

## **APRIL NEWSLETTER**

**Bumper Edition** – if you NO longer want to receive the newsletter then please email me your FULL NAME

E.g. Karen Watson unsubscribe

If you are interested in a role then contact the organisation directly

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## **POPPY APPEAL ORGANISER**

Poppy Appeal Organisers work with our Community Fundraisers to plan and organise the Poppy Appeal in local areas. This includes:

- Ensuring there are enough collectors in your area
- Organising a collecting rota
- Ordering and arranging distribution of poppies and other materials
- Briefing collectors
- Collecting, counting and depositing the money raised during the appeal.

The role requires for you to be free for the Poppy Appeal which takes place during the last two weeks of October and the first three weeks of November. We understand that people work and have other commitment. That is why you can also have multiple Poppy Appeal Organisers, which reduces the work load and makes it more enjoyable.

## **POPPY APPEAL VOLUNTEERS**

We also have opportunities for people to give a few hours a week during the Appeal to help with behind the scene roles, including:

- Drivers (with their own cars) to deliver and pick up collection boxes from shops and offices (we'll reimburse you for your mileage)
- Counters to help with counting and banking the money collected
- Collectors to man branded points in supermarkets and shopping centre

These volunteer opportunities are open to anyone over the age of 16 (17 in the case of drivers).

If you'd like to volunteer during the Poppy Appeal, please get in touch as soon as possible. The earlier you can commit to volunteering the easier we can arrange it.

**Peter Milne:** 07825 316 289 [pmilne@britishlegion.org.uk](mailto:pmilne@britishlegion.org.uk)

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### **ANTHONY NOLAN – GREAT NORTH RUN CHEERING SQUAD**

With your support we can give the people who are fundraising for us a fantastic race day experience. You will receive your own Anthony Nolan t-shirt to wear on the day and other cheering materials.

We would need you to be available from 10.30am-2.30pm or for a couple of hours in between.

Anthony Nolan has a team of around 300 runners taking part in this world famous half marathon. We would love you to join us on race day to cheer on our team as they run past our cheer stations, to keep them motivated and give them a huge boost to reach the finish line. You will be based at either mile 4 (near Heworth Roundabout) or mile 8 (close to Bede Metro station).

With your support we can give the people who are fundraising for us a fantastic race day experience. You will receive your own Anthony Nolan t-shirt to wear on the day and other cheering materials too.

**We would need you to be available from 10.30am-2.30pm or for a couple of hours in between ON Sunday 11<sup>th</sup> September**

Every day, Anthony Nolan match incredible individuals willing to donate their blood stem cells or bone marrow to people with blood cancer and blood disorders who desperately need lifesaving transplants.

Events Team [events@anthonymolan.org](mailto:events@anthonymolan.org)

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### **TOMORROWS PEOPLE**

Working It Out is a life-changing programme for unemployed 16-24 year olds. Next programme starts on the 18th April.

It will give you confidence and motivation and get you ready for work or training.

You will learn to work as a team, take responsibility and gain new skills. We will also help you write your CV, practise interview skills and complete applications for jobs or college.

You will work on a community challenge as part of a team.

Working on a challenge is a chance to:

find out what you are good at

show an employer what you can do.

Examples of challenges are decorating a community hall, improving a local park or garden

Contact

[leannesmith@tomorrows-people.co.uk](mailto:leannesmith@tomorrows-people.co.uk)

0191 261 6242

<http://www.tomorrows-people.org.uk/young-people>

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### **TEAM 13**

Rugby League Magic Weekend at St James Park 21<sup>st</sup>/22<sup>nd</sup> May 2016

We are looking for volunteers to help improve the fan experience at Rugby Leagues opening marquee event, Magic Weekend. Volunteers will assist fans in locating showcase events and attractions both in and around the ground, interact and share experiences whether they are die hard fans or new to the game, and generally provide a fun relaxed atmosphere for the attending fans.

Volunteers should be willing to interact with the general public, have an interest in rugby league or sport and be able to think on their feet to answer fans questions. No experience is required but a willingness to engage in a customer driven role is essential.

Ideally volunteers will be physically able to be mobile for much of the day, however this does not exclude anyone from our process although we do stress that there will be a lot of walking/standing during each day.

Expenses: None available but lunch, uniform and a match ticket will be provided

Induction Training: Training will be provided by Team13 management prior to the event.

Marc Simon & Fiona Allen Team13@rfl.co.uk / 07958169877

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## **UNITE**

*Would you like to volunteer as a Community Mediator? Do you have time to commit to train and practise as a mediator?*

*Contact Unite and volunteer to help people find resolutions for conflicts. Mediators are ordinary everyday people, with the ability to get on with those around them, and keep their heads in difficult situations.*

*You will be fair-minded, a good listener, who won't judge, blame or take sides. You'll be part of a team who meet regularly for training, support, top-up and supervision, and you will normally work in a pair at times that suit you.*

*No formal qualifications required as full accredited ONE Awards Community Mediation training is given.*

*Contact Unite now to apply by 28th April 2016*

01642 311 633 / [Enquiries@unite-mediation.org](mailto:Enquiries@unite-mediation.org)

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## **DIABETES UK “KNOW YOUR RISK” ROADSHOW VOLUNTEERS**

Know Your Risk is our campaign to help as many people as possible be aware of their risk of Type 2 diabetes and what they can do to reduce it. Our Know Your Risk events come in a variety of shapes and sizes from our flagship Know Your Risk roadshows (see images) to workplace and local events taking our prevention message to the heart of local communities.

There are a variety of different roles at a Know Your Risk event and you will be trained for each element. They include:

- Carrying out the Know Your Risk questionnaire with members of the public, which will involve
  - Measuring people's height, weight and waist
  - Asking relevant questions and explaining the risk factors of Type 2 diabetes
  - Giving basic lifestyle advice and signposting to the dietitian where necessary

- Referring people to visit their GP surgery for further tests, if appropriate
- Encouraging attendees to seek Diabetes UK services, resources and information to help them reduce their risk of Type 2 diabetes
- Talking to members of the public to raise awareness of diabetes and the work of Diabetes UK
- Inviting members of the public to find out their risk of Type 2 diabetes and engage with us further
- Answering general queries, offering appropriate Diabetes UK publications/materials and direct any medical or other specific questions to a member of staff or signpost to Diabetes UK services/resources or a Healthcare Professional

Northern and Yorkshire region contact: [catherine.mills@diabetes.org.uk](mailto:catherine.mills@diabetes.org.uk) 01325 488606

The Know Your Risk training will be a full day, where you will be assessed to ensure you have understood the learning objectives and feel confident in the role and what we will be asking you to do.

Roadshow venue will be Sunderland in July

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## **Summerhill Sundays**

Summerhill Square is a hidden gem in Newcastle upon Tyne - a tranquil oasis just minutes away from Central Station, St. James's Park and the busy central shopping areas of the city. Our aim is to make Summerhill an even better place to live, work and visit.

The Friends of Summerhill is a volunteer-led organisation and we rely on the support of volunteers to help keep the organisation going

### **Summerhill Sundays are open to you to drop in and get involved**

1-5pm on the last Sunday of each month

#### **1pm -3pm**

Help to keep the lovely gardens looking good. There'll be something for everyone to enjoy, whether you like digging, weeding, clearing, planting, composting or litterpicking.

#### **3pm -5pm**

Then there'll be another activity for the rest of the afternoon... and the bar will be open from 3pm.

April 24th - Build bug houses  
May 29th - Pot up plants  
June 26th - Summer barbecue  
July 31st - Pimm's

[hello@friendsofsummerhill.org.uk](mailto:hello@friendsofsummerhill.org.uk)

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**ST. OSWALD'S HOSPICE - THE LANTERN WALK 5K, GOSFORTH  
RACECOURSE**

**9 July 2016, 7 pm**



You heard it here first...this summer we launch our In Memory Summer Walk, “The Lantern Walk” which will take place on Saturday 9 July 2016 at Gosforth Racecourse. The plans for this exciting event are very much in the early stages but we will need the support of many volunteers to help marshal at this event therefore if you want to help out please contact me! The route is 5 kilometres. Volunteers would be asked to attend from 6 pm on 9 July 2016 in preparation for the event opening at 7 pm and the walk starts at 8.30 pm.

Please contact [laurahargreaves@stoswaldsuk.org](mailto:laurahargreaves@stoswaldsuk.org) or 0191 2469123 ext. 286

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**MAPPA Lay Adviser**

The Strategic Management Board (SMB) for the Northumbria Multi Agency Public Protection Arrangements (MAPPA) has a vacancy for a Lay Adviser.

The purpose of MAPPA is to assess and manage the risk to the public from convicted sexual and violent offenders in the community in order to help reduce re-offending and protect the public. Police, Probation and the Prison service work alongside other key agencies in the community to undertake this work.

Lay Advisers are members of the public who have an interest in community and social issues, preferably with a history of involvement in them. The Lay Adviser is expected to attend the SMB, their value is as informed observers and as posers of questions which professionals closely involved in the work may not necessarily think of asking. Lay advisers must recognise and value diversity by ensuring inclusiveness, equality and fairness in the treatment of people and the discharge of their duties.

Please note this is a voluntary post however all expenses are paid and full training is provided. No formal qualifications are required – just a commitment to the community, a balanced and objective approach, and a genuine interest in participation. Applicants must live within the Northumbria area or be able to demonstrate a strong connection to the area.

**How and where to apply :** For further information and an application form please e mail [NENPS.northandsouthoftyne.mappa@probation.gsi.gov.uk](mailto:NENPS.northandsouthoftyne.mappa@probation.gsi.gov.uk)

**Completed applications to be received at the MAPPA Unit by 22/04/2016**

**Interviews will be held on 4/05/2016**

***Northumbria actively pursues a policy of equal opportunity and welcomes applications from all sections of the community.***

*Please note, the successful applicants will be required to undertake NOMS enhanced Level 1 vetting*

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## **ONGOING**

### **USEFUL VISION**

Useful Vision is a registered charity which supports vision impaired children and their families in the North East with a range of positive opportunities and activities.

We are planning to hold a performing arts youth group in the summer holidays for 25 vision impaired children. The group will take place over five days from Monday 1st August to Friday 5th August 10am - 4pm. We will be using a venue in the Gateshead area.

All that is needed from volunteers is plenty of enthusiasm and a DBS check which we will organise.

This opportunity may help students with their studies and will provide valuable work experience that can go on their CV. Volunteers can also attend one of our vision impairment awareness and sighted guide training sessions. Once the volunteering has been completed Useful Vision can provide a reference for them.

For more information, please contact Useful Vision on 0845 604 8491 or email [office@usefulvision.org.uk](mailto:office@usefulvision.org.uk)

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## **OPEN GATE – woman marketing and event organiser**

Based in Durham just outside HMP Low Newton, Open Gate provides support to women in Prison and after release helping them settle in to their local community to help reduce the risk of re offending.

A recent independent evaluation has shown that the women we support would like more structured one to one activities at Open Gate and as such we are hoping to offer some new services.

We would like to hold an open day to showcase some of the new activities and the skills of our service users and are looking for a volunteer to help us with publicity for this small event to be held in mid-July.

Tasks would include raising awareness, making posters and invitations, inviting guests, arranging activities for the day and attending the event.

We intend to have a little stalls with herbs, a cake stall, hand massage and nail painting so the person would be needed to help set this up and organise a way to take donations on the day. The main part of the work will be done in advance though. It's more about promoting it and getting people to come then being there on the day.

Mileage will be paid.

Alison Wemyss 0191 374 1500 / 07918649738 [alison.opengate@btconnect.com](mailto:alison.opengate@btconnect.com)

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### THE ARK AT CRAWCROOK

The Ark is a Church and non profit children's play centre/cafe in Crawcrook. Volunteers play a strong role helping to run on a day to day basis. With a range of different opportunities, if you can spare 2 hours or more per week/month and are interested in volunteering for us, we'd love to hear from you!

We are currently recruiting for General Volunteers: This role involves serving behind the counter, welcoming customers, taking admissions and food/drink orders and assisting with the day to day running of the Ark.

If you are friendly and enjoy interacting with people, this is the role for you. This is a great role for getting experience working with the public in a team environment.

Contact Janette Lea details:01914131339 [janette.lea@crawcrook.org.uk](mailto:janette.lea@crawcrook.org.uk)

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### NCS: THE SUMMER OF A LIFETIME!

If you want to get the skills and confidence to get ahead in work and life then this is for you!

NCS involves **adventure**; with time away at an outdoor activity centre. Next comes skills building; time spent within your community learning some huge life skills that make for a killer CV. You'll then move on to **making a difference**; you'll put into practice a social action project that really makes a mark on your local community. After the programme we'll throw a big party to **celebrate** all of your achievements and you will receive a certificate signed by the prime minister. NCS doesn't end here; there are loads of graduate opportunities to get involved in too.

The next NCS programme takes place during the summer holidays and will only cost £50 to cover the administration fee, all of the rest is funded! For those who cannot meet this cost, financial support is available.

Find out more here: [www.ncsnortheast.co.uk](http://www.ncsnortheast.co.uk) or call us on 0191 338 7800 to get signed up today!

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### SEARCH

## **IT Tutor**

*Search is a small charity based in the west end of Newcastle working to improve the lives of older people in the area.*

*We are looking for an enthusiastic and reliable volunteer to work with our clients on a one to one basis at our office to help them improve or gain basic computer skills.*

*Classes are held on a weekly basis so a commitment to support us on either a Wednesday or Friday would be preferable.*

*Excellent communication skills*

*Experience of working with Microsoft Office packages and the Internet*

*Ability to coach others on a one to one basis*

*Tutor/trainer qualification (desirable)*

*Ability to work as part of a team*

*Experience of working with older people (desirable)*

*A friendly and professional disposition*

*The post holder will be required to complete an enhanced DBS check*

Ailsa Brook [ailsa.brook@searchnewcastle.org.uk](mailto:ailsa.brook@searchnewcastle.org.uk) 0191 273 7443

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## **SMILE FOR LIFE CHILDREN'S CHARITY - Café support worker**

Working in the North East of England our vision is to put a smile on the face of every disabled and disadvantaged child who comes to us in need of help. Through our Café, we provide young people with special needs and disabilities the opportunity to gain work experience and crucial life skills as they prepare to meet the world of work.

### **Our ideal person**

Good Listening and organisational skills.

Experience of working with or supporting young people with special needs.

Enjoy making a difference to the lives of others.

Have knowledge of food hygiene.

Available from 9.15 – 12.15pm or 12.15pm – 4.15pm any day Monday – Friday.

Further information at [www.smileforlife.org.uk](http://www.smileforlife.org.uk)

For an initial discussion, contact 0191 2844166 or [deborah@smileforlife.org.uk](mailto:deborah@smileforlife.org.uk)

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## **VOLUNTEERING OPPORTUNITY AT VICTIMS FIRST NORTHUMBRIA – RECRUITING NOW:**

**As a Victims First Northumbria volunteer you will:** Provide support via telephone and have face to face engagement with victims of crime – in their own home or in an agreed location. Be a listening ear and provide emotional support and care, based on the individual needs of victims. Liaise with our Victims First Coordinators to ensure the right support services are in place and provide updates regarding information shared, support provided and outcomes achieved. Provide support that may range from a one-off contact to support through the whole criminal justice system and beyond. Develop your knowledge of local and national services, utilising and contributing new organisations to the Victims First directory of services where appropriate. Carry out your role with a non-judgemental attitude, upholding the Victims First Equality, Diversity and Inclusion policy.

**If you are interested or would like more information, please contact our Volunteer Coordinator:** Krysia Trewick. Direct Line: 0191 2219876

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### **CITIZENS ADVICE GATESHEAD**

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**Are you a “people person”? Do you want to help others? Are you looking for a people orientated volunteering role that is also stimulating to the mind?**

If so, you may be just the person we need. We are looking for people to train to become volunteer Advisers. Advisers at Citizens Advice Gateshead guide clients through the benefits maze, help them out of their debt spiral, negotiate with landlords or deal with a wide variety of other queries.

To find out more you are invited to our information seminar:

*Wednesday 27th April 11.30am to 12.30pm*

This will be at our offices: [Gateshead Advice Centre, The Davidson Building, Swan Street, Gateshead, NE8 1BG.](#)

At the seminar, if you are interested in continuing with the selection process you will be able to sign-up for an interview. A range of days and times will be available for the weeks beginning Tuesday 3rd and Monday 9th May 2016. The programme starts later in May.

To let us know you will be coming or to receive details of future programmes:

[volunteering@gatesheadcab.org.uk](mailto:volunteering@gatesheadcab.org.uk)

Further application information: <http://www.gatesheadcab.org.uk/about-us-2/volunteering/>

### **SPORTS OF SANCTUARY ENGAGEMENT**

**City of Sanctuary** aims to build a culture of hospitality for people seeking sanctuary in the UK. Our vision, if realized would mean that wherever people seeking sanctuary go in the city they will find people who welcome them, understand why they are here, and, most important of all include them actively as participants, volunteers and members.

**West End Refugee Service (WERS)** provides services to empower refugees and asylum seekers and help them gain some control over their lives. Further information is available via [www.wers.org.uk](http://www.wers.org.uk)

We require a Sports of Sanctuary Volunteer. Activities include:

- Promoting Sports of Sanctuary to sporting groups
- Engaging with members of Sports of Sanctuary to suggest practical actions and provide support.

**Commitment required** – Approximately 4 hours a week (working remotely). Ideally you should feel able to commit for a minimum of six months.

The following **skills/experience** are essential:

- Passionate about improving the lives of asylum seekers and refugees.
- Excellent communication skills
- Ability to work independently
  
- Experience within a sports team would be an advantage!

WERS will provide core **training** and the Newcastle: City of Sanctuary coordinator will provide **support/ supervision**

If interested please contact Sarah Smart via [info@newcastle.cityofsanctuary.org](mailto:info@newcastle.cityofsanctuary.org).

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## **FUNDRAISING PROJECT SUPPORT VOLUNTEER FOR MARIE CURIE**

### **Why we need your help**

We are looking for enthusiastic volunteers to help promote Marie Curie's local and national fundraising events and campaigns and make sure they are successful. Using your local knowledge and experience, you will plan and promote our events and campaigns to recruit more people to take part. Your ideas will help us find new audiences and beat our recruitment and fundraising targets. This is a great opportunity to build skills and experience by helping us with our campaigns.

### **What we need you to do**

Our Project Support Volunteer roles include, but are not restricted to, some of the following tasks:

- Coordinate projects and help plan events.
- Help recruit participants by targeting groups and individuals who would be interested in our events

### **What skills or experience do you need?**

- Self-motivation and creativity
- Ability to work in a team
- Friendly and confident manner - in person, on the phone and in email
- Research skills
- An interest in or knowledge of marketing
  
- Good computer skills, especially Microsoft Office - experience of or willing to use a database

For more information or if you have any questions regarding this volunteer role, please contact the local fundraising office at [Katie.searles@mariecurie.org.uk](mailto:Katie.searles@mariecurie.org.uk) or on 0191 219 1205.

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## **CHANGING LIVES – APRIL 2016**

Changing Lives is a national charity which supports people affected by addictions, homelessness, crime, abuse and exploitation, poverty and social exclusion. We also offer specialist support services for women and families and provide employment opportunities for our clients.

We have many exciting volunteering opportunities across the North East. We are looking for committed, sympathetic and enthusiastic volunteers to support our social enterprises, projects and services. At the moment we are looking for FareShare Warehouse Operatives, Drivers and Drivers Mates in Newburn. For our Drivers at FareShare North East we are looking for people who would like to join us Monday to Friday 07:30 – 15:00 or any other hours agreed with Project Manager – times and dates can be flexible.

These are some of great opportunities to increase your self esteem and confidence, use and improve existing skills, enhance your CV and support a fantastic organisation that works with excluded and vulnerable people across the country.

To find out more about these, or any other roles, please contact Nadine on 0191 273 8891 x 259, [nadine.fulton@changing-lives.org.uk](mailto:nadine.fulton@changing-lives.org.uk), or visit our website: [www.changing-lives.org.uk/get-involved/current-volunteering-opportunities](http://www.changing-lives.org.uk/get-involved/current-volunteering-opportunities)

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## **EVENTS AND OPEN ACTIVITIES**

### **Cowgate Carnival 2016!**

29<sup>th</sup> April to 2<sup>nd</sup> May

Houghton Avenue, Newcastle NE5 3UT

Nobles Funfairs comes to Cowgate Centre (Old School Site) for the May Day bank holiday weekend. Come and join us for: BIG rides, costumed characters, refreshments and family fun.

FREE ENTRY. Rides around £2

No Parking and NO ALCOHOL (sorry!)

Friday: 5- 8pm

Saturday 1- 8pm

Sunday 1-8pm

Monday 1-6pm#

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## **GHANAIAAN CHILDREN'S TRUST**

**Ghanaian Children's Trust Annual Garden Party, Sunday 22 May 2016 at 6 Kirkstone Gardens, High Heaton, Newcastle upon Tyne NE7 7AN. Pop in at any time between 10.30 am and 3.30 pm - refreshments, raffle, tombola, books, cakes etc - and relax in the garden - weather permitting. To raise funds for orphaned and destitute children in Ghana.**