

VOLUNTARY ACTION



Voluntary Action North
East Lincolnshire



JULY 2014

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WE ARE GOLD

All the team here at VANEL celebrated National Volunteers Week with a well-earned gold star. The whole VANEL staff team were out helping to raise awareness of volunteering throughout this week of action. Taking a pause in the middle of our volunteering (which you can read more of later in this issue) we were presented with a **Gold Healthy Workplace Programme award** as part of our work to develop and support staff in matters of health. VANEL is proud to be just the third organisation in North East Lincolnshire to be granted the coveted gold accolade.

Paula Grant, chief officer at VANEL said: "I'm extremely proud of the integrated approach the whole team has taken to create a healthier and happier workplace. "It has reflected in our annual staff survey results, as well as the wide range of activities we have completed together." VANEL chair of Trustees Allen Young added: "The award reflects the dedication and commitment by Paula and her team. "They continually improve and support the on-going health and wellbeing of our people. VANEL is an organisation that supports and cares for us all and the award reflects that as well." In addition to their day-to-day work, the 30-strong team at VANEL has implemented a range of health related activities to benefit the organisation. The team has promoted the importance of recruitment and retention, and pro-active planning, which has created a safe and healthy environment in the workplace"

North East Lincolnshire Councillor Peter Wheatley said: "A huge amount of effort and commitment has been put into achieving this award, with the introduction of new initiatives since the silver award in 2013. "This includes awareness training & new recruitment and retention approaches for staff. "It also requires participation in national health campaigns, in addition to continuous awareness and promotion of health improvements, especially with young people. "I congratulate them and wish them well in keeping up the great work."

If your organisation is interested in more information about the Healthy Workplace Programme contact:

Dan Pyrah in the Developing Healthier Communities Team on: 01472 325914 or dan.pyrah@nelincs.gov.uk

For more information about VANEL's approach to the award contact: Richard Wendel-Jones on 01472 503192 or email: richard@vanel.org.uk



Volunteer Centre

North East Lincolnshire

A ROUND UP OF EXCITING LOCAL NEWS FROM US, OUR MEMBERS, FRIENDS AND THE COMMUNITY.

VOLUNTEERS WEEK SNAPS



AS YOU CAN SEE FROM THIS SMALL SELECTION OF PHOTOS THE TEAM AT VANEL GOT REALLY STUCK IN WITH VOLUNTEERS WEEK AND WE ALL LOVED TAKING PART AND HELPING OUT IN OUR LOCAL COMMUNITY.

VOLUNTEER CARD... WHATS THAT?!

THE LINCOLNSHIRE VOLUNTEER CARD WAS DEVELOPED IN LINCOLNSHIRE AS PART OF THEIR NATIONAL TRANSFORMING LOCAL INFRASTRUCTURE PROGRAMME AND IS ALL ABOUT RECOGNISING AND REWARDING LOCAL VOLUNTEERS. WE ARE CURRENTLY EXPLORING IF AND HOW WE COULD INTRODUCE THE BENEFITS OF THIS CARD INTO NORTH EAST LINCOLNSHIRE. WATCH THIS SPACE FOR FURTHER INFORMATION OVER THE COMING MONTHS...

18 - 25?

THEN THESE
OPPORTUNITIES MIGHT BE
RIGHT UP YOUR STREET.



VOLUNTEER THERAPIST

The Carers' Support Centre are looking for a Volunteer Therapist, who is able to provide a range of therapies. The applicant must be qualified to or be in the process of gaining relevant level 3 qualifications in their specialised therapy areas. This would be a fantastic opportunity to get some hands on experience which could count towards practical hours for your course. To do this role you would also need great communication skills and maintain confidentiality.

HOUSING OFFICER

Could you be a helping hand to Harbour Place and become a volunteer housing officer? As part of this role you will be visiting tenant's homes and completing housing benefit forms and other general support to the clients at Harbour Place. A really rewarding volunteering placement which could help for work experience for this particular field.

You don't need to have any experience, all training will be given but, good communication skills are required.



READING HELPER



Beanstalk are a national charity that recruits, trains and supports volunteers to work in primary schools in helping young children who have fallen behind with their reading.

This very rewarding position is working one to one with a child to help build up confidence in their reading, so to apply for this you need to have a good reading ability and be able to spare 3 hours a week. Fantastic opportunity for those looking at getting into teaching!

IF YOU'VE SEEN ANYTHING HERE THAT HAS TAKEN YOUR FANCY THEN WHY NOT GET IN TOUCH WITH US AND
START YOUR VOLUNTEERING JOURNEY?

CALL THE **ENFUSE** TEAM ON 01472 315437 OR

CALL THE **VOLUNTEER CENTRE** ON 01472 231123 TO BOOK AN APPOINTMENT!

TWO LOCAL VOLUNTEERS SELECTED AS NATIONAL VOLUNTEER AMBASSADORS BY NCVO

The annual **National Volunteers' Week** takes place from 1st to 7th June each year and our North East Lincolnshire Volunteer Centre always takes an active part in it. This year in particular as it was the 30th year, all 30 staff at VANEL took part in volunteering with Member and Friend groups – practicing what they preach to others – you may have seen some of the coverage in our local press and other media! (read the news articles on our website www.vanel.org.uk to find out more).

VANEL was also invited to nominate **30 volunteer ambassadors** to show the wide range of different volunteering activities that takes place in our local communities. There are over 300 volunteer centres in England and we are extremely proud that two of our local ambassadors were selected as national ambassadors - Jo Code for her volunteering as an appropriate adult with the Youth Offending Service and Esther Smith for her volunteering as Chair of the Divisional Independent Advisory Group with Humberside Police in Grimsby.

Last year, our Volunteer Centre signposted over 1000 volunteers into placements, and this is only the tip of the volunteering taking place in our communities. We never cease to be astonished by the number of years 'service' some volunteers put in and the excellent support they provide. Many of the ambassadors we found had 10, 20, 30 or more years volunteering under their belt!

You can read more about the NCVO Ambassadors at: <http://bit.ly/30ambassadors>



VOLUNTEERS' WEEK





Enfuse Quote of the Month

"The future belongs to those people who prepare for it today "

SHINING SUCCESS

Still on tag from his recently completed prison sentence, and despite having to leave on time to ensure he was home before his tag curfew time, Chris came along and helped man the bouncy castle, did litter picks and any other task that was asked of him. He was so proud of having "been allowed" to help out, he asked if he could save and take home his own volunteer ID badge from the day.

Chris said "In the past I've not had a great upbringing, which as a consequence has led me to get in trouble with the police, courts and prison. After all that I moved over to Grimsby and tried to make a fresh start, and YMCA, Enfuse and other organisations have helped me to see my potential. As a result in the past year I have achieved much through giving my time to keep occupied and make new friends. I have had a great time at the events and been accepted for who I am with people who don't know my background. This is the first time I have been offered anything like this."

We are so proud of Chris and we are looking forward to seeing how much he grows in the future!

WELL DONE CHRIS!



TEAM MEMBER OF THE MONTH

Hi, I am Sophie Wilson and I am part of the Enfuse team and specialise in Crime Prevention working in Partnership with The Humberside Probation Trust Community Rehabilitation Company. In my role I am a support worker for offenders that reside in the South Ward and now also the West Marsh Ward. My role is to support offenders to become more sustainable within their community and also to reduce re-offending and increase order compliance. I also work and support the Youth Voice and Influence with North East Lincolnshire Council.

If you have any questions my email address is sophiew@vanel.org.uk



your next step

You may remember last edition of the newsletter we told you we were successful with Your Next Step and we have received funding from Starbucks Youth Action. The good news is that we now have a date, so get your diaries out and book out Friday 29th August 11-4pm at the Grimsby Minster, St James Square.

The idea behind Your Next Step is to engage with young people at an interactive job fair event with the aim of making it fun but also productive. From the day we want young people to go away from the event feeling like they can make a difference in the community. We want to offer realistic placements and advice, something that we feel is missing from current job fairs. So if you are looking to actively engage young people into work placements then please get in touch with us on enfuse@vanel.org.uk

After the event we are also starting a new peer mentoring service, led by young people, for young people. The enfuse team has had a proven track record in running mentoring programmes with the Troubled Families agenda, so we now want to take the next step and help young people gain employment and get them ready for a working life.

We are really excited about this project and the potential it has to offer young people in this area.

IF YOU WANT TO GET INVOLVED WITH THE ENFUSE TEAM OR WANT US TO HELP YOU THEN CONTACT US

01472 315437

ENFUSE@VANEL.ORG.UK

[WWW.FACEBOOK.COM/ENFUSEGY](https://www.facebook.com/ENFUSEGY)

@ENFUSEGY

FRESHNEY PLACE & ENFUSE PLANS



Freshney Place have been offering their disused shops to social enterprises in part of a collaboration to bring more community based projects to the shopping center. Enfuse have secured a unit, the old Extreme Clothing store and will be open to the public from **Thursday to Sunday starting 17th July and ending 10th August**.

We will be focusing on four key themes over four weeks, these being **Recycling, Lifestyle, Employment** and **Family**. There will be a huge range of interactive activities available for the public to get involved with, ranging from crafting upcycled materials, instrument jams, rap workshops, CV writing guidance, employability skills, self esteem workshops and encompassing National Play Day on the 6th August with fun and games for children. It will be a chance for the public to get hands on with Enfuse and give them a taste of our work and how they can get involved. Full programme lists will be displayed on the front of the store. You can also view the dates/times of the programme on www.vanel.org.uk/freshney. If you need any more information, contact joe@vanel.org.uk

FRESHNEY PLACE

TIMETABLE

14th July – 20th July – Recycling Week

Upcycling workshops. Volunteering opportunities within recycling.

phil@vanel.org.uk angela@vanel.org.uk

21st July – 27th July – Lifestyle Week

Music theme, sports activities/external organisations. Busking. Self-esteem workshop by Mindworks. Sexual health fliers. Emu – Tobacco control. CPO, Voxx, The Warehouse, Eastury TV representatives.

bayard@vanel.org.uk Shelby@vanel.org.uk
natalie@vanel.org.uk joe@vanel.org.uk

28th July – 3rd August – Employment Week

CV writing workshops, employability skills workshops. Job opportunities, signposting. Interview techniques, making the most out of your skills workshop.

Thomas@vanel.org.uk sophiew@vanel.org.uk

4th August – 10th August – Family Week

Encompassing National Play Day. Peppa Pig and Batman actors. Fun & Games for younger children and parents.

anneliese@vanel.org.uk lauren@vanel.org.uk

FUN IN THE SUN AT WEST MARSH FUN DAY

The World Cup Fun Day was a way to fundraise to pay for a group of young people that are part of the Youthbike to have the opportunity to go on the National Youthbike Trip. The fundraising ideas came from the young people as we wanted them to have a part in the Fun Day.

The young people all tuned up, with friends and family to support the day, and the day ran smoothly without any issues. The young people enjoyed the football matches against the PCSO's, and these will now carry on every five weeks; this will build strong relationships between the young people and the PCSO's and could prevent ASB (Anti-Social Behaviour) and crime.

We raised £82.15 from the Fun Day everyone was participating and enjoying the day, one person said "I have walked from Nunsthorpe today with my Daughter to see Peppa Pig as it is her Birthday", this was really good feedback to hear from the public, others suggested that they would like it to happen again as they enjoyed the day.



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WWW.FACEBOOK.COM/ENFUSEGY

[@ENFUSEGY](https://www.instagram.com/ENFUSEGY)

LET'S ALL DO THE HOP

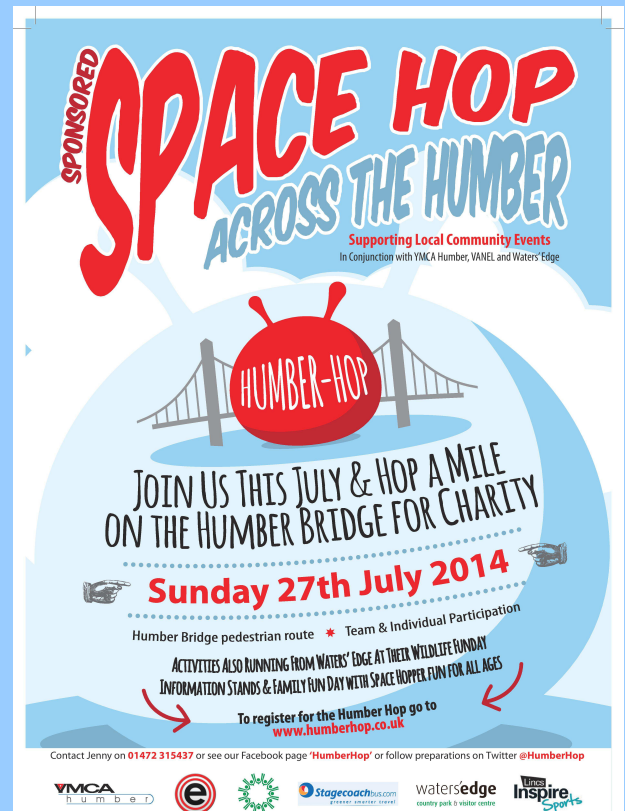
ACROSS THE HUMBER BRIDGE | SUNDAY 27TH JULY | 10AM-5PM

YMCA Humber's mammoth space hopping mission, the Humber Hop returns for 2014 and will again take place at the iconic landmark of the Humber Bridge on Sunday 27th July. There will also be a family fun day taking place at the heritage centre as well, lots of entertainment, arts and crafts, competitions and a day full of fun!

Fundraisers will space hop across the bridge to raise money so we can help provide sporting and cultural activities to some of the most deprived local communities across the Humber Region.

Over the last two years, YMCA Humber has helped communities across the Humber Region put on events that have benefited their local areas.

Teams of between one and six people can take part in the event for a registration fee of £20 per group, which covers the cost of one space hopper, which we will provide to you, and any repairs that need to be made, and they can then raise funds online. To sign up contact Sophie Johnson on 01472 315437 or visit www.humberhop.co.uk



MAGNIFICENT MELA

Where can you go and experience little bits of the world and what they have to offer all in one go?

That's easy. Every year Communities Together, organise the Annual Multicultural MELA. This is a day of festival celebrations, with sights, sounds, tastes and entertainment from many of the cultures around the world living in North East Lincolnshire. Come along and enjoy all of the party atmosphere at the Meridian Park, Sunday 3rd August. There will be plenty to see and do, with the added attraction of food and drink on sale to keep you going throughout the day.

Communities Together is a local charity and operate on a volunteer only basis. This day has been designed and organised by volunteers and there is always room for more. So should you be interested in finding out more about volunteering for this wonderful day please Tel 01472 235311 and ask to speak to Jill. Alternatively you could email jill@nelcommunitiestogether.org.uk who will be delighted to hear from you.





AgeUK have now got a new mini bus and are looking for more people to join up and take part in some of their great activities. The new bus will be picking up for lunch clubs on Tuesday and Thursday as well as Friday for all those shopaholics! Also AgeUK are running a War Theme event on the 3rd August, for more information about this then contact Helen Kirk on 01472 252929 or email her on I&A@ageuknelincs.org.uk

DON'T FORGET WE ARE ALWAYS LOOKING FOR MORE STORIES AND NEWS.

Email your news to thomas@vanel.org.uk so we can get it ready for the next issue!

SUPPORT WITH YOUR WEBSITES

WebClub sessions continue, with the next dates for your diary being Wed 30th July, Tue 12th August, Wed 27th August and then Tue 9th September. Keep an eye on www.vaneldigital.org.uk and @vaneldigital for updates on what each session will cover.

If you're totally new to website development and support, then there is another chance to attend our free "Cooking up a website" training course (Big Lottery funded). Our July session is booked up, but on Mon 8th Sept the session will run 12noon-2pm. Booking essential and via Karl Elliott (karl@vanel.org.uk). And if you know you're interested in WordPress as a tool, then we have "WordPress for beginners" free training on 29th August – contact us for details.

If you'd like bespoke training or support with your website then please contact Karl to discuss directly. We're already working with many local non-profits to help improve their websites, so we might be able to help you too.



**THE CYCLE
HUB**
COMMUNITY
INTEREST
COMPANY

MEMBER OF THE MONTH

For July's Member of the month we are turning all eyes to The Cycle Hub, the areas only cycle hub is the first of its kind locally and is aimed at everyone, including workers, shoppers and even tourists. For just a £1 you can access the facility and leave their bikes and use the shower facilities. Alongside this service The Cycle Hub also hires out bikes to anyone in the local area so they can hop on their bikes and see the gorgeous scenery of Lincolnshire!

SO, WHAT ARE WE GOING TO DO FOR OUR MEMBER OF THE MONTH?

We are collecting rags and dusters to help keep the volunteers at The Cycle Hub equipped to make the bikes that they service and repair looking the best they can.

If you want to help then drop off your dusters and rags to The Elms on Abbey Road where we have a collection box or drop them into The Cycle Hub near Grimsby Train Station. For more information contact Janine on 01472 354986 or email info@grimsbycyclehub.org.uk





GET APPLYING!

The Heritage Lottery Fund (one of the four big causes from the National Lottery funding) has some new funding streams that local groups are being encouraged to apply for.

At a recent event at VANEL offices, the Heritage Lottery fund talked about these latest 'small funding' streams (up to £100k) and sought to encourage groups in North East Lincolnshire to get applying! Several of the funds now use a similar rolling application approach to Awards4All designed to make it as simple as possible for groups to apply. There's no closing date, applications get a decision within 8 weeks, and can get projects started quickly and easily as a result.

If you have a Heritage related project idea then you need to research the latest streams of funding and get your application in (and it's not all about capital investment in old buildings – heritage very much includes people, history, aural heritage and more). But don't leave it too late – they say too many groups have done research work that was potentially fundable before they apply. So if you have an idea, they'd encourage you to speak to them as well.

The website is: www.hlf.org.uk. Some of the key latest grants you should be reading up on include Sharing Heritage (£3-10k), Young Roots (£10-50k), Our Heritage (£10-100k) and First World War: then and now (£3k-10k).

VANEL has some leaflets available on request, but all the information is on their website. If you'd like to discuss with someone at VANEL, contact Karl Elliott karl@vanel.org.uk.

SLEEP MATTERS

A PROJECT SET UP BY KEEPSAKE FOR LIFE C.I.C

'Sleep Matters' is a pilot project aiming to help people living with dementia and their carers who are having sleep difficulties.

Most forms of dementia are characterised by frequent sleep disturbance, both for those diagnosed and their carers. Sleep deprivation contributes to problems that have a major impact on everyday living. Concentration is affected, leaving a person unable to cope with the smallest of tasks. It can also lead to depression and other health problems. Whilst the sleep problem may be addressed through drug intervention, 'Sleep Matters' uses a variety of non-medical strategies and programmes that may lead to a better nights sleep for all. We have a team of trained volunteers who work alongside families, supporting them in implementing a sleep programme designed specifically for them.

For more details call Jacqui Wood on 07980 147 864 or email jacqui.wood@keepsake-for-life.co.uk

'Sleep Matters' is Funded by The Releasing Community Capacity Programme

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

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We are open Monday–Thursday

from 9am until 4:30pm