

*Linking those who need help in the community  
with those who want to help.*



October 2011

# Volunteer *focus*



## **Reach for the Stars**

**(Free 12 week Personal Development Programme)**

***Do you lack confidence or have low self esteem?***

***Then 'Reach for the Stars' training course is for you...***

**Dates:** Starting - Tuesday 11<sup>th</sup> October 2011

**Venue:** The Learning Lodge, Moneymore Road, Magherafelt

**Time:** 10.30am - 12noon

InVOLve in partnership with Cookstown and Magherafelt Volunteer Centre is offering a FREE 12 week personal development programme for both men and women. This fun programme will support you to develop your confidence and self belief. The sessions include confidence building, assertiveness, building your skills, setting some personal goals and promoting positive health.

**To book a place or further information please contact Michele:**

***Telephone: 028 7930 1862 or***

***Email: [michele@cookstownmagherafeltvc.org](mailto:michele@cookstownmagherafeltvc.org)***

# Latest Vacancies

If you're interested in any of the vacancies please contact the relevant office for further information

Barbara at the Magherafelt Office  
[barbara@cookstownmagherafeltvc.org](mailto:barbara@cookstownmagherafeltvc.org) or 7930 1862

Joanne at the Cookstown Office  
[joanne@cookstownmagherafeltvc.org](mailto:joanne@cookstownmagherafeltvc.org) or 8676 1122

## Calling All Millennium Volunteers!

Have you reached 50, 100 or 200hrs?

For further information or to get your certificate processed contact:

Barbara Kennedy in the Magherafelt Volunteer Centre office

Email: [barbara@cookstownmagherafeltvc.org](mailto:barbara@cookstownmagherafeltvc.org)

Telephone: 028 7930 1862



Millennium Volunteers



## THE BASE

**The Base – Magherafelt**

AccessNI check required

18+

The primary function of the Base is to maintain friendships and/or develop new friendships. It acts as a base for leisure and social activities within the local community for adults with learning disabilities. The Base aims to have a team of volunteers to complement and support the work of the Base Co-ordinator.

Volunteers assist the individuals of the Base to engage in weekly activities such as leisure, crafts and sporting activities.



*The promotion of opportunities, in the heart of the local community, for adults with a learning disability*

*"No act of kindness, no matter how small, is ever wasted" -- Aesop*



**Cookstown Gateway**  
**18+**  
**AccessNI required**

Gateway provides social and leisure activities for those with learning disabilities in the local district. Cookstown Gateway Club is appealing for a volunteer(s) to help assist the service users on and off the bus which transports them to the fortnightly Wednesday social club in Cookstown.

The route commences from Magherafelt via Moneymore onto Cookstown. As the club runs from 7-9pm the volunteer needs to be available from 6.15pm to start the journey finishing at approx 9.45pm. The club re-opens on Wednesday 7<sup>th</sup> September. The volunteer needs to be reliable and punctual and there is the flexibility of sharing this role with another volunteer which would entail a monthly commitment.



**Cookstown Superstars Club**  
**16+**  
**AccessNI required**

**Join the team at Superstars – we need you!** Through Superstars we aim to provide a club specifically for the benefit of people with learning difficulties. Activities include air hockey, pool, computer games, music, dance, arts and crafts, board games, specific workshops, special events, parties and outings.

All this is aimed at helping these special people have an outlet to be more independent while in a safe environment for an evening out.

We meet every Tuesday from 7-8pm and every Thursday & Saturday evening from 7-9pm in the Old Clubhouse, Sandholes Road, Cookstown. Volunteers can attend weekly, fortnightly or monthly.



**Gardening Supervisor**  
**Age 18+**  
**Access NI check required**

Would you like to support and supervise a group of adults with a learning disability in a community based gardening project? Moneymore Heritage Trust is at present developing a major tourist complex in the Manor House and surrounding gardens. Work will soon commence on the neglected and overgrown 'Model Village' and gardens at the rear of the Manor House, Moneymore. It is a unique opportunity to work on a project that will benefit the entire community. The gardens are a communal area and also a tourist attraction. The role will entail supporting adults with a learning disability through gardening and manual jobs. No gardening skills are required but helpful along with a positive attitude and a desire to work outside.

**IT Specialist Volunteer**

We are looking for IT specialists to join our 'Technology Support Squad' – a national team of volunteers helping blind & partially sighted people to support their independence. Technology will dictate how this role evolves, however a typical visit may be to install new hardware or software, carry out a computer overhaul or resolve a computer malfunction. Or, you may be asked to offer advice and support to our other volunteers. The role is home based with travel to customer's homes, so access to telephone and email is required.

**Technology Support Volunteer**

We need more volunteers who understand and can help blind and partially sighted people make better use of technology in their homes and lead more independent lives. This may include programming a new mobile phone or demonstrating audio description equipment. The role is home based with travel to customer's homes, so access to telephone and email is required.

**Tandem Pilot for Cookstown Area**

Do you enjoy keeping fit, meeting new people and exploring your local area? Tandem cycling is a great way to have fun, get to know blind and partially sighted people in your area and stay healthy. The volunteer Tandem Pilot will be on the front, allowing the person with sight loss to cycle behind as a Stoker.

**Magherafelt Youth Centre****18+***Access NI check required*

An opportunity to be part of an enthusiastic staff team in a new purpose built Youth Centre in Magherafelt working with and supporting young people.

An opportunity is available for a group of volunteers aged 18+ to work with young people in the 8-18 age range in a variety of settings within the Youth Centre. Induction and training will be offered to those suitable as well as ongoing support and development. Commitment of 2 evenings per week is essential.

**Weekly Friday Afternoon Club** – Volunteers to work with primary school children on a Friday from 3.00pm to 5.00pm.

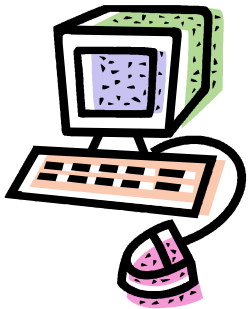
**This opportunity will happen at the NEW Magherafelt Youth Centre, Princess Terrace, Magherafelt.**

**The Stroke Association strives for a world where there are fewer strokes and all those touched by stroke get the help they need. A Stroke Association Stage 3 Communication Support Group Volunteer is needed for Cookstown every Tuesday morning to spend time with, and support members during the meeting.**

**What does the role entail?**

- To help group members undertake activities and social events as directed by the Chairperson/Organiser
- To assist group members in becoming more independent and working towards self management
- To spend time listening to and supporting group members, as required
- To provide refreshments to members, as required.
- To present a positive image of The Stroke Association and its work at all times
- To undertake appropriate training as the role requires
- To have an empathy and understanding of stroke and The Stroke Association's mission, values, and objectives

**Volunteer will receive induction training and ongoing support and supervision (Half Day).**



**Admin Volunteer**

Age 18+

**Experience Essential**

Do you have good admin skills, computer experience and some spare time on your hands? If so, we would like to hear from you. A local cancer support organisation requires volunteer help to cover annual leave for office staff.

Any help you can offer would be very much appreciated, however the volunteer would need to be reliable and punctual.

**Bag Packers Needed**

16+

Cookstown and Dungannon Women's Aid are holding a bag pack in Tesco, Dungannon on Saturday 29<sup>th</sup> October. Volunteers are needed between 12noon - 3pm and/or 3pm-6pm.

If you can spare a few hours to help raise money for this worthy cause please contact:  
Shirley at Women's Aid on **028 8676 9300**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

 Northern Health  
and Social Care Trust

Could you spare a few hours to help the  
***NEW*** Macmillan Cancer Support Unit  
at  
Antrim Area Hospital

The Macmillan Unit is a partnership between Macmillan Cancer Support, the Northern Health and Social Care Trust and the Department of Health and Social Services.

The support unit is located opposite Laurel House on the Antrim Area Hospital site and has 12 en-suite bedrooms and three consulting rooms. Specialist staff at the centre will provide comprehensive palliative care to patients with cancer and other life-limiting conditions. The unit will also deliver a range of day care and inpatient services including symptom control, rehabilitation and end-of-life care.

A day room and a quiet room, as well as facilities for education and staff training, are also included at the unit which will provide comprehensive palliative care to patients with cancer and other life-limiting conditions.

Volunteer roles:

- Befrienders
- Gardeners
- Fundraisers
- Hairdressers
- Drivers
- Complimentary Therapists (reflexology, aromatherapy, Reiki, Indian head massage – must be qualified therapist).

If you would like further information contact Barbara in Magherafelt Volunteer Centre Office or Joanne in the Cookstown Volunteer Centre Office.



As you may be aware 5 Volunteer Centres (including Cookstown and Magherafelt Volunteer Centre) did not become part of a merger now known as Volunteer Now. Those 5 Volunteer Centres came together to form the Association of Independent Volunteer Centres (AIVC).

AIVC put together an Impact Report and Strategic Plan.

We would very much appreciate if you would take time to have a look at the report which can be found on our website.

<http://www.cookstownmagherafeltvc.org/resources/AIVC%20Strategic%20Plan.pdf>

*Any comments you have would be most welcome.*



## Date for Diary: Celebration Evening and AGM



Cookstown and Magherafelt Volunteer Centre will be holding their annual Celebration Evening and AGM on Thursday 3 November 2011. Invites will be posted out within the next two weeks directly to all our partner organisations and we have asked them to pass onto their volunteers.

The speaker for the evening will be from the Community Relations Council. Entertainment will be provided by Liz Weir a storyteller and writer from Northern Ireland, with an international reputation.

Supported by Magherafelt District Council





## New opportunity for young people at risk – ENGAGE Young Person's Reference Group

National Children's Bureau (NCB) NI is running the ENGAGE programme (the support programme for grantees of Reaching Out: Empowering Young People programme) on behalf of the Big Lottery Fund. Part of this support involves convening a young person's reference group (YPRG). The ENGAGE YPRG will ensure that the content of the training and workshops delivered to grant-aided groups remains relevant to the target group and it keeps young people at the centre of the project.

NCB NI is inviting young people to become members of ENGAGE YPRG. The young people should be aged between 11 and 20 and fall into one of the following groups:

- In care, leaving care or who have been in care
- Engaging or at risk of engaging in criminal activity
- Disengaged from education

The first meeting will take place on **Saturday 8 October in Belfast Activity Centre**. At this meeting young people will meet each other, find out more about the project, decide on a new name for the group, take part in activities and decide if they want to commit to becoming a member.

The first meeting will be followed by a **two-day (one night) residential** in November which will build the capacity of the group. Up to six meetings a year (approx every two months) will take place from January 2012.

If you know any young people that may be interested:  
email [hmcnamee@ncbni.org.uk](mailto:hmcnamee@ncbni.org.uk) for an application form and more information.

For more on ENGAGE visit  
[www.participationworks.org.uk/topics/northern-ireland](http://www.participationworks.org.uk/topics/northern-ireland)

## DOE road safety grants for community groups

Grants are now available for individuals and community groups to fund projects which help to promote road safety.

The programme will provide grants of between £5,000 and £10,000 for innovative road safety projects that can be completed in six months.

Grants will be awarded to those community-based projects, initiatives and activities that contribute to reducing the number of people killed and seriously injured on our roads. The programme is not prescriptive in the type of projects that will be funded but encourages applicants to be as original and inventive as possible.

To be eligible for funding, groups must be properly constituted, have a bank account and be able to manage a small government funded project.

To download an application pack log on to [www.ctauk.org/roadsafetygrant](http://www.ctauk.org/roadsafetygrant) or to request a hard copy please email [roadsafetygrant@ctauk.org](mailto:roadsafetygrant@ctauk.org) or call Sylvia or Jayne on 028 9094 1661

**Application packs are available from 1 September 2011.**

**Completed applications must be submitted to CTA by 12.00noon, 30 September 2011**



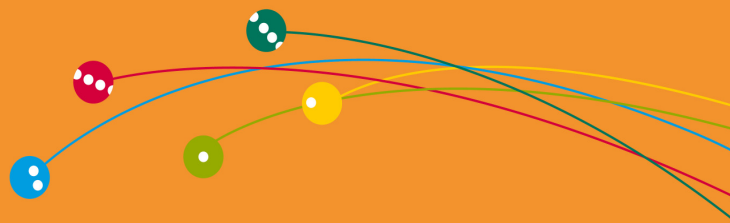
**The Queen's Award  
for Voluntary Service**

## Call for nominations for The Queen's Award

*Celebrate the great work of volunteer groups within the  
Cookstown and Magherafelt District*

More than 980 groups around the UK have now won the Queen's Award for Voluntary Service, including 39 in Northern Ireland, over the nine years since it was created by Her Majesty to mark the occasion of her Golden Jubilee in 2002.

Nominations can be made at any time of the year, by members of the public who have been helped personally by a group or witnessed the benefits of its work in their community. Visit [www.direct.gov.uk/qavs](http://www.direct.gov.uk/qavs) to download a nomination form or to find out more about previous winners.



Representatives from Volunteer Centres throughout Northern Ireland travelled to Dublin to attend a roadshow organised as part of the European Year of Volunteering. Cookstown and Magherafelt Volunteer Centre is a founder member of the Association of Independent Volunteer Centres (AIVC). Cookstown and Magherafelt Centre Co-ordinator, Michele McKeown said *“it was very important to be represented at the Dublin event. There was, excellent networking opportunities with organisations from right across the whole of the island. It was certainly an interesting opportunity to consider Volunteering on a National and European level.”*

The Roadshow was hosted by Volunteer Ireland to celebrate Volunteers and to empower people to volunteer. Volunteer Ireland state that the European Year of Volunteering is about *“recognising volunteers as agents of European values as laid down in the various treaties, in particular by promoting social cohesion, solidarity and active participation”*.

AIVC agrees that Volunteering directly contributes to key European values such as social inclusion, the promotion of life-long learning, issues effecting young people, intergenerational dialogue, active ageing, integration of migrants, intercultural dialogue, civil protection, humanitarian aid and development, sustainable development and environmental protection, human rights, social service delivery, raising employability and the promotion of active European citizenship.

It is very useful, to sometimes take a step back to appreciate how we fit in to the bigger picture. We are often too busy getting on with things that we do not recognise the impact that we have. The recent impact study by Copius Consulting demonstrated that for a funding package of £406k to the members of AIVC, there was a return of £7.3m, out-performing many FTSE 100 companies, whilst at the same time making a significant contribution to the key European values mentioned above.

*If you would like to find out more about AIVC contact Michele on **028 7930 1862***



## Local Help, Local Action

### Promoting Mental Health and Suicide Prevention Small Grants Scheme

CWSAN are pleased to announce that we now have confirmation of a new round of secured funding from the Public Health Agency to support the implementation of the local Action Plan, for mental health promotion and suicide prevention initiatives which will enable communities to improve their health and well being. As there is only a small amount of money available, applications will be assessed on the ability of the group to carry out their activity within a specific time frame and the potential to improve health and well being.

#### Who can apply?

Any organisation, which can show evidence of being an active group, within the **Cookstown and Magherafelt District Council Areas**.

Groups do not need to be constituted.

#### What is available?

Up to **£1000** can be applied for per project or initiative. Larger amounts of funding may be considered for projects which cover more than one council area or larger target groups. However, these must be discussed with **CWSAN** prior to submitting an application.

There are a range of programmes / initiatives which can help to promote mental and emotional health and/or prevent suicide.

#### **CWSAN**

Crieve Centre  
4 Hillhead  
Stewartstown  
BT71 5HY

Unit 2  
80/82 Rainey Street  
Magherafelt  
BT45 5AJ

Tel: 028 8773 8845

Email: [cwsan@aol.com](mailto:cwsan@aol.com)

Tel: 028 7963 4865

Email: [cwsanmidulster@btconnect.com](mailto:cwsanmidulster@btconnect.com)

If you would like support to develop a relevant programme  
please contact **Denise Doherty 028 7963 4865**

## Managing information - communicate, calculate, comply

NICVA's latest members' session will focus on the ever popular and important theme of managing information.

This session will begin with an overview of NICVA's priorities for the next three years, outlining our strategic plan. This will include some of our commitments to our members for the coming years. Information sessions will include: 'Complying with data protection', covering elements of the data protection act relevant for this working in the voluntary and community sector; 'Calculating, monitoring and evaluating information', covering practical Social Return on Investment methods of measuring the impact of the work you do; 'Communication - Information as a promotional tool', which will cover both traditional forms of communication in the written word, for example press releases, as well as using modern technologies like social networking.

- **When: Thursday 27 October 2011** The session will begin with tea, coffee and registration at 10.00am and close at 3.30pm
- **Where:** The Navan Centre, 31 Killylea Road, Armagh, BT60 4LD
- **Cost:** Free for full NICVA Members (Two free places per organisation). Extra member delegate rate is £30 per person. Non-member rate is £70 per person

To book a place please visit [www.nicva.org/events](http://www.nicva.org/events) and fill out a booking request or contact Georgie Finlay: [georgie.finlay@nicva.org](mailto:georgie.finlay@nicva.org) or call 028 9087 7777.



## Promote your events on BBC

BBC's Lifeline programme is running a Community Noticeboard feature, which airs on BBC1 Northern Ireland on 16 October and 17 October and BBC2 on 19 October. It will also be shown on Ceefax page 619 which accompanies the TV programme.

The Community Noticeboard will take the form of a list of events and diary dates for the weeks ahead, starting from the 17 October 2011 up until April 2012 along with an accompanying graphic either of the event or of the organisation's logo.

If you would like your upcoming event to be publicised on the BBC Lifeline programme, please email your logo or graphic (as a high resolution jpeg) along with details of your event (date, name, brief description) to [networkmedia@nireland.com](mailto:networkmedia@nireland.com).

*There's limited space so it's first come first served.*



## BIG offers funding advice on connecting older people programme

Northern Ireland organisations planning to apply for a grant from the Big Lottery Fund's Reaching Out: Connecting Older People programme have been advised to get their project proposals in as soon as possible.

The £20million programme supports the most isolated and excluded older people across Northern Ireland, including those affected by bereavement, disability or long term illness, or those who live in residential care or sheltered housing.

Organisations in Northern Ireland can apply for grants of up to £500,000 to help improve their lives by running activities such as physical and mental health projects, volunteering programmes or projects that bring isolated older people and young people together. The Big Lottery Fund has advised that the closing date for organisations to send in the Outline Proposal Form for their project is 29 February 2012.

So, if you are an organisation with an innovative idea for a project to improve the lives of the most at risk older people in society, then you should consider the timescales involved and not leave it until it is too late.

To find out more information about the programme go to:

[http://www.biglotteryfund.org.uk/prog\\_reachingout\\_older\\_people.htm?regioncode=-uk&tab=2](http://www.biglotteryfund.org.uk/prog_reachingout_older_people.htm?regioncode=-uk&tab=2)

**If you have any queries about the programme please contact: Information Team on 028 9055 1455 or [enquiries.ni@biglotteryfund.org.uk](mailto:enquiries.ni@biglotteryfund.org.uk)**



## Career and Learning Factfiles

EGSA's popular series of Career and Learning Factfiles are getting a new look. **Connect2 Nursing and Midwifery** has just been updated and is now available to download via link below. Find out what qualifications you need to apply for the nursing or midwifery degree, read interview tips, get information on student funding, follow links to useful websites and much more. Factfiles on Counselling, Teaching and Access to University will follow soon so stay tuned!

<http://egsa.org.uk/downloads/connect-2-factfiles/>



The Níamh Louise Foundation  
*hand someone a feather today*

# CALLING ALL RURAL COMMUNITY ORGANISATIONS

*'Breaking the Silence in Rural Areas' Community Research Project*

## Tackling Mental Health & Wellbeing, Self-harm and Suicide

- Is your group located within the Magherafelt, Cookstown, Dungannon or Fermanagh District Council areas?
- Is your group concerned at the increasing presentation of poor mental health, self-harm and suicide within our rural community?
- Does your group want to help address this worrying trend within our rural community and help identify possible solutions?
- Can your group spare 1 to 1 ½ hours to meet with Jason Donaghy, Community Researcher appointed by the Niamh Louise Foundation to conduct the workshops? Your workshop will be highly participative, fun, down to earth, straightforward and safe. All feedback will be treated with complete anonymity and confidentiality.

If your group feels this is an important initiative to support, please contact Jason on 028 6863 3198 or 078 1407 4977 or email [jason@jasondonaghyconsulting.co.uk](mailto:jason@jasondonaghyconsulting.co.uk).

The Niamh Louise Foundation will receive the entire feedback as a final report which will present the findings and recommendations from this important exercise. Additionally, each group which participated will also receive a copy of the report.

The Niamh Louise Foundation does hope that your group will feel able to participate in this exciting community research and help us make a real difference to the lives of the people living within our community.



northern ireland commissioner  
for children and young people

## NICCY Participation Awards

Since April 2011 the Northern Ireland Commissioner for Children and Young People (NICCY) has been working with a group of young people to explore the theme of participation and develop an awards programme for government and other public bodies to recognise their efforts to involve children and young people in developing their work.

The inaugural Commissioner's Participation Awards Panel is made up of a group of eight young people aged 14-16 from throughout Northern Ireland. The aim is to further encourage government bodies to work more with young people and take their views into account. All aspects of the awards including the application form and guidance notes have been created and overseen by young people.

Applications are invited from all government departments/public bodies/agencies (eg Department of Education, Public Health Agency, Equality Commission, Health and Social Services Trusts, Education and Library Boards, etc).

Projects must:

- involve young people from Northern Ireland
- have involved direct work with children and young people
- clearly demonstrate young people's involvement in the development of the project
- be supported by a reference from a young person or a supporting adult
- have been initiated on or after 1 September 2010

Further details can be found at [www.niccy.org/ParticipationAwards](http://www.niccy.org/ParticipationAwards). If you have any queries, contact Laura McFall on 028 9031 1616 or [laura@niccy.org](mailto:laura@niccy.org)



Are you under 25, live in Mid-Ulster and want to get involved with TIPSA? Join our Youth Panel!

The TIPSA Youth Panel is an informal group of volunteers who will meet every 6 weeks or so in different venues throughout Mid-Ulster to help shape drugs and alcohol education with young people. Contact Eugene or Marty on 028 8676 3388.

# Consumerline

***We listen, We help, We advise you of your consumer rights.***

ConsumerLine is a telephone advice line which offers consumers clear, practical and impartial advice on problems and disagreements with traders. It is run by the Trading Standards Service of Northern Ireland.

There are many reasons why you might want to give Consumerline a call:-

You are dissatisfied with something you have bought i.e. the quality of the product or the way it was represented to you;

You are dissatisfied with the standard of customer service you have received; or

You are dissatisfied with work you have had done.

Should you need to contact us, we will advise you on your legal rights. Your complaint may also be passed on to the Trading Standards Service for follow up action (if we consider it to be a breach of consumer protection laws).

Here are a few examples of the benefits which people have obtained through contacting Consumerline and follow up action by the Trading Standards Service:-

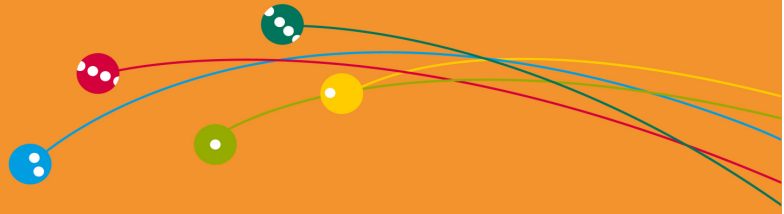
- £1,101 saved by a customer against items which had not been delivered;
- £7,000 refund obtained by a consumer against a car that had the wrong miles on the HP Agreement;
- £6,000 refunded to a consumer who had bought a caravan that had been inaccurately described;
- £3,640 refund obtained by a consumer – the trader had asked the consumer to sign a document, which purported to deprive him of all of his statutory rights.

**Whatever your query – we're here to help**

**Contact us by telephone: 0300 123 62 62**

Click on [www.consumerline.org](http://www.consumerline.org) . This website contains information on your consumer rights, samples of letters which you can use to complain, details about scams and useful links to other websites. You can also make a complaint online by e-mailing the details of your complaint to us.

You can also use text phone on: **028 9052 9304**



## Meet the Team

MICHELE



ROY



JOANNE



BARBARA



The Cookstown and Magherafelt Volunteer Centre is now a member of the Association of Independent Volunteer Centres (AIVC). The AIVC supports Independent Volunteer Centres to help meet local needs and interests.

*Other members include: Causeway Volunteer Centre, Craigavon and Banbridge Volunteer Centre, Limavady Volunteer Centre and Omagh Volunteer Centre.*

### Cookstown Volunteer Centre

6 Loy Street  
Cookstown  
BT80 8PE

028 8676 1122

### Magherafelt Volunteer Centre

55 Rainey Street  
Magherafelt  
BT45 5AF

028 7930 1862

[info@cookstownmagherafeltvc.org](mailto:info@cookstownmagherafeltvc.org)

[www.cookstownmagherafeltvc.org](http://www.cookstownmagherafeltvc.org)

