



October 2011

NEWS

VOLUNTEER



Volunteering, why not give it a go?

Spotlight role...
Befriending Volunteer
With RECALL

WELCOME TO EBCDA VOLUNTEER NEWS

In this edition's news....

- ★ News on car insurance for volunteer drivers
- ★ Volunteer opportunities in East Belfast

RECALL PROJECT

The RECALL Project is a free community based good neighbour support service. It provides support to older and vulnerable people in South and East Belfast through a daily Telephone Call Service, a Befriending Service and an Advice Service.

RECALL volunteers can walk a dog, chat over the phone, take someone shopping or to an appointment, help an older person with jobs around their house and be a friend.

Read more inside about volunteering with RECALL.

VOLUNTEERING OPPORTUNITIES

How could you make a difference for these organisations and the people they serve?

Children and Youth

- ▶ Youth Work with East Belfast Alternatives
- ▶ After schools, Tutors 4 Courses and Youth Work with Dundonald Family and Community Initiative
- ▶ After schools, Youth Work, Alternative Education Programme with The Bridge Community Association

Home Start East Belfast

Home-Start volunteers visit families at home, supporting parents in situations as diverse as isolation, bereavement, multiple births, illness, disability or who are just finding parenting a struggle.

East Belfast Mission

Volunteers are essential to EBM and so far there are over 100 active volunteers enabling them to offer a range of services to help those that are homeless, unemployed, in need of counselling, the elderly and housebound, families and young people.

Fundraising

- ▶ Fundraising with Dundonald Family and Community Initiative
- ▶ Community Fundraiser with Headway Belfast
- ▶ Fundraising with East Belfast Mission
- ▶ Fundraising, Fundraising Team Leader with Cats Protection

Conservation

- ▶ Conservation Group Volunteer, Community Warden, Volunteer Rangers with Lagan Valley Regional Park
- ▶ Green Gym Volunteer, Conservation Action Team with Conservation Volunteers NI

Community and Social Groups

- ▶ Information Stand Volunteer with Shopmobility
- ▶ Advisers with East Belfast Independent Advice Centre
- ▶ Daily Telephone Call Service, Befriending and Advice with RECALL
- ▶ Lay Health Information Worker with EBCDA
- ▶ Star Project, Befriending Volunteer, Physiotherapy Volunteer with Headway Belfast
- ▶ Befriending with The Bridge Community Association
- ▶ Helpline Volunteers, Community Information Volunteer with Aware Defeat Depression
- ▶ Home Visitor with Home Start East Belfast
- ▶ Local Community Network Volunteer with RNIB
- ▶ Creative Writing Group Assistant with Engage With Age
- ▶ Events Volunteers with EBCDA
- ▶ Meals on Wheels Driver with East Belfast Mission
- ▶ Silver Surfers Computer Skills Trainer with Age Concern East Belfast and Castlereagh

East Belfast Independent Advice Centre

EBIAC are seeking to recruit volunteer advisers for their Community Advocacy Skills Training Project. As a volunteer with EBIAC you will have the opportunity to gain recognised qualifications in advice work and essential work experience. You will also have the opportunity to access other training and gain community development experience.

Administration

- ▶Administrative Support with Headway Belfast
- ▶Administration with The Bridge Community Association
- ▶Administration, Website and Newsletter Design with the WELL Project
- ▶Administration with East Belfast Mission
- ▶Administration with Aware Defeat Depression
- ▶Publicity Volunteer with Cats Protection

Retail and Catering

- ▶Coffee Shop Assistant with Oasis
- ▶Retail roles with Marie Curie
- ▶Kitchen Assistant, Re:store Retail with East Belfast Mission

Women Enjoying Living Life

The WELL Project is a supportive network of women focused on education, friendship and understanding. At their weekly meetings, they discuss issues such as mental health, relationships, confidence building and stress management.

if you'd like to advertise your organisation's volunteering opportunities in EBCDA Volunteer News contact Katy (details on last page)

RECALL

The RECALL Project is a free community based good neighbour support service. It provides support to older and vulnerable people in South and East Belfast through a daily Telephone Call Service, a Befriending Service and an Advice Service.

The Project allows older and vulnerable people to remain independent in their own homes and to function in and make a contribution to their own communities. It also reduces the fear of crime felt by so many and helps overcome social isolation and the risk of mental ill health.

The RECALL Project promotes and enables opportunities for active citizenship by enabling older and vulnerable people to re-engage and play a valued role within their own communities.

The RECALL Project is a partnership of the Bridge Community Association, Oasis Caring in Action, East Belfast Independent Advice Centre, Tullycarnet Community Support Services, Engage with Age, the PSNI, Belfast City Council and the Belfast Health and Social Care Trust and is funded by the Big Lottery Safe and Well programme.



The Telephone Service based in the Bridge Community Association and Tullycarnet Support Services makes daily phone calls to older and vulnerable people. The Telephone Carer will check that the person is safe and well and will give them information on community safety and signpost them to other agencies for further support and advice. The Befriending service based in Oasis Caring in Action offers older and vulnerable people the opportunity to be matched with a Befriender who will visit them in their own home and provide support, company and a friendly listening ear. The Advice service, based in East Belfast Independent Advice Centre, offers people confidential and independent advice on a range of issues such as welfare benefits, tax credits, housing and debt.

The RECALL Project relies on the support of both volunteers and paid staff to run all parts of the Project. Volunteers have the opportunity to be involved in a wide range of tasks such as shopping, dog walking, chatting over the phone and many more interesting activities.

Volunteer vacancies are currently available within RECALL. All volunteers are offered an induction into the project and are fully trained in order for them to carry out their role. Volunteers are essential to the RECALL Project as there is such a high demand for all our services, and the main way to meet this demand is through the support of our volunteers.

If you would like further information on the RECALL Project or would be interested in volunteering with us please contact Katie Humphries at the Bridge Community Association on 02890459007 or Michelle Hume at Oasis Caring in Action on 02890872277 ext 208.

What skills could you offer?

VOLUNTEERING UPDATE

Benefits | Volunteer Driving | Share Your Story

Volunteering and Benefits

Did you know you can volunteer while receiving Social Security Benefits?

Many of the outcomes to be gained from volunteering can be particularly useful to people out of employment or with health related problems i.e. meeting new people, learning new skills, building confidence and contributing to personal health.

Before beginning to volunteer it is important that you;

- Inform your local Social Security Agency office about your intentions and tell them about any volunteer expenses you may get.
- Follow the 'basic rules' relating to the specific benefit you are on. If you are unsure, you should speak to your personal advisor or another member of staff at your social security office or job centre.
- Able to go to any work- focused interviews or medical assessments.

Share your story

Do you enjoy volunteering? Would you like to share your story to help encourage other people to get involved with volunteering? Here at EBCDA we love to hear of people benefiting from their volunteer role and we think your stories should be heard all over East Belfast.

Tell your tale by getting in touch with Katy, contact details below.

VIO Network

Are you the person who recruits and manages the volunteers in your organisation? Whether it's part of your job or you are a volunteer yourself, you're invited to a new **Volunteering Involving Organisations Network** run by EBCDA to gain some training on volunteer management, chat through your challenges and share ideas.

The first meeting of the VIO Network will be on **Thursday 17th November in EBCDA from 10am – 2pm**. Lunch and refreshments are included. If you intend to be there please inform Katy, contact details below.

Finding the perfect match

Does volunteering sound like something you want to try out but you're not sure where to start? Do you want someone to help you through the process of finding the perfect opportunity for you?

Why not make an appointment with EBCDA's Volunteer Development Coordinator, Katy Purvis.

You'll be guided through thinking about your skills, where best to use them and other areas where you might want a helpful steer in the right direction. You will also be kept informed of the latest training opportunities open to EBCDA volunteers.



Volunteer Drivers

Community transport schemes in NI rely on a committed group of approximately 3000 volunteer drivers who give of their time freely, by offering transport to some of the most vulnerable individuals in our society. The escalating cost of fuel along with the added costs and bureaucracy attached to getting adequate insurance cover have led to testing times.

The Association of British Insurers has just published a list of insurance companies that have promised not to charge extra premiums to volunteer drivers that use their own cars for volunteering.

Go to www.abi.org.uk/Information/Consumers/General/Volunteer_Driving_.aspx to see if your insurer is on the list.

New volunteer opportunities become available regularly, keep checking the EBCDA website for updates.

www.ebcda.org

Register

Registering with EBCDA's Volunteer Project will keep you informed of volunteering opportunities and training as well as giving you support and guidance through the application process and supporting you in your volunteering role.

Contact Katy for more details or visit www.ebcda.org



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