

VOLUNTARY ACTION



Voluntary Action North
East Lincolnshire

MAY 2015



VOLUNTEERS' WEEK

Volunteers' Week is less than a month away and planning for activities to celebrate volunteers are well underway. Last year was the 30th anniversary of volunteers' week and was celebrated with a recurring theme of 30.

This year is the 31st anniversary of volunteers' week and I am sure that together we can find 31 reasons to celebrate the amazing contribution that volunteers have made.

To find out more about Volunteers Week nationally visit the website www.volunteersweek.org. Visit the VANEL website www.vanel.org.uk for ongoing news about our own activities during the week.

Throughout this edition of the newsletter we are sharing with you some of the different activities that we are holding and we would love for you to join us to help us make this week extra special for all the volunteers that we have and all the volunteers that will be.



Creating our own vision for the future

As the Election ends and a new government begins, it's worth taking the time to reflect on what the changes will mean for the Voluntary and Community Sector as a whole.

The temptation is to sit back and wait to 'see what happens', to wait for policies and changes and then to react to them. But what if we just create our own future ourselves by making our own choices?

Stuart Etherington, Chief Executive of NCVO last week published a forward-looking open letter to the sector about the future. We've put it into the VANEL website news, or you can read it on the NCVO website at <http://bit.ly/1H00KPR>. It's really worth a read, and I quote a single paragraph from it here.

"At NCVO we believe in the value of voluntary action. We believe voluntary organisations can make an ever bigger difference to the communities we work with. But we cannot wait around for the new administration to point out how, or where, we should do that. That is a role for voluntary sector leaders."

Let's continue to take a lead...



VANEL has some plans for Volunteers' Week 2015 (1st–7th June), and we'd like to invite you to join us and get involved too. Take a look at the events that are happening during the week and let us know if you want to book onto anything.



Now it's over to you - what are you and your organisation doing in Volunteers Week? We would love to hear from you about any activities that you have planned. Drop us a line to volunteer@vanel.org.uk to let us know - and we'll get it promoted on our website too at www.vanel.org.uk/volunteersweek



TUESDAY 2nd June - On Tuesday we are holding a **Volunteer Coordinators meeting** at Immingham Resource Centre, between 10-12. This is a chance for anyone who is responsible for managing/ coordinating volunteers to get together with others and share best practice and support each other.

If you are interested in taking part then contact Jenny on jenny@vanel.org.uk or 315437

WEDNESDAY 3rd June - A **speed matching event** is being held at Grimsby Institute between 10am and 3pm; speed matching is an opportunity for organisations to sell themselves for 2 minutes to potential volunteers.

This event is aimed at college students to give them an introduction into the different options when it comes to volunteering and the different types of volunteering that are available.

If you would like to be part of the event the contact Jenny on jenny@vanel.org.uk or 315437

THURSDAY 4th June - V:EXPO 2015 at Lincolnshire Showground. If you are responsible for managing or recruiting volunteers, then this will be a great opportunity to explore volunteering in depth. Book the date in your diary and then book your tickets!

Innovation in Volunteering for Volunteer Managers across Greater Lincolnshire



Epic Centre, Lincolnshire Showground, Grange-de-Lings LN2 2NA

The first Annual Volunteer Managers Conference for Lincolnshire, featuring national speakers
Rob Jackson and Kevin Curley CBE.

Including innovative workshops and networking opportunities.

£25 Book online at <http://vexpo15.eventbrite.co.uk>
or call 01522 551683 (Tues- Fri 9am- 4pm)

Organised by Involving Lincs and Partners. With sponsorship from West Lindsey District Council

Volunteers Wanted

VANEL are busy recruiting volunteers for a number of projects that we are hosting internally.

Positive Links is a mentoring service that is looking for mentors - for full details and how to sign up check out our website.

Community Health Champions are members of the community that can promote good health to others around their community - again, full details can be found on the VANEL website.

Digital volunteers are people who are good with technology, in a range of formats. They are skilled in at least one area and are willing to give some time to support charities and community groups who could use some extra support.

To find out more contact Karl on karl@vanel.org.uk or 01472 231123

As always, keep an eye on the VANEL website www.vanel.org.uk for news of our own volunteering opportunities, and watch www.do-it.org for general opportunities.

NEWS

Here's this month's roundup of news and events across the sector. It's a selection of news from our website – you can always read more at www.vanel.org.uk/news.

Health Action Week & HealthWatch

15-19 June is Health Action Week and NEL Healthwatch want you to get involved. There's news about activities for the week on their website (<http://bit.ly/1KZwsc5>) and in their latest newsletter. Their board meeting is also on 18th May (at 6pm at Freshney Green Primary Care Centre) and anyone can come along. Visit their site for lots more information.

Patient Participation Groups (PPS)

PPG week coincides with Volunteers' Week (1st-6th June) and is a chance to find out more about how you can have real input at your GP surgery. PPG's are Patient Participation Groups and are the ways that GP surgery's connect with their patients to get feedback on the service that they have on offer and for ideas on how the surgery can improve. To find out more about the week visit the website: www.napp.org.uk/ppgawareness

Consultation on proposals to transform Day Services and Meals on Wheels in North East Lincolnshire

The NEL CCG is proposing to review and re-assess all current users of day centres with a view to finding suitable community group based alternatives for some users. The CCG recognises that community alternatives are not suitable for all people and is planning to keep a set number of day centres open for those who are identified as the most vulnerable or who have profound and complex support needs. Identification of those who are most in need will be made by social workers through detailed assessments and reviews of people's needs.

NEL CCG would like to know your views on the proposed changes. A full article on the VANEL website contains more information and the links to the survey (which will need to be completed before 12th June). Visit <http://bit.ly/1zXxbtn>

Can Community Payback help you?

As you may be aware, from 1 June 2014 the Humberside Probation Trust dissolved and Probation Services split in to two separate companies - The National Probation Service and the Community Rehabilitation Company. Now more locally the service is delivered by the Humberside Lincolnshire & North Yorkshire Community Rehabilitation Company which is part of Purple Futures/Interserve.

There's now a push to provide community payback through matching offenders with local agencies for the benefit of all concerned, so it's worth considering whether your organisation or community could benefit from this.

We've posted a full update on the VANEL website here (<http://bit.ly/1ATOVRr>) which includes the necessary contact details.



"Tea and Trustees" date change for May

Our "Tea and Trustees" drop-in at Grimsby Minster café is usually on the last Friday of the month. But for MAY ONLY, we've had to change the date of the session to FRIDAY 22nd May instead (not the 29th). It's still in the café, and if you're a Trustee, Committee Member or otherwise interested in governance or trusteeship, then you're still very welcome to come along any time between 9.30am and 11.30am for a chat. Any questions (or to let me know you are coming), contact Karl Elliott (karl@vanel.org.uk, 01472 361043)

Brass Band at Central Hall

Come along to Grimsby Central Hall on Sat 20th June (7.30pm) to see The Fairey Band. These are the 2015 North West Area brass band champions, so well worth a watch! Tickets £15/£12/£10. Info or book via the Box Office 01472 355025.

Dementia Awareness Week

17th-23rd May is Dementia Awareness Week. Read more online <http://bit.ly/1PgabMT> where there's information about an event in Peoples' Park on Wed 20th May from Alzheimer's Society.

Linkage is Freshney Place charity of the year

Linkage Community Trust has been named as charity of the year for 2015-16 for Freshney Place Shopping Centre in Grimsby.

It comes during the period when Linkage marks its 40th anniversary, supporting people with learning disabilities from across wider Lincolnshire. Freshney Place will now put a programme of support together to help raise both funds and the profile of Linkage during the next 12 months, starting on Tuesday 1st April.

Centre Director Amanda Austin says: "This is such good timing for our partnership with Linkage, which has proved such an enduring support for people with learning difficulties over four decades, not least of all with its services in the Grimsby area. I'm sure our loyal customers will support Linkage as much as they can."

Linkage was launched in 1976 when parents and professionals came together to fill the void created once pupils left special school in Lincolnshire.

Linkage Chief Executive Ges Roulstone says: "This is terrific news for Linkage, especially in the Grimsby area as our big year approaches. A lot of our clients who use to Linkage services will be local people so they and their families will be very familiar with Freshney Place."

Full details of the activities for the charity of the year will be announced in due course.

HEALTH & VOLUNTEERING

In the run-up to **Volunteers' Week**, Vicky Campbell has set herself the task of penning an article each week on one aspect or other on the value of volunteering. You'll be able to read the full articles online at www.vanel.org.uk/volunteersweek, but to start us off, here's Vicky's first article – thinking about **Health and Volunteers...**

“One topic that affects us all is Health. Volunteers' Week also happens to be Patient Participation Awareness Week and Heart Rhythm Week, making health related volunteering our perfect introductory topic.

Health isn't just medicine, health is mental, physical and emotional – it's about the whole person. Volunteering can be an important tool in helping to maintain a person's mental and emotional health; it can also help with their physical health, depending upon the role undertaken. It's not only the mental and emotional wellbeing of the volunteer that is impacted, but in many cases the mental and physical wellbeing of the service user as well.

One of the most well-known ways that we see this is through befriending with organisations such as Friendship at Home and Grimsby and District Live at Home Scheme. Grimsby Food Kitchen and Harbour Place Day Centre also provide similar benefits through the services that they provide and are more recognised for their work with those who have substance misuse problems.

Health can be so much more than either of these extremes; Healthwatch is the organisation that sits in the traditional health niche, looking at the hospital, care homes and GP's. This does not always appeal to people; a new way of volunteering for health is through the promotion of health by the public, to the public. Opportunities to volunteer in this way can be found with the Health Collaboratives and Community Health Champions.

Healthy eating and lifestyles can also be a part of volunteering; there are a range of sporting opportunities and with gardening groups that grow their own vegetables. Green Futures offer healthy vegetable boxes and a range of organic produce at their site on Bradley Road and GHOPA (Get Hooked on Positive Activities) work with young people in order to offer them sporting activities.

One of the ways in which Voluntary Action supports its staff to keep healthy is through the Healthy Workplace Award, which we have achieved Gold in, is an unfunded way which enables the organisation to promote mental and physical wellbeing of its entire staff; something that has encouraged us to bond together as a team.

Another way in which we can make a big difference in a small way is through micro volunteering; one of the most obvious ways to do this is via an app on your phone, such as the app that Cancer Research released which by playing you are helping to search for a cure to cancer.

As I said earlier there is also the traditional aspect of health, which covers the Hospital and Hospice; Healthwatch involve their volunteers in various aspects of this with their enter-and-view role.”

Interested in volunteering, particularly in the health sector? Read more ... www.vanel.org.uk/volunteersweek

North East Lincolnshire Volunteer Service

The North East Lincolnshire Volunteer Service (NELVS), is the new mobile service from the Volunteer Centre. To get the service out and about in the community there are three drop in venues where members of staff can be found each week. They are:

- Immingham Resource Centre every Tuesday 10-12
- Sidney Sussex Pavillion, Cleethorpes every Wednesday 10-12
- Grimsby Minster every Friday 10-12

If you would like to find out more about how we can help or about volunteering then come along to your nearest drop in on one of these days or call 01472 231123 or email volunteer@vanel.org.uk to arrange a visit at a time that is convenient for you.

www.vanel.org.uk

Follow us on twitter @vaneltalk @vaneldigital @enfusegy



Volunteer Centre
North East Lincolnshire



enfuse
Helping Young People. Help Communities.
Help Themselves



CONTACT Us

THE WILLOWS
23 BARGATE
GRIMSBY
DN34 4SS

01472 231123

OFFICE@VANEL.ORG.UK