



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.

The Volunteer Centre Team:



Amanda Harris - VC Co-ordinator



Jeannette Helson - Assistant VC Co-ordinator



Your VC

Issue No: 5
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The Newsletter for RRAVS Volunteer Centre

Rayleigh, Rochford and District Association for Voluntary Service

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Opening Hours

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



Wishing all our colleagues and volunteers a very happy 2011 - Here's wishing for a successful year!

European Year of Volunteering 2011 gets under way

This is an exciting opportunity for voluntary organisations across the EU to join together in a celebration of volunteering, and a discussion on the importance of volunteering on a local, national and international level.

Volunteering England is working closely with other volunteering organisations and the Office for Civil Society to make sure that the Year represents a real opportunity to promote volunteering.

As part of the programme for the year, themes have been spotlighted for two months at a time throughout the year:

March/April - Children and Young People, **May/June** - Environment
July/August - Sport, **September/October** - Culture & Arts
November/December - Health and Social Care

Further information about the European Year of Volunteering can be found at: www.volunteering.org.uk or www.cabinetoffice.gov.uk/voluntary-sector





VOLUNTARY SECTOR TRAINING

VST moved offices over the Christmas period. The new address is:

45 Stortford Road, Great Dunmow, Essex CM6 1DQ

The telephone number will remain the same - 01371 876747.

Some examples of forthcoming courses are:

First Steps to Fundraising	25th Jan 2011 - Chelmsford
Developing Decision Making Skills	26th Jan 2011 - Chelmsford
Recognising Leadership Skills	3rd&17th Feb 2011 - Chelmsford
PQASSO - An overview	11th Feb 2011 - Basildon
Trustee Essentials	15th Feb - Southend (book through SAVS)
Developing Fundraising Strategy	17th Feb - Rochford
Retaining Volunteers	17th March - South Woodham Ferrers

To view the full course calendar and check availability, visit
Voluntary Sector Training at:

www.voluntarysectortraining.org.uk



Operation Christmas Child Samaritan's Purse

In late November 2010 a team of volunteers from local churches and the surrounding community, used the old fire station in Castle Road, Rayleigh, to check, seal and crate over 4,000 shoe boxes filled with toiletries, stationery items, toys and knitted hats. These filled shoe boxes were collected at schools, churches and pubs before arriving at our fire station/warehouse.

On Friday 3rd December 462 crates were loaded onto a lorry, their eventual destination will be Montenegro. The recipients of our shoe boxes will be children who would otherwise receive no gifts this Christmas.

My wife and I would like to send our sincere thanks to RRAVS for the part it played in this tremendous achievement. Without RRAVS support, none of this would have been possible.

Bruce and Linda Smart

Volunteering Opportunities

Below are some examples of volunteering opportunities currently available within the District. For further information about any of the following volunteering vacancies, or to make an appointment to discuss other opportunities, please contact Amanda or Jeannette on 01268 772796.

General Support - Hawkwell Athletic Football Club

H AFC has been successfully running football teams since its early beginnings in 1974 when there were just three junior teams and a handful of committee members. Since that time, the club has grown into one of the largest football clubs in the Southend area catering for mini, junior, senior, girls, ladies and vets soccer players. Volunteers are needed in order to ensure the smooth running and continuing growth of the Club. The club are looking for volunteers who may be able to help in any way, no matter how small, such as fundraising, coaching, PR and marketing.

Advocates - Parents Aid

Parents' aid needs Advocates & Mediators to work with our vulnerable families. Get free training & all expenses paid - regular support & supervision. Accompany parents to meetings with professionals to help them express their views and feelings. The most important skills you can have is a big heart and common sense. Use of a car is also advantageous but not essential.

Craft Volunteers - Cedars Centre

The Cedars Centre is based in Castle Road, Rayleigh and provides a place where the over 50's can meet and take part in arts and crafts activities. The Centre has a friendly atmosphere and meets four afternoons which varies from weekly to fortnightly between 1.30 and 3.30 pm. We are looking for volunteers who themselves enjoy the arts and crafts who can assist the members.

Committee Members - Various Organisations

Are you community minded and interested in making a difference within the Rochford District? If so, there are a number of organisations looking for various committee members. A background in marketing, legal or management is particularly useful, but anyone who would like to join an organisation playing an active part in supporting their community is welcome.

SOVA is one of the leading mentoring organisations in the UK. Mentors feature in most of SOVA's projects.



Many of the people referred to SOVA's mentoring services are undergoing a difficult change in their lives such as leaving prison or care. At such times people can be very vulnerable and need support if they are to play a positive and active part in society.

Young people with a mentor benefit in a variety of ways.

SOVA are currently recruiting volunteers to act as mentors with their clients. Volunteers are required to take part in a wide range of tasks, either working on a one-to-one basis with the drug misusing offenders, alongside the Case Managers /Support Workers and/or with their families. Examples of tasks required would be befriending, helping someone to find work or education, helping with basic skills and helping to use leisure time constructively. Mentoring takes place in Chelmsford Prison and in the local community.

If you feel you would like to help SOVA, Speak to the Volunteer Centre Staff who will give you further information.

School Governors

School Governors are one of the largest volunteer groups in England, and if every place was filled there would be 300,000 of them. The latest proposed changes to education are predicted to make the school governor role more important than ever, with governors a hugely important part of the "Big Society".

With around 700 vacancies throughout Essex, it is vital that people continue to volunteer and help schools to achieve their full potential. The time commitment is from just one meeting per term, you do not need to be a parent and anyone over the age of 18 can volunteer.

No specific skills or qualifications are required. The most important quality is a desire to make a difference to local schools. The ability to work as part of a team; a desire to help the community and a willingness to challenge assumptions are also important qualities. Training is available however, much of which can be transferred to the workplace.

Schools in the Rochford District currently looking for Governors are, Waterman, Ashingdon, Glebe, Down Hall and Great Wakering. If this is something that appeals to you, Give us a call!

In Issue 4 of "Your VC, we reported on the results of RRAVS Volunteer Centre during 2010. To put this into a National perspective, here's how the UK's volunteering sector shaped up in 2009/10:

- 17.1 million adults in England volunteered formally over the last 12 months.
- Around one million full-time workers would be needed to replace them, at a cost of £18 billion to the economy.
- Just over two-fifths of women (42%) formally volunteer once a year compared with just under two-fifths of men (39%).
- Nearly one-third of formal volunteers (31%) volunteered within educational organisations, followed by religious organisations (24%), sports and exercise-based organisations (22%) and health and disability-based organisations (22%).
- 90% of volunteer centres experienced an increase in the number of enquiries about placements between March and August 2009.

These figures were taken from the [UK Civil Society Almanac 2010](#) – an annual reference publication put together by the National Council for Voluntary Organisations, (NCVO) drawing together trends, facts and information from across the voluntary sector.

2012 London Olympics and Paralympic Games

For those of you who have applied to take part in volunteering for the 2012 London Olympics and Paralympic Games, the selection events will be your first taste of the excitement surrounding the Games. It will be a chance to find out more about London 2012, and will include a face-to-face, 30-minute interview.

The events will be held in London, Glasgow, Newcastle, Manchester, Coventry, Cardiff, Belfast and Weymouth. Applicants will be invited to attend on a selected date at their nearest venue.

Student Volunteering Week 21st - 27th February 2011

This year sees the 10th Anniversary of Student Volunteers Week. This raises awareness of the contribution of student volunteers to business, community and education. It provides an excellent opportunity for a business to demonstrate its commitment to students, education, community and their own employees and business.

For full details of how to get involved, visit the website, at:
www.volunteering.org.uk/SVW2011
Or student.volunteering@volunteering.org.uk
Or call: 020 7520 8934



Know an outstanding
volunteer?

Give them the recognition they deserve...

The PNE Development 2011 Volunteer Awards are looking for volunteer managers to nominate outstanding volunteers who are making a real difference to the lives of people and communities in their area.

This year there are three award categories:

- Innovation in Fundraising
- Services to the Community
- Versatility in Volunteering

Each category winner will receive an award recognising their achievement, a £250 individual prize plus £1,500 for the organisation for which they volunteer.

To make your nomination, please visit www.pne-development.org/va2011.

The award ceremony and announcement of the winners will take place in Newcastle upon Tyne in March 2011.

FREE COURSES - Sign Up Now

If you live in the Rochford District, are aged 19+, unemployed, hoping to return to work, or do not have any formal qualifications. These free courses are designed to help you along the path to employment or further training. The course includes CV writing, interview skills, on-line Job Search and Basic Computer Skills.

The sessions are held at Rochford Parish Council Rooms in Rochford on Saturday and Monday mornings until 28th February 2011, For more information, contact 01268 772796.



Volunteers Week - 1st-7th June 2011

RRAVS VC are looking to set up a programme of events during the first week of June in celebration of Volunteers' Week. If you are a local community group, residential home, sports club, support group who would like to engage with volunteers who can help to tidy your premises/grounds, put on a celebratory event etc, why not give the Volunteer Centre a call. We will help you look for suitable volunteers to undertake these projects.

We know June is a long way off, but the more notice we have, the more success we will have in securing volunteers. We look forward to hearing from you all!

Committee Members in Demand!

We have a number of organisations currently advertising with us for committee members. If you want to help to make a difference to your local community and have good communication skills, please get in touch.

Need Funding?

If your organisation is a member of RRAVS and needs FREE advice about funding, where to find it and how to apply, why not speak to our **Funding Officer - Shelley Hall on 01268 772796.**