Jeannette Helson - Assistant VC Co-ordinator



# Your VC

## The Newsletter for RRAVS Volunteer Centre

### Rayleigh, Rochford and District Association for Voluntary Service

105a High Street  
Rayleigh, Essex, SS6 7QA  
**Phone:** 01268 772796  
**E-mail:** ravsrayleigh@btinternet.com  
**Website:** www.rravs.org.uk

**Opening Hours**  
Monday - Thursday 9.00 - 3.00 pm  
Friday 9.00 - 1.00 pm



### Feeling snowed under ?

If so, may be we can help. We have dealt with almost 115 volunteer enquiries in the last three months, with over 30 placed in local organisations. If you would like us to help you find willing volunteers for your organisation, please give us a call.

### Volunteer Management Portal

**Do you work with volunteers as part of a voluntary, paid, part time or full time role in the community and voluntary, private or public sector? If the answer is yes, then this website is for you!**

#### So what is the Volunteer Management Portal?

As England's volunteering development agency, Volunteering England understands the importance of good volunteer management. It believes that good volunteer management comes, not only from experience, but also from having access to relevant support, training and development opportunities.

There are loads of fantastic resources out there for people who work with volunteers, but they can sometimes be difficult to find. It is hoped that the Portal will make it easier to access these resources by developing one central place to find them...

So Volunteering England created the Volunteer Management Portal! The Portal is a website for anyone who works with volunteers and within the profession of volunteer management. You can use it to search for support, training and development resources to help you develop your skills, improve your volunteer programme and work more effectively with volunteers.





## VOLUNTARY SECTOR TRAINING

Voluntary Sector Training  
46 High Street  
Great Dunmow, Essex

01371 876747

**September - December courses now available.**

**Look on line for full details.**

<http://www.voluntarysectortraining.org.uk>

**Don't miss coming up in October....**

**Personal Skills Training Courses - with Helen Payne**

**Befriending Skills for Volunteers - Thundersley (CAVS) 19th October 2010**

A useful course for anyone who has volunteered to become a Befriender. This half day course will look at a wide range of aspects of befriending that will enable volunteers to enter their role with confidence and clarity.

For more details visit our website.

## Involving Ex-offenders in Volunteering

Volunteering England along with the crime reduction charity, Nacro, have produced guidance to support organisations to effectively risk assess and involve volunteers with past offences.

As almost a quarter of men and women of working age have been convicted by the courts of theft, fraud and other serious criminal offences, they make up a significant proportion of the population. As volunteering is increasingly recognised as a good way for individuals to gain skills and experience there is a need to ensure that people are not put off applying through fear that they will be rejected because of their records.

Evidence shows that there is good reason to be wary as people can be refused voluntary work on the basis of old or irrelevant cautions or convictions.

The involvement of ex-offenders as volunteers is an equal opportunity issue. Failure to adopt volunteer recruitment and retention policies and practices that incorporate ex-offenders is discriminatory and results in their social exclusion as well as reducing your pool of volunteers. Safeguarding vulnerable people and children is paramount to any organisation providing support to these groups, however it is also important that a blanket approach to CRB checking is not adopted and CRB checks are used in conjunction with risk assessments and other application methods outlined in a CRB policy.

**To read the guidance in full, please visit [www.volunteering.org.uk](http://www.volunteering.org.uk).**

## Volunteering Opportunities

***For further information about any of the following volunteering vacancies, please contact Amanda or Jeannette on 01268 772796.***

### **CSV Essex Supported Volunteering - Community Mentor**

CSV Community Mentors work one-to-one with individuals with a disability to enable them to volunteer in their own right. The recruitment of local people as Volunteer Mentors not only maximizes the community integration but gives individuals the skills and confidence they need to become an independent volunteer. Volunteer Mentors will always be working towards making themselves redundant in order to reduce the dependency of individuals on services specifically set up to support them (including CSV). If you can commit to giving time on a weekly basis for a minimum of six months and are willing to attend our intensive training course, please get in touch.

### **Neighbourhood Watch - General Office Administrator**

We are looking for someone with general office skills who is available to volunteer each week on a Friday morning at Rayleigh Police Station. You will receive full support from the rest of the team.

### **Rayleigh, Rochford & Castle Point Talking Newspaper - Recording Engineer**

We require a recording engineer to work with a team of 6-8 people.

Computer literacy would be preferable but not essential and full training and support is given. We need you on a Monday evening once a month and Tuesday and Wednesday evenings twice a month.. For further information, please contact the Volunteer Centre.

### **RSPB - Events Assistant, Guided Walks Assistant and Education Assistant**

The RSPB, based at Wallasea Island are looking for energetic, enthusiastic and fun-loving volunteers to help develop and run the above projects. If you enjoy working face-to-face with the public, have a passion for nature, are fit and active, possess a good sense of humour and a "can do" attitude why not volunteer with us. For further information please get in touch with RRAVS.

### **Wyvern Community Transport - Drivers**

Looking for volunteer drivers for the Community Transport Scheme. If you have a day spare each week, and have a full UK driving licence and are over the age of 21 and under the age of 70, then we would love to hear from you. You will receive full MIDAS training.



We are looking for young people aged 16-25 years who would be willing to volunteer with Young Enterprise East of England to deliver or assist with delivery of our primary school programmes. We are looking for young volunteers from all walks of life in education, not in education, employed, unemployed etc.

**What's involved:**

- Work alongside teachers, local businesses and other volunteers.
- Deliver or assist with delivery of a hands on activity in a local primary school.
- Be a positive role model and help to inspire and guide young people's development.
- Opportunities range from 1 day deliveries to an hour or 2 a week for up to 5 weeks throughout the academic year.
- All volunteers (unless under 18 years of age) must undertake an enhanced CRB check before working in a school.

**What does the volunteer get out of this experience:**

- Develop confidence and self esteem.
- Develop presentation and communication skills.
- Build links with local people in the community.
- Develop time management skills.
- Gain recognition, praise and a feeling of being valued.
- Teaching/mentoring experience.
- Free accreditation opportunities available through v (including the v50 award) and Young Enterprise (Learning by Volunteering in partnership with the Open University).
- Use the experience towards UCAS points and other professional bodies/schemes.

If you may be interested in volunteering with us please contact Holly Bateson on 01438 746100

**RRAVS COMMUNITY INFORMATION OPEN DAY  
FRIDAY 19TH NOVEMBER 2010, 12.00 PM - 4.00 PM**

**THE MILL ARTS AND EVENT CENTRE  
BELLINGHAM LANE, RAYLEIGH, ESSEX**

**Come along and find out what is going on in your local community!**

HELD IN PARTNERSHIP WITH THE ROCHFORD LOCAL STRATEGIC PARTNERSHIP

**RRAVS Can Help!**

As a Council for Voluntary Service (CVS) which supports the third sector in the Rochford District, RRAVS engage with a number of volunteers who support us in our administrative tasks.

If you need assistance in preparing a mail out, this may be something we can help you with. You would need to call us to book out the time for the volunteers, and deliver and collect the mail out material, but this could save you valuable time and enable you to get on with more pressing matters.

This is a free service to RRAVS members, who can provide all their own materials. However if you require photocopying to be done as part of the service, this will be charged at a rate of 6p/single side copy, or 10p/double side copy.

**To book this service, please call  
Derek Helson, RRAVS Manager - 01268 772796**

**Make a Difference Day**

**Every year tens of thousands of people get together to make a difference in their communities for CSV Make a Difference Day, the UK's biggest day of volunteering. This year it takes place on Saturday 30th October 2010 - and you can be part of it!**

**Think big! Set up and register your own activity**

Set up your own activity for the campaign and make a huge difference! You will be joining thousands of activity organisers - local heroes, families, groups of friends, schools, universities, charities, community groups, and companies who get together for the campaign.

If you're not sure what you could do, CSV provide free resources to help inspire you with ideas and advice on how to plan and carry out your activity.

This year the campaign is encouraging more families to volunteer together, so if you can make your activity family friendly please do so! CSV will help you every step of the way with a wide range of fun resources, help and advice.

If you are a charity or community group, the campaign is a fantastic way to recruit new volunteers - people can find your activity on the website, get in touch and come along on the day! Over the past 14 years two thirds of those who volunteered for the first time on the day were still doing so six months later.

**For more information on Make a Difference Day visit [www.csv.org.uk](http://www.csv.org.uk)**

## Olympic 2012 Volunteering

The launch for the registration of Generalist Olympic volunteers opens online on the 15th September (specialist registration opened in July 2010). Applications must be made online via the website, [www.london2012.com](http://www.london2012.com) and registration will close on 27th October 2010.

If you would like to apply, you have to be available to volunteer during games time for at least 10 days (8 - 10 hours) and be able to attend the selection interview and three days of training. There will be free public transport to and from games for volunteers, but not for selection or test events. You will also receive a uniform, which you can keep after the games, and meal vouchers for when you are volunteering.

Applications must be made online, and will take 30-40 minutes. You will need to have a current e-mail address. The form will take approximately 40 minutes to complete, and you will be advised if your application has been successful in early 2011.

## Inspiration and Legacy from the 2012 Games

If your organisation involves volunteers, why not make sure you are part of the London 2012 Games. Volunteering England and YouthNets Inspiration and Legacy from the 2012 Games project will enable all individuals inspired by the 2012 Olympic and paralympic Games to quickly and easily access fulfilling, relevant and local Games inspired volunteering opportunities.

### Why should you get involved?

- To increase the number and diversity of volunteers within your organisation. Thousands of people have already registered an interest in volunteering at the 2012 Games and many of these people want to volunteer now.
- An easy tangible way for your organisation to use the power of the 2012 Games volunteering legacy simply by creating Games inspired opportunities.
- Information and advice to support you to develop Games inspired volunteering roles for your organisation.
- Invitations to attend on of our free regional workshops and receive face to face support.
- Tailored support to advertise these Games inspired volunteering opportunities on [www.do-it.org.uk](http://www.do-it.org.uk) and other relevant websites.

## Volunteering and Benefits

There are a number of misconceptions surrounding volunteering and benefits so please find below the current guidance and facts:

Whilst on Jobseekers Allowance, you can volunteer as much as you like, as long as you are still actively seeking work and also follow these criteria:

- You must be free to go to an interview with 48 hours' notice and must be able to start work within one week of us giving you notice.
- You must not be paid money or anything else for volunteering other than expenses (receipts must be kept).
- You must contact Jobcentre Plus if you want to volunteer.

The Jobcentre Plus leaflet called Volunteering While Getting Benefits, which is available from [www.dwp.gov.uk/docs/dwp1023.pdf](http://www.dwp.gov.uk/docs/dwp1023.pdf) and explains the rules in more detail.

## Diabetes UK – Eastern Region Volunteering Conference 30<sup>th</sup> OCTOBER 2010

### Celebrating Diabetes UK volunteer achievements

Volunteering is very much at the heart of all that we do at Diabetes UK, whether that's supporting the work in our offices, supporting local people through Voluntary Groups or going out, raising awareness and generating income. This year we are recognising our volunteers' efforts and celebrating their achievements by putting on local events where our volunteering takes place.

2010 sees the introduction of a series of National and Regional Volunteering Conferences across the UK. These one day conferences are free to everyone who volunteers with Diabetes UK.

The conferences offer the opportunity to hear inspirational speakers, meet others and find out more about Diabetes UK's work. These events will also provide an opportunity for Diabetes UK to say thank you to all its volunteers and recognise the support and contribution our volunteers give to supporting people living with diabetes.

### Closing date

The closing date for receipt of booking forms is approximately 4 weeks before the event date (please note this may vary depending on which conference you choose to attend). Please be aware that places for this event are likely to be high so we advise booking early to avoid disappointment.

**Telephone: 01376 501390**

**Email: [eastern@diabetes.org.uk](mailto:eastern@diabetes.org.uk)**