



Fancy volunteering, but don't know what's available out there?

If this is the case, why not visit www.do-it.org.uk?

This brilliant website holds a national database of volunteering opportunities available all over the UK.

To narrow down your search and find something local to you, click on **"Find a Volunteer Centre"** and enter your postcode.

This will bring up the nearest Volunteer Centre to your home address. You can then click on **"View our opportunities"** and this will bring up all the organisations currently looking for volunteers. From here you can refine your search by choosing an interest, activity or location.

Once you've found an opportunity you would like to register an interest in, click on **"apply for this opportunity"**, this will take you to a page where, if you haven't already registered, you can click **"online registration form"** to take you to a simple to fill form, then back to the page where you add your e-mail address and password (set up during the registration process) and click on **"enter it!"**

Once you have applied, your opportunity form will go either to the organisation who posted it on the website (most often the local Volunteer Centre) or the organisation providing the opportunity. The details will be sent through to you by email and they will contact you.

Fancy Volunteering with RRAVS?

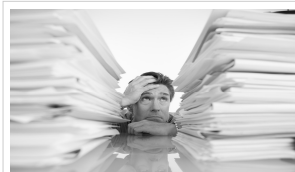
We are looking for receptionists/administrative volunteers to work with us at the RRAVS office. Your role will be to provide information and advice to the public in a variety of formats. It is a 'front office' role and will also support the core activities of RRAVS.

A good telephone manner is required, and PC knowledge is preferred but not essential as training can be given. Our Laptop Scheme is also recruiting, so if you have good Computer knowledge that you would like to pass on to others, please get in touch with us!



Rayleigh, Rochford and District Association for Voluntary Service

Welcome to the very first edition of RRAVS Volunteer Centre mini-newsletter. Regular callers to our office may be aware that we have undergone a number of changes over the past few months. The Library Foyer office has now been closed, and the Volunteer Centre has been incorporated into the CVS (Council for Voluntary Service) based at 105a High Street, Rayleigh. We have also had staff changes. Teresa Clark has moved on to pastures new, and Amanda Harris and Jeannette Helson are now working as VC Co-ordinator and VC Assistant Co-ordinator. We look forward to meeting both organisations and individuals who are interested in volunteers and volunteering. In recent weeks we have endeavoured to speak to all of our groups to determine their volunteering needs since the changes mentioned above, but if we have missed you, please accept our apologies, and call us to let us know about volunteering opportunities you have. These then can be added to the national database at www.do-it.org.uk.



Feeling snowed under ?

If so, may be we can help. We have dealt with almost 100 volunteer enquiries in the last three months, with over 30 placed in local organisations. If you would like us to help you find willing volunteers for your organisation, please give us a call.

Rayleigh, Rochford and District Association for Voluntary Service

105a High Street
Rayleigh, Essex, SS6 7QA

Phone: 01268 772796

E-mail: ravsrayleigh@btinternet.com

Opening Hours

Monday - Thursday 9.00 - 3.00 pm
Friday 9.00 - 1.00 pm

Volunteering England Information Service

Volunteering England's telephone and email Information Service is now exclusively for Volunteering England members. Use of resources, such as the Good Practice Bank on the Volunteering England website remain free (however some resources are now also exclusively for members).

www.volunteering.org.uk/resources/information/

Meet the VC Team:



Amanda Harris - VC Co-ordinator



Jeannette Helson - Assistant VC Co-ordinator

Southend Mencap

Southend Mencap are looking for voluntary positions for a number of their service users. If you think you could engage these volunteers within your organisation, please advise either Amanda or Jeannette at RRAVS and we will pass your information on to Southend Mencap.

Councils Encourage Employee Volunteering

On 19th January 2010 Essex County Council launched its new Employee Volunteering Policy known as *Essex Volunteers*. This policy allows all 13,000 non-schools ECC employees to take two days paid annual leave to engage in volunteering. The intention is that people who already volunteer in their own time will be able to volunteer for an extra two days each year, whilst those people who are new to volunteering will be able to take time to explore opportunities and try it out. The hope is that this will spark a long-term interest beyond the initial two days.

The employees can choose how their two day allocation is used, for example, they can take their two days as a single block, or choose to take one hour a week for fifteen weeks. The only requirement is that employees agree their leave with their line manager in advance.

Employees are free to volunteer with organisations they already know, or find opportunities through their local Volunteer Centres.

Rochford District Council have also launched a similar scheme for its employees.

If you're an organisation who may be able to engage with these volunteers, please let us know, and we will make them aware of your opportunities.

Volunteers' Week

As you are probably already aware, Volunteers' Week is an event held from **1-7 June** each year. RRAVS will be holding a program of events during this period (details will be released over the coming weeks). This year we will again recognise the work and contributions of volunteers in our District by holding a presentation event in conjunction with our AGM. If there are volunteers within your organisation that you wish to thank, why not nominate them. A nomination form can be found on our website, or call us and we will send the forms out to you (www.rravs.org.uk).



You can also promote Volunteers Week at your own organisation by:

- *Launching an event during Volunteers' Week*
- *Linking in with our Volunteer Centre to explore possible Recognise, Reward and Recruit events.*
- *Encouraging beneficiaries of your organisation to publicly thank volunteers for their contributions.*
- *Provide RRAVS with case studies and photos of your volunteers and their personal volunteering experiences and we will include on our website.*
- *Promote the week and the importance of volunteers to your members and media partners.*

Essex Prepares for 2012

Residents are being encouraged to volunteer at the Olympic mountain biking event and help look after the 40,000 spectators expected to descend on the site over the two-day event.

As well as stewarding roles, there will be a variety of positions for volunteers.

The event is scheduled for the weekend of 11th August and 12th August 2012, with the women's event on the Saturday and the men's on the Sunday.

Each day is expected to attract 20,000 spectators.

The Castle Point Association of Volunteers is working with ECC to help co-ordinate volunteers. Seevic College in Thundersley has begun running courses designed to help young people get the skills they need to be Olympic volunteers.

Simon Quinn, Seevic's Personal Best project manager, said: "It's a fantastic opportunity to be part of an event our country has worked so hard to achieve. "Volunteers will learn new skills and meet new people of all different ages and backgrounds."

For more information about the Personal Best Programme, call 01268 756111 or e-mail info@sevic-college.ac.uk. To register to volunteer, visit www.london2012.com.

(courtesy Evening Echo 23/3/10)

Olympic-Inspired Volunteering

"Inspiration and Legacy from the 2012 Games" provides a massive opportunity to inspire people who haven't previously volunteered to get involved.

Volunteering England, the volunteer development agency for England, and online charity YouthNet, have been funded by The Office of the Third Sector to work on a project which will enable all individuals inspired by the 2012 Games to find fulfilling, relevant and local volunteering opportunities quickly and easily.

Over the next two years they will develop opportunities, particularly in the areas of sport, culture and the environment.

They will be looking to work with national and regional organisations across England, that are interested in developing or supporting 2012 Games-inspired volunteering opportunities, and will provide support to interested organisations to create, promote and manage fulfilling volunteering opportunities that have been 2012 Games-inspired.

For more information visit: www.volunteering.org.uk/2012legacy/2012_Legacy.html or sign up to email updates at 2012@volunteeringengland.org

(courtesy Maldon & District Volunteer Centre – Issue No 34)

Why Volunteer - Why Not!

My name is Bob Grieve and I have been a volunteer for the RRAVS Project LAPPTOP for almost 3 years. The LAPPTOP Project aim is to help the over 50's with learning basic computer skills.

We usually run two classes a week consisting of 9 lessons for 10 students. The lessons are presented using a 'Show and Tell' method, with each student using a provided Laptop PC, run by a Tutor with two Volunteers.

You would not believe the amount of pleasure one can get from volunteering for this kind of project. I have studied for many years, under different methods, and have never felt the enthusiasm that our students feel, when they realise that they can do what we show them and it's not beyond their capability.

I know a fair bit about computing and I was ready to show the world how much I know but when I realised that I was to assist those who knew nothing, I had to go back to basics. Although this was a little awkward at first it became easier very quickly.

Now I can honestly say that my life has changed. When I was registered disabled and classed as permanently unfit for work, I felt depressed and un-needed. Now, with this new ability of Volunteering, I AM NEEDED!

Volunteer Essex - The New Campaign

A new campaign was launched across Essex to make people aware of the wide range of volunteering opportunities available in our county. "Volunteer Essex" invites people to add an extra dimension to their lives by taking up one of the many diverse volunteering opportunities offered by local community groups and charities.

As part of the campaign, look out for billboards and posters showing how individuals can volunteer in different and sometimes surprising roles in their spare time.

As well as a poster and radio campaign, "Volunteer Essex" has also launched a new website. Visitors to the site can find out more about the benefits of volunteering, read profiles of local volunteers, view answers to frequently asked questions and also search online for roles in their local area.

For more information visit www.volunteersex.org or call 0845 604 7073.

V50 Awards and Student Volunteering Week

Student Volunteering Week took place between 22-28 February 2010. The week was established in 2001 and is now an annual fixture in the calendar for the student volunteering sector. The week raises the national profile of Further and Higher Education volunteering. The theme for 2010 was 'Inspiring futures; connecting communities'.

As part of the celebrations around student volunteering week, V-involved have developed the V.Awards. If you are aged 16 - 25 and new to volunteering, **vfifty** is a great place to start! It allows you to volunteer in a range of different projects, whilst working towards your first 50 hour volunteering goal. It can help you to enhance your CV, prepare for college or job interviews, shine a spotlight on your skills and talents and show off to your friends! Go on, get the recognition you deserve! If you would like more information, please contact: estvteam@savs-southend.co.uk or sign up online at www.vinspired.com.

RRAVS has resumed its local information clinics at libraries within Rochford District from 8th March 2010 onwards.

Please see below for dates we are in your area
(All clinics will run from 10.00 am – 12.00 pm):-

Rochford	Mon 8 th March 2010	Hullbridge	Thu 11 th March 2010
	Mon 12 th April 2010		Thu 8 th April 2010
	Mon 10 th May 2010		Thu 6 th May 2010
	Mon 7 th June 2010		Thu 3 rd June 2010
	Mon 5 th July 2010		Thu 1 st July 2010
	Mon 2 nd August 2010		Thu 29 th July 2010
Rayleigh	Mon 15 th March 2010	Hockley	Thu 25 th March 2010
	Mon 19 th April 2010		Thu 22 nd April 2010
	Mon 17 th May 2010		Thu 20 th May 2010
	Mon 14 th June 2010		Thu 17 th June 2010
	Mon 12 th July 2010		Thu 15 th July 2010
	Mon 9 th August 2010		Thu 12 th August 2010
Gt Wakering	Mon 22 nd March 2010		
	Mon 26 th April 2010		
	Mon 24 th May 2010		
	Mon 21 st June 2010		
	Mon 19 th July 2010		
	Mon 16 th August 2010		

You can come and visit us to chat about volunteering or advertising your volunteering opportunities, joining RRAVS, funding advice, and the other services RRAVS provides.

Can you help?

We currently have a number of volunteers looking for some experience in the Rochford District area which we cannot match to any of our current opportunities.

The first is a volunteer who is registered blind, but has taken their NVQ level two in fitness training. In order to build up experience, they would like to offer their services to organisations in the local area. So, if you have thought of maybe putting on chair-based exercise classes for your service users, for example, let us know.

Another would like to undertake the administration of publications for any voluntary organisations. If you have newsletters, leaflets etc to produce and need some assistance, maybe he can be of service to you.

If your organisation can help with placing these volunteers, please call Amanda or Jeannette. We look forward to hearing from you.

County Branding for Volunteer Centres

For a number of years RRAVS Volunteer Centre has been working in partnership with other Volunteer Centres across Essex to work towards a consistent approach to service delivery. RRAVS have been accredited to Volunteering England for a number of years, and are now working with other Essex Volunteer Centres to submit to Volunteering England for a county-wide partnership under the banner of Volunteer Centres - Essex. Look out for the new logo on future forms and promotions.

Waiting for a CRB check? Ways to keep your volunteers involved

When recruiting volunteers for roles which require CRB checks, there is often a delay waiting for the checks to come back. It is during these delays that volunteers can lose interest and enthusiasm for the role and choose not to go ahead. There are a number of things you can do to keep volunteers involved while they wait for checks.

- Keep a record of the form number, so you and the volunteer can check its progress online.
- Invite them to relevant meetings or social events to get to know the people they will be volunteering alongside.
- Think about whether you can start any induction activities.
- Develop a welcome pack with information about the organisation and the volunteer role.
- Invite them to be involved in supervised group activities.
- Get started with training programmes.

Remember a CRB check is not always necessary. The key to making a decision on when to check an individual is properly evaluating the risks associated with the activities your organisation carries out. For some roles obtaining references, interviewing volunteers and having thorough training and induction processes will be sufficient to minimise risk. For guidance on when to do a CRB visit www.crb.org.uk or contact the Volunteer Centre.

(Courtesy - Maldon & District Volunteer Centre – Issue No 34)

Volunteering Opportunities for Community Payback Project

Essex Probation Service is currently undertaking a project to create 350 new placements for offenders who have been sentenced to Community Payback (CP) Order by the Courts. These offenders have a variety of mainly minor offences, such as driving offences and benefit fraud and can be given anything from 60-300 hours of CP. This is a great opportunity to ensure that offenders given a CP can use these hours for the benefit of our local community.

Essex Probation is well known for its group work around the County doing conservation, graffiti removal, painting and decorating of schools and we are now looking to expand the number of individual placements we provide. There are a number of people who may be doing full time jobs and need to work evenings or weekends.

Historically, Essex Probation's individual placement activities have centred around the usual types of work, ie. Charity Shops, but we are encouraging organisations to think outside the box on how we can add value using individual placements. This may be to free a member of your staff to create a new opportunity or expand an existing service. We also have higher risk individuals who are unsuitable to send out to placements, but could undertake work from within our offices on behalf of your organisation such as putting info packs together, collating mailouts etc.

Please think about how your organisation operates, and how you could use such individuals. If you would like to speak to the Probation Service about these opportunities, please do not hesitate to call.

Anthony Dowding - Tel: 0772 555 7463
anthony.dowding@essex.probation.gsi.gov.uk

Volunteering Opportunities

Get Arty with Active Christian Trust Warehouse Centre

This centre is a dynamic and exciting youth & community resource that opened in 1994. Much of the Centre is run by volunteers from both local churches and the wider community. We are currently looking for an **Arts & Crafts Volunteer** to run Arts and Craft sessions for children and young people. All arts and craft materials supplied.



Child Protection Volunteer - CSV's Supported Volunteering Scheme

CSV's Supported Volunteering Scheme enables people with learning difficulties to have a more active part in their local community. Child Protection Empowering Families is a family support programme, run locally by volunteers in partnership with Southend-On-Sea Borough Council. Full training is given.

Support Volunteer - Out & About



Out & About enables disabled young people aged 5-20 to have fun by becoming included in their chosen mainstream leisure activity. We need flexible, individually-focused support from volunteers. To assist the children and young people in developing independence skills, self-esteem and self-confidence.

Helpline Volunteer - Disability Essex

Disability Essex provides a range of services for disabled people, county-wide. If you are locally-based volunteers and are happy to man the phones, answer helpline queries, and help out generally in the Disability Essex office, why not give us a call. In-house training will be provided and new recruits 'shadow' an existing volunteer until the Helpline Supervisor (and volunteer) feels confident in their ability in the role.



Drivers, Escorts and Admin Assistants - Wyvern Community Transport

Wyvern Community Transport provides community transport for residents in the Rochford District who have: restricted mobility, may be temporarily unable to access public transport, live in an area not served by public transport or where transport needs are not met by existing timetables.



Administrative Fundraiser - 1st Hullbridge Scouts Group

Are you a good communicator both written and verbal. Good at IT and administration skills, accurate at inputting and processing applications. If you are up for the challenge then we want to hear from you. This position is time flexible but we would require approx 2 hours in a fortnightly meeting.



General Office Administrator - Neighbourhood Watch

Based in Rayleigh Police Station, the Rochford District Neighbourhood Watch Scheme are looking for an administrative assistant one morning a week. It will involve simple clerical duties and full support will be provided.

For further information about any of the above volunteering vacancies, please contact Amanda or Jeannette on 01268 772796