

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



August 2011

Volunteer *focus*

Important Information for our organisations and volunteers

Cookstown and Magherafelt Volunteer Centre has now entered its second decade working with placement organisations and volunteers to deliver volunteering locally.

However, we are aware that some confusion has arisen as the result of a communication from Volunteer Now. This communication has been received by some of the organisations with which we have historically matched volunteers.

To dispel any uncertainty and to set the record straight, Cookstown and Magherafelt Volunteer Centre **did not** merge with Volunteer Now and remains independent, providing a person centred approach to volunteering.

We very much value your continued support in delivering volunteering locally and we are proud of the success we have achieved together.

We remain committed to supporting volunteers and placement organisations to maximise volunteering opportunities locally. We trust that those organisations which still wish to promote their volunteering opportunities through ourselves in the local area, will continue to do so in the usual manner, and we would ask that you keep us informed of any new ones which may arise.

If you have any queries please do not hesitate to contact our Cookstown office on 028 8676 1122 or Magherafelt office 028 7930 1862.

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 or 7930 1862

Joanne at the Cookstown Office

joanne@cookstownmagherafeltvc.org or 8676 1122



Moneymore Heritage Trust

Gardening and Landscaping Volunteers
16+

Moneymore Heritage Trust aims to “promote and advance the social, economic and amenity prospects of the area and to provide economic development for the benefit of the people in the area.” The Trust is at present developing a major tourist complex in the Manor House and surrounding gardens. This links with the neighbouring Draperstown ‘Ulster Plantation Centre’ and the plantation trail.

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 work will entail gardening and manual jobs. No gardening skills are required but desired along with a positive attitude and a desire to work outside. Volunteers will be briefed concerning the project and supplied with basic tools (no machinery used).



InVOLve



16+
AccessNI required
Magherafelt

**Would you like to volunteer with adults with learning disabilities?
Do you like working with animals?.**

If yes to both, then we may have the ideal volunteer opportunity for you. We have a new project that needs enthusiastic volunteers to support adults with learning disabilities care for animals. If you would like further information on this opportunity please contact Barbara in the Magherafelt office.

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

Latest Vacancies



Northern Health
and Social Care Trust

The Sharing the Care - **Befriending Scheme**

What is Sharing the Care?

The Sharing the Care scheme provides regular short breaks for children with a disability. We are in the process of developing a befriending service also and need all kinds of people to provide a regular befriending service for disabled children. Befriending involves volunteering a few hours of your time each week to take a child with a disability out in the local community. You could go to local parks, cinemas, swimming pool or any other activity which the child might enjoy.

Who are we looking for?

You could be studying, working, unemployed or retired, with or without children, single or with a partner. Anyone who has the time, skills and commitment to provide friendship to a disabled child.

All volunteers must be at least 18 years.

What's in it for you?

The scheme provides training, expenses and support to befrienders. Befriending provides an opportunity to help support a disabled child and their family.

What is required of potential Befrienders?

Attendance at an induction programme of 4 training sessions is required. Volunteers are also expected to undertake an assessment prior to approval as a befriender.

**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.

IT Specialist Volunteer

Would you like to use your expertise to help blind and partially sighted people to resolve IT problems? We are looking for IT specialists to join our **'Technology Support Squad'** – a national team of volunteers helping blind and 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.

What will I be doing?

- Identifying computer problems and finding a suitable solution
- Interacting with blind and partially sighted people to support their IT development, if required
- Conducting computer health checks
- Installing new hardware, software and upgrades
- Sharing your knowledge, skills and experiences with other members of the Technology Support Squad

What skills and qualities can I bring to this role?

- Expertise in IT and technology
- Ability to find innovative solutions using your own initiative
- Ability to communicate problems and their solutions
- Willingness to learn about sight loss technology
- Friendliness, enthusiasm and reliability
- Willingness to travel locally to visit blind and partially sighted people

Technology Support Volunteer

Do you have a passion for the unlimited possibilities that technology can bring? Would you like to open up a world of opportunities for blind and partially sighted people? 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.

What will I be doing?

Providing basic troubleshooting and support for audio-visual aids and products, such as a big button telephone, a 'Talking Book' player or a DVD player, providing IT Support for basic computer problems, offering clear advice on how to use new technology, products and software.

What skills and qualities can I bring to this role?

- An interest in technology innovations and a willingness to keep up to date with advancements
- Computer literate
- Ability to identify problems, research solutions and troubleshoot where possible
- Friendliness, enthusiasm and reliability
- Willingness to travel locally to visit blind and partially sighted people

Both opportunities are home-based with travel to customer's homes, access to telephone and email is required.

Money Advice Trust grant opportunities

The Money Advice Trust, with support from Nationwide Building Society, is offering grants to local/community groups who wish to set up projects which will provide money / debt advice. Grants can range from a few hundred pounds up to thirty thousand pounds. There are five priority areas for 2011:

- The development of new information and resources that can be shared with others
- The testing of support groups for individuals in debt or money advisers
- Work with people who are usually excluded from society
- Projects which combine money advice and financial capability
- Work which will assist those who are homeless or facing homelessness

If you think you have a suitable project, more information and application packs can be found at www.moneyadvicetrust.org or by emailing grants@moneyadvicetrust.org

The deadline for applications is **Thursday 1 September 2011**

Volunteering forum to welcome DSD

NICVA is hosting the next Volunteering policy forum on 23 September 2011. The forum will offer an opportunity to engage with representatives from DSD on various issues including volunteering and benefit claimants, and the volunteering strategy.

23 September 2011, 10.00am-12.00pm at NICVA, 61 Duncairn Gardens, Belfast BT15 2GB

The Volunteering policy forum focuses on issues which are relevant to volunteering. The overall aim of the forum is to disseminate policy information, facilitate policy development and influence decision making. Membership of the forum is free and is open to any organisation or individual with an interest in volunteering issues.

At the next meeting representatives from the Voluntary and Community Unit of the Department for Social Development (DSD) will give a presentation on the new volunteering and social security benefits leaflet. To find out more about the forum and to register for the event visit www.nicva.org/events/policy-forum-volunteering-0

Nelson McCausland to outline priorities

Nelson McCausland, Minister for Social Development will address a meeting of voluntary and community sector organisations to outline his priorities for his term in office. The Minister will take the opportunity to outline the key issues facing his department and the Northern Ireland Executive as a whole, as well as participating in a question and answer session with participants from the voluntary and community sector.

Seamus McAleavey, NICVA Chief Executive said: *"We are delighted the Minister agreed to come and engage with the sector in such an open and inclusive way. This meeting gives the sector a great opportunity to hear the Minister's thinking on some key issues that will impact on the sector as well as the chance to bring issues to the Minister's attention. We hope as many organisations as possible take the opportunity to attend"*

Thursday 8 September 2011, 10.30am-12.00pm at NICVA, 61 Duncairn Gardens, Belfast BT15 2GB

Places are filling up fast; to book your place visit www.nicva.org/events

Social Economy Network launches tradesocial.net

'tradesocial.net' - the online social enterprise trade directory for Northern Ireland

'tradesocial.net' is the online directory for the social economy sector in Northern Ireland where you can find information about the range of products and services available to buy from social enterprises.

Who can use 'tradesocial.net'?

- Other social enterprises and the third sector generally, to encourage a "buy from within the sector" culture
- Purchasers from the public sector including local councils interested in getting more for their spend
- Buyers from the traditional business community interested in social responsibility
- Members of the public who want to use their purchasing power to make a difference in their communities

In all these cases the online 'tradesocial.net' - 'the social enterprise trade directory' can help you find the right social enterprise supplier.

'tradesocial.net' has been developed by the Social Economy Network (SEN) and Work West to help social enterprises promote themselves to a greater number of potential customers. The new directory has been developed by amalgamating both organisations' existing trade directories and improving the accessibility and functionality for the benefit of all users.

To register or access, visit www.tradesocial.net

To add your profile or to know more email tradesocial@live.co.uk

Carers Northern Ireland

Hi my name is Claire Leonard. I'm establishing a Carers Group Network to help support carers groups to share their expertise and experiences running groups. It is a great opportunity to share ideas and work through common problems that groups face across the country. We are hoping to make all carers groups contact information and details available on our website so that carers can find a group that is suitable for them.

Any carers groups can be added to the list, we just need contact details for the group leader/Chair, where and when they meet and if there are any specific requirements for the group i.e. carer for a specific disability/ all female group etc.

I am holding a launch event for the Carers Group Network on Tuesday 13th September in Belfast for representatives of carers groups from across Northern Ireland. I would be grateful if you could let me know of any carers groups in your area or organisation that may be interested or pass on these details to them.

Carers Northern Ireland
58 Howard Street
Belfast BT1 6PJ
t: 028 9043 9843
w: www.carersni.org

Find us on Facebook www.facebook.com/CarersNorthernIreland
Follow us on Twitter www.twitter.com/@carersni



NI Youth Forum announces small grants for young people

Northern Ireland Youth Forum (NIYF) has teamed up with O2 and National Youth Agency (NYA) to give out small grants to young people across Northern Ireland.

The small grants (£300 leading to a potential £2500) are available to young people aged between 13 and 25 and are designed to fund projects aimed at making a difference in the community.

Examples of projects supported are: workshops, leaflets, websites, educational projects, films, drama, youth café, youth club, community clean ups, diversionary programmes, environmental, sports or issue based. This list is not exhaustive and NIYF can help you to design your project. And better still...

If you get a £300 grant O2 will give you a free mobile phone with £30 top up for your project. And if you get the £2500 grant O2 will give you a free lap top, free broadband, £50 phone credit and a chance to win concert tickets.

To find out more contact NI Youth Forum and ask to speak with a member of the participation team. NI Youth Forum, 68 Berry Street, Belfast BT1 1FJ, call 028 9033 1990 or email info@niyf.org

BT Community Connections Award Scheme now open

If you know of a community group which helps, or wants to help people access the internet and improve their ICT skills, they could be eligible to receive 12 months free broadband from BT.

Silver surfers, after school and youth clubs, even 'IT for the Terrified' groups have benefitted from an award in the past and are now encouraging even more people to get online.

Applying for an award is easy. Simply go to www.bt.com/communityconnections to access the online application form and read the full rules and guidance notes.

The closing date for applications is Thursday 15 September at 5.30pm.

BT Community Connections supports a diverse range of community and charitable groups across the UK and is part of BT's Get IT Together campaign: www.bt.com/getittogether

For further information or if you have any questions contact 0845 257 6792 or at info@btcommunityconnections.com

NEW ACTIVITY GROUP

WHO . . .

Activity Groups are for people in the early stages of dementia and their carer or friend to attend together.

WHAT. . .

A programme of recreational activities and social events

You can try out . . .

Ten Pin Bowling

Walks & Outings

Theatre/Music & Art

Table tennis & sports activities

WHEN & WHERE . . .

Varied venues throughout Mid Ulster

On Mondays between 1-3pm

CONTACT . . .

Dawn Beckett

NHSCT Activities

Ferrard House

32 Station Road

Antrim

BT41 4AB

Tel: 94 461717

E: dawn.beckett@alzheimers.org.uk

Web: alzheimers.org.uk

Alzheimer's Society is an equal opportunities employer

Registered charity number 296645

Company limited by guarantee number 2115499



0808 808 8000

Suicide is becoming an increasing concern within our communities. Suicide knows no boundaries and can affect our communities at any time. Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.

Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, **in confidence**. This service is free of charge. **MidUlster Suicide Prevention Worker** Denise Doherty has been appointed as the Suicide Prevention Development Officer for the Mid-Ulster Area for the Magherafelt and Cookstown District Areas.

She is based at CWSAN offices at 80-82 Rainey Street, Magherafelt. This Project is linked to the Northern Ireland wide Suicide Prevention Strategy Action Plan: *Protect Life* and will be funded up to March 2012.

This suicide prevention project aims to raise suicide awareness, reduce stigma, signpost local communities and increase community involvement in suicide prevention, bereavement support and self harm initiatives.

Denise Doherty is keen to work with communities at a local level to address concerns and support communities to develop their own evidence-based suicide prevention programmes.

If you would like to contact Denise to discuss any of the above suicide prevention measures in further depth her contact details are:

Tel: 028 79634865

Email: cwsanmidulster@btconnect.com

Community Based Suicide Prevention Grants

CWSAN have been working with PHA and other community networks to administer a small grants scheme targeting mental health promotion and suicide prevention which can be accessed by groups to a value of £1000. This money can be used to initiate support groups, provide training and preventative measures. If you wish to find out more information or apply to the Mental Health Small Grants Scheme contact

Denise Doherty/Nuala Pickering

028 7963 4865

cwsanmidulster@btconnect.com

Important News



This note is to advise you that AccessNI will be moving to new premises on 15th August 2011. Our postal address will remain the same for those of you who are currently using the PO Box address. Those still using the Knock Road address after the move should note that mail will not be delivered to AccessNI. You should stop

using this address and instead start using:-

AccessNI
PO Box 1085
Belfast
BT5 9BD

From 16th August our new Helpline number will be **0300 200 7888** – please do not start using this number before this date as calls will not be answered. Calls to this number are charged at the same rate as local calls.

Disruption to our Helpline service will be unavoidable over the period of the move. The Helpline will be unavailable from 2.00pm on the 12th August; we expect that it will be available again from 9.00am on 16th August. Our e-mail contact facility will still be available (accessni@ani.x.gsi.gov.uk) over this period should you have a need to contact AccessNI. I would encourage you to refer to our website for regular updates regarding our service.

We would like to apologise for any inconvenience you experience as a result of this move. We will do what we can to keep disruption to a minimum and to ensure that normal service is resumed as soon as possible. Your patience and understanding over this period will be greatly appreciated.

Last chance to sign up for free media communications programme

Interested in a career in Journalism, Graphic Design, Photography, Web Design, Public Relations or Event Management?

Aged between 18-28 and eligible for Job Seekers Benefit?

This is an opportunity to gain qualifications, work experience and to participate in a 2 week study visit to London (flights and accommodation fully paid). Contact Paula on T: 028 9031 5111 or E: paula@springboard-ops.org.

“It’s a Jungle Out There Can you handle it?”



Northern Ireland

Meningitis Research Foundation wants you to take part in our first ever “It’s Jungle Out There’ challenge event. Ever fancied taking part in “I’m a Celebrity?” Well now is your chance to enter our own version here in Northern Ireland on Sunday 18th September 2011.

The event is taking place in our own Jungle NI, in Moneymore and while we can’t promise the tropical weather of the Australian Jungle we can guarantee wall to wall craic! You will be part of a team headed up by one of our very own local celebrities and together you will face the TRIALS! From a tree top rope course to zorbing through an assault course there will be plenty of action and it wouldn’t be the jungle if we didn’t throw in one of the notorious food trials.

We would really appreciate your support with this event. It is still the case that no other disease can kill people as quickly as meningitis and septicaemia in the UK and Ireland.

Register now for an unforgettable Jungle experience, all we require is a £40 registration fee to include (refreshments, t-shirt and all activities) and a minimum of £60 sponsorship.

Our life-saving achievements are only made possible by your support.

For more information contact Keli on 028 9032 1283 or email keli@meningitis-ni.org



Parent/Teen Communication Skills Facilitator's Training Course

TARGET GROUP:

This accredited Parent Facilitator Course has been designed by ACET for those who wish to enhance and develop their knowledge and skills of Parenting Education as part of their current professional or voluntary role.

Applications are welcome from people working or volunteering in either statutory or community/voluntary sectors who wish to provide or are currently providing Parenting Education in the Northern Trust area.

COURSE CONTENT:

This accredited course provides training on the following issues:

- Family communication / healthy relationships
- Dealing with Parent/Teen conflict / Anger Management
- Sex, Drugs and Mental Health and Self Esteem issues
- How to Recruit parents for groups
- How to design Session Plans
- How to develop Group Facilitation Skills
- How to use Facilitator's Training Resource Pack

ACCREDITATION:

This course is accredited by National Open College Network at Level 3.
Successful participants will be awarded a Certificate: Working with Parents.

TRAINING PROGRAMME:

The programme requires full attendance at 16 Training Half Days along with personal study and 4 completed assignments. The Training Days will run from 9.30am – 1.00pm on the following dates. **Training Venue will be the Ballymena Parish Centre.**

20 th & 27 th September 2011	6 th , 13 th December 2011
4 th , 11 th , 18 th , 25 th October 2011	10 th , 17 th , 24 th , 31 st January 2012
8 th , 15 th , 22 nd , 29 th November 2011	

Applicants will need to have access to a suitable group in order to complete practical coursework. There will also be 2 follow up days which successful applicants will be expected to attend in 2012, dates to be arranged.

ACET is currently recruiting for this course.

If you would like further information and/or an application form please contact **Linda Allen** on linda@acet-ni.com or telephone on **07971065641**.

Training Costs: ACET has been funded by the Public Health Agency to provide this accredited course in the Northern Health & Social Care Trust area, and therefore the course is free of charge to successful applicants.

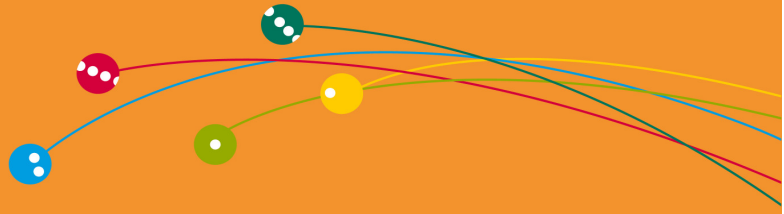


Working with Fathers Presentation Morning

Is your organisation interested in developing work with fathers? If so, then The Parenting Forum NI within Parents Advice Centre would like to invite you to a Presentation Morning which will showcase some of the learning arising from the "**Kick Start 2011**" project - a seven month package of training, support, networking, reflection and practical action for groups that are trying to, or wishing to, engage with fathers.

The Kick Start 2011 trainees are now coming to the end of their time on the programme, and have organised an event to help others to: understand why we need increased engagement with fathers; get a sense of what Kick Start offers; hear about the practical experience of a number of trainees; meet Kick Start participants and find out about the hands-on things involved in running an activity for fathers.

This **FREE** event will take place on **Thursday 15th September 2011** in Grosvenor House Conference Centre, Belfast. To download a Booking Form, please visit: <http://www.parentsadvicecentre.org/projects/parentingforum/events.asp> or contact Pauline on pauline@pachelp.org telephone 028 9031 0891.



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
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