

Community Volunteers Newsletter



UNIVERSITY OF
LINCOLN

*"Volunteering
has given me
a career,
friends,
satisfaction
and much
more
self-
confidence"*

Natalie Wray

*Read our
Case Study
on page 3*

Volunteering Recruitment Biggest Ever Response!

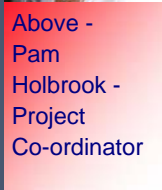
MEET THE TEAM :



Below -
Jane Kilby -
Project
Administrator



Above -
Shelagh
Chapman -
Project
Co-ordinator



Above -
Pam
Holbrook -
Project
Co-ordinator



Far right: Representing Age
Concern Michele Seddon Clare
Oxby and Natalie Cooper.
Rainer's John Summers and
Emily Jarvis from Action for
Young Carers, Share The Care.



This year Fresher's Fayre volunteer recruitment was up again!
Over 250 volunteers were signed up taking the total number of volunteers registered to 399 so far!

You Me, E and D - Diversity Event 10th October 2008

Community partners used this event to publicise what they do and to raise awareness of diversity.

The University, through Community Volunteers has submitted the "Maternity Buddy" project for two awards this Autumn. Read below about Leanne Moreland and Monika Panczak's visit to Volunteurope .

The HEFCE/CRAC awards take place on December 2nd 2008.

CSV VOLUNTEUROPE CONFERENCE GENOA OCTOBER 2008



"I had the pleasure of going to Genoa in Italy recently for a conference for the volunteer work that I have been doing over the last year. The University of Lincoln has supported and guided me in setting up my association Maternity Buddy. Maternity Buddy is a non profit organisation that helps new and expectant mothers from minority groups in Lincoln. As well as supporting our local community, the project also offers students the opportunity to gain relevant experience and to learn the real life implication of their valuable work. The conference in Italy was a real eye opener, I made many useful contacts that can offer advice on training and funding opportunities. The workshops were very informative and inspired me further to pass on the value of volunteering and what it can bring to a community. Volunteering has improved my job prospects, confidence and even helped me decide on my dissertation subject. I can't thank the SOAP centre enough for all they have done, and of course the fantastic students that work on my team to help all of our families." Leanne Moreland.

Inside this issue:

The CV Team	1
You, Me E & D Event	1
Leanne Moreland	1
JUMP	2
Make a Difference	2
Natalie Wray - Case Study	3
Volunteers Progress	4
Current Opportunities	4



JUMP PROJECT

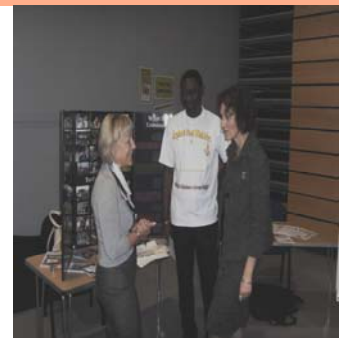
The Joint Universities Mentoring Project (JUMP) matches volunteer mentors with young people aged 11 - 14 years who are in school and currently in care. The project is run in partnership with CFBT SOVA and local Universities and will run through to June 2009. It offers students the chance to befriend children in care, taking them on excursions and days out individually and as part of a bigger group, and to offer advice and friendship.

The following UL students have been accepted by CFBT as volunteer mentors on to the project:
Lisa Anderson; Steve Breakall; Natasha Gordon; Cara Morphus; Sarah-Jayne Pedder; Joy Searson; Gemma Smalley; Leanne Smith; Gemma Smith; Matthew Smith; Amy Spooner; Laura Woollard; Laura Bromwell; Lauren Cook; Phillipa Cawthorne; Jenny Doswell; Jenny Duff; Rachel Kemp; Rachel Radnell.

MAKE A DIFFERENCE DAY!

Friday 24th and Saturday 25th October 2008

This year's theme was Environment. Several events took place in conjunction with CVS Make a Difference Day. Community Volunteers and Shepherd Food Ministries contributed to the 'Every Action Counts' awareness raising day held at The Drill Hall.



Pam Holbrook and Ola Ogunyemi chat with Gillian Merron about some of the volunteer projects taking place within the University.

Student volunteers helped with hands-on activity for BTCV helping make woodland paths more accessible at Hartsholme Park for children and the disabled.

Catherine Wittamore volunteered and said "I had a great time! Highly recommended - I'd definitely like to know about any other similar events"

Marie Curie - Fund Raising



Staff volunteer Vicki Winchester Fraser abseils 275 feet down Grimsby Dock Tower to raise funds for Marie Curie.

Stuart Wyle - Community Fundraiser for Marie Curie is looking for PR students to help with increasing the profile of their Great Daffodil Appeal which takes place in March.

"I would be happy to come over to the University to talk to the students about this, I could also arrange for a member of the PR team in London and even the PR volunteer from Essex (fundraising team) to talk to them if this would be beneficial."



Breast Cancer Campaign "Wear it Pink Day" Friday 31st October 2008

Staff of SU, Engine Shed Staff, RAG team and Cake Bake sale raised £114.41! Staff had a 'boa's and bra's' day. The UCU and UNISON "Wear it Pink Day" was also a success and raised £200 from the sale of pink cakes! All funds will go towards Breast Cancer research and sufferers.



Poppy Appeal 2008

10 volunteers joined in the annual collection for the British Legion poppy appeal.



Pictured: Harry Patch, 1 of 3 remaining survivors from the First World War.



"Volunteering has given me a career, friends, satisfaction and much more self-confidence"



CASE STUDY - Natalie Wray

"If someone had asked me four years ago, what I knew about volunteering and what are the benefits, my answer to both probably would have been, 'not a lot'. In 2005, I started working at the University of Lincoln as part of the Community Volunteers Team. I had not been working there for long when I realised how naïve I had been. I started to appreciate the endless possibilities that volunteering can bring to anyone that volunteers and to those on the receiving end of volunteering.

Once I found my feet, I started volunteering. I started to peer mentor a 15-year-old school pupil. As part of my mentoring, I encouraged the pupil to maximise her potential at school, attend school regularly, prepare for her exams, supplied her with information about further and higher education. I helped to build her confidence and self-esteem whilst giving her a sense of purpose and direction. At the end of the mentoring, I received gratitude from the head teacher of the school; I was informed that the pupil achieved seven GCSE passes, 5 C+. This was a very positive experience for both the pupil and myself. It gave me an insight into what volunteering is really about and gave me a taste of how rewarding it really is.

After my mentoring had finished I started volunteering for Lincolns Women's Aid. Lincolns Women's Aid is an organisation making a valuable contribution towards changing the lives of women and children suffering from domestic violence and abuse. It provides safe temporary accommodation, (refuges), information and support. This was a very valuable volunteering experience for me. I have also taken part in numerous fundraising activities and projects, raising money for Cancer Research UK, Marie Curie Cancer Care, Hope for Children and The Royal British Legion. I have also recently applied to join Age Concern as a 'Wheeler and Walker Befriender'.

My current voluntary role is with SOVA. I have undergone a 24-hour introductory training course, which has given me the skills to work effectively with young people. I also have a better understanding of child protection issues and risk assessments. I mentor one young person at a time for a period of four to six months. The young people are referred from the Youth Offending Service, as they are at risk of offending or have already offended. The mentoring roles are extremely challenging and constantly test my abilities to cope in complex situations. I am currently completing an OCN level 3 Accreditation, as a Social Services/ SOVA Volunteer. I give all my voluntary roles a high level of commitment and support, and feel my interpersonal skills learned are immeasurable. Volunteering for SOVA has made me appreciate the importance of being open minded and non-judgemental. It has shown me that being able to be patient and tolerant has very positive results.

My volunteering experience with SOVA has so far been extremely rewarding in so many ways. I have learnt so much; not only about SOVA, but also about our local community and about myself. I can really feel my own self-confidence growing over time through my volunteering. As well as giving me confidence, work experience, and self-development, it has also given me the opportunity to do what I am really passionate about and enjoy, helping to make a difference to young people's lives!

My volunteering so far has opened so many doors for my self-development. It has given me a chosen career path in Social Work, which I started this September at the University of Lincoln. It has supported my university and job applications, and it has contributed towards a recent job offer as a Support Worker at St Giles Youth Centre. Volunteering has given me a career, friends, satisfaction and much more self-confidence. It has changed me as a person; it has opened my eyes and affected me in so many ways. It has also given me an opportunity to give something back to the community I live in. I have seen so many cases of how volunteering has touched peoples lives and I have now experienced, how a few hours of my time every week can really make a positive difference to a persons life."

Progress - Volunteers Placed 09/08 - 11/08

Shelagh Chapman,
Pam Holbrook and Jane Kilby
Community Volunteers
SOAP Centre
Students' Union
Engine Shed
Brayford Pool
Lincoln
LN6 7TS

Phone: 01522 886922/6420
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Visit our website at:

www.lincolnsu.com/volunteer

Over 50 staff and student volunteers have been placed in various agencies within Lincolnshire since September 2008. Below are some examples of where our volunteers are placed.



Marie Curie - 2 Students are helping to design a promotional leaflet for them.



BTCV - 1 student took part in "Make a Difference Week" at Hartsholme Park clearing paths.



Royal British Legion - 10 students helped with the Poppy Appeal on Saturday 8th November.

JUMP

JUMP - 19 students placed with the mentoring scheme.



Lincolnshire Police - Role Plays - 3 students placed.



Age Concern - 1 student placed and 5 more have applied so far.



North Kesteven School - A pilot project is due to start in Jan 09 with 15 student peer mentors.



Lincolnshire Action Trust - 18 Students signed up to be mentors.



Share the Care - 1 student placed and a number are currently recruited.



ULSTUDENTS' UNION
www.lincolnsu.com

Current volunteering opportunities

Here are just some of our current opportunities - please contact us for further information about these or any of our opportunities:

Lincolnshire Action Trust - works in partnership with a number of statutory and non-statutory agencies to achieve their aim of improving the skills and employability of offenders and prisoners. Volunteers are needed to train as mentors and work with the prisoners.

Share the Care - is a charity that supports people who look after disabled, elderly or ill family members or friends at home. Volunteers are needed to help as fundraisers, and also to assist with funding bids, business plans and promotional material.

WRVS Home Library Service - provides a range of practical services to support older people to live well, maintain their independence and play a part in their

local community. Volunteers are required to collect books from the library and then deliver them to recipient's homes.

Peter Hodgkinson Coffee Shop - volunteers are required to help on Mondays to Fridays.

Fair Play Football - a Friday 6-a-side football league, run in partnership with the City of Lincoln Council, Lincolnshire County Council Youth Service, Lincolnshire Police and Anti Social Behaviour Team. You can gain valuable experience of working with young people and may be able to receive accredited awards and qualifications.

Police Specials - The Police are currently recruiting new Special Constables who are able to give a minimum of 4 hours per week.

YMCA - Various new opportunities coming up ranging from sport to admin.

Useful Websites:

www.lincolnsu.com/vol

www.studentvol.org.uk

www.csv.org.uk

www.do-it.org

www.vinspired.com

vinspired



Dove House Hospice, Hull - is a charity providing excellent care for people in the local community with life limiting illnesses. They are specialists in palliative care - the total care of patients whose illness is no longer curable and for whom the goal is optimum quality of life. There are a range of opportunities for volunteering including: Assistant Events Planner; Community Canvasser; Database Co-ordinator; Event Admin Support Assistant.

Access our site on the Students' Union Website: We now have a link on the Students' Union website, containing details of all our current opportunities, copies of the Newsletter, links to related websites and much more. This can be viewed at www.lincolnsu.com/volunteer