

# Community Volunteers Newsletter

## Case Study

Sarah  
Ramsden's  
African  
summer

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## Freshers' Fayre 2009

This years Freshers' and Sports and Societies' Fayres saw a record number of students pass through the Engine Shed. Over 200 new volunteers registered during both days. Students expressed interest in a wide variety of volunteering opportunities reflecting the feeling that volunteering benefits everyone involved. Many students feel passionately about a particular cause in which they want to be involved, whilst others see it as a way of trying out a potential career choice or workplace experience, or developing skills that will be so valuable once they are in employment. Whatever their reason you could not escape the enthusiasm shown for getting involved!



## Make a Difference Day



Staff and students got together with the local council, LCDP and members of LCFC supporters club to clean up Sincil Drain. Make a Difference Day is the UK's biggest day of volunteering where volunteers are invited to do something to benefit their local community. Our day was organised as part of a long term project to improve the Sincil Bank area of the city - an area made up of a diverse range of nationalities of residents, students and a cross section of ages.

On the day, armed with ropes and grappling hooks items pulled out of the drain included mattresses, traffic cones, road signs, various bits of bikes, a tent, supermarket trolleys and bits of furniture. Meanwhile artistic volunteers worked with children from two local primary schools on some designs they had previously drawn of how they would like the area to look eventually.

Two football players from LCFC came out to lend their support to our activities.





## Shepherd Food Ministries (SFM) needs student volunteers

In the year 2000 the United Nations set a target to halve by the year 2015 the number of people who suffer from hunger (Millennium Development Goal 1).

Steady progress was being made towards this goal, but with the world economic downturn things have changed. Progress has slowed drastically and in some areas is showing signs of reversing. The poorest people in the world are being hardest hit by this global upheaval. The numbers of people going hungry and living in extreme poverty are much larger than they would have been had progress continued uninterrupted. Economic hardship has pushed tens of millions of people into vulnerable employment and increased the number of those who, though employed, do not earn enough for themselves and their families to rise above the poverty line of \$1.25 a day.



### What can you do?

**Bag packing** – SFM regularly gets the opportunity to pack shoppers' bags at Morrison's Supermarket, Tritton Road, Lincoln.

The next one is on Saturday December 5th, 2009. There are two shifts, 10am to 1pm and 1pm to 4pm. Please sign up through the Community Volunteers - volunteer@lincolnsu.com

These people are used to going several days with virtually nothing to eat. They are used to feeling hungry, and tired and being more susceptible to illness and disease as a result.

Shepherds Food Ministries (SFM) started in 2007 and set about raising money to buy land that could be farmed to provide food for widows and orphans and disabled children. SFM is already feeding 130 families of widows and the disabled on a regular basis in Ibadan, south/western Nigeria and now that enough money has been raised to purchase land it is planned that the food will be grown locally and enable these families to become self sufficient.

In order to develop this community, and provide food storage facilities continued support for this charity is essential. For more information please visit [www.shepherdsfood.org.uk](http://www.shepherdsfood.org.uk)

**Feed the hungry on your birthday appeal!** – SFM is starting a donor acquisition scheme around this appeal early next year. We need students to help us get people to sign up to donate a £1 or more on their birthday. If you are interested in being part of the team carrying this forward, please email [info@shepherdsfood.org.uk](mailto:info@shepherdsfood.org.uk)

## PFI - India Visit August 2009

An intrepid group of 12 volunteers associated with the University had a hugely successful and rewarding trip to India in August, working with the charity People First International. Teaching in the local schools, going out to the villages with the health team and working at Rescue Junction were all part of the experience, as well as seeing first hand what it is like to live in absolute poverty. The trip was so successful that we are now starting to recruit volunteers to take part in next year's Village Experience.

A presentation will take place on Wednesday 2nd December at 1.00pm in the Co-op Lecture Theatre for anyone who is interested in the work of the charity or may like to get some information on next year's visit.

To date this year's participants have raised approx £2500 for the charity and our thanks go to everyone who has contributed to this total.

Children at Pains School



[www.peoplefirstindia.net](http://www.peoplefirstindia.net)



## Case Study – Volunteering abroad

### Sarah Ramsden - Summer in Africa

In the summer break between my second and third year of university my friends Rebecca, Dominic and I spent some time travelling around Africa. I spent five weeks volunteering in Tanzania and one week volunteering in Kenya. I found this volunteer placement through Rebecca who has contacts with a charity called 'The African Children's Fund'. The charity's founder, Peter Tyrer, helped us to organise travel arrangements, accommodation and volunteer placements.

We first went Tanzania in which we volunteered in a residential home for orphaned and abandoned children called the 'Shalom Centre'. Our role there was mainly to interact and play with the children, teach the children new games and art. It was also our role to help to teach them English and help with homework as well as teach them about general hygiene etc. One of the charity's current projects is building a new shalom centre which is just off the main road on the way to the safari parks. This is in order to both accommodate more children and also to give the staff a chance to earn their own upkeep by running a café and a bakery for passing tourists. This also means that the children can learn new skills and have the opportunity to earn their own money. My friend Dominic, who is a carpenter by trade, went to Africa with the main goal of building a playground at the new shalom centre. Myself and Rebecca had the opportunity to help him with this project, and together and with the help of some of the older children we built a pretty impressive playground if I do say so myself.

We then travelled to Kenya in which we were able to volunteer at St. Peters Primary school where we were mainly working in the special needs department. We also worked at 'Joy Children's Home' which is a small orphanage in Kenya which offers a home for several orphaned/ abandoned children and is also a school offering free education at primary school level. Sarah, who runs this facility spent all of her life savings to buy the land and managed to convince local businesses to donate materials to build it. On our last day in Kenya we were also able to visit Kabira slum which is one of the biggest slums in Africa. We were able to visit struggling families that were getting help from the charity and there was also the opportunity to volunteer with feeding programmes known as the 'porridge club'.

Many people have said to me that they don't feel that they could go to Africa to volunteer because they would find it too upsetting. All I can say is that it is true; you do hear some horrible stories about what some of the children have been through but it is hard to get upset when you see how happy they are. They are all just so grateful to be taken into to the home and to go to school and to get food, water and clothes and they are so full of life.

You can't go to Africa and not experience some of the amazing tourist attractions. We were able to get time off from volunteering in order to really experience African culture. We were able to travel to Zanzibar for a few days, which is a fantastic beach holiday location. We were based in Tanzania's gateway to safari's so we also took some time off to experience one of Africa's greatest traits; its wildlife. I also took the opportunity to spontaneously climb Mount Kilimanjaro, which was one of the hardest but most rewarding experiences of my life and I would recommend to anyone. Although I also recommend that you complete substantial training before you go...I learnt that the hard way.

These experiences have really developed my communication skills as well as build my confidence. However the main thing that I have taken away from this experience is a greater respect for life. I have always known that I was so lucky to live the life I do, but going there really does put it into perspective. Anyone would benefit from volunteering out in Africa, it is an amazing experience and I would definitely recommend it.

Among other things the charity 'Action for Children' is currently raising money for two fantastic new projects which I mentioned previously. The first is project is raising money to help build the new shalom centre. The second project is 'Joy children's home', for which the charity is currently raising money to extend the building in order to help more children.

You can find out more about these projects and get involved by volunteering or donating money at [www.africanchildrensfund.org](http://www.africanchildrensfund.org)

## JUMP

September saw the second year's involvement of University volunteer mentors in JUMP (Joint Universities Mentoring Project) . 5 students and 1 staff member have undergone training and are now matched with their mentees, who are all in foster or cared for accommodation.

Jess Anderton has recently completed her training and writes:

"I heard about the JUMP project through my colleagues Jane and Pam. I had always wanted to do some kind of volunteering in this area and the structure of this project sounded perfect. After completing the application and interview process I attended 13 hours of training in the evenings of the following couple of weeks. This gave a good general background of children in care; very useful for me as I had no previous knowledge.

We covered different regulations and procedures, and received all the relevant contact details for emergencies and times when we may have general queries. We discussed different learning and mentoring techniques; this was really interesting and will be extremely useful throughout the project.

The first meeting at Freiston Environmental Centre was really good fun. This was the first time the whole group had been together and we met the young people. In groups we completed activities such as building shelters in the woods and orienteering. During the day we were introduced to the young person we would be mentoring and given the contact details of their foster families. Each pair was given a scrapbook and we are encouraged to keep this updated throughout the course of the project with information and different mementos from things we have done and places we have been.

From now I will be meeting my young person on a regular one to one basis. On our first meeting we are going to get some idea together about the types of places we would like to visit and activities to complete. Mentors are encouraged to give keep this varied so sometimes we will meet up for short periods of time to go bowling or for a meal, whilst at other times we will go for a whole day out.

Once a month we will be going out with the whole group of mentors and young people. These trips vary from visiting London's West End, to going to watch Ice Hockey.

So far I have really enjoyed the project; I have learnt new skills, met some great people and had a lot of fun!"



As in so many years before student volunteers braved the elements to help with this year's Royal British Legion Poppy Appeal. They collected on two successive Saturdays contributing a huge £1819.16 to the total raised. Feedback from those generously donating was consistent in the recognition that young people are supporting this cause. We would like to extend our thanks to all the collectors for giving up their time to support the appeal.



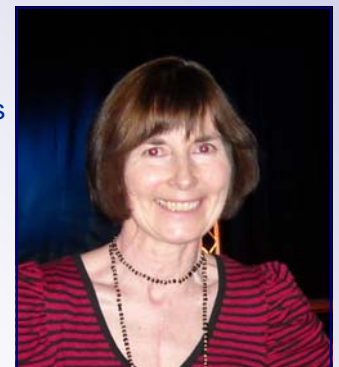
## SOS

Student Charlotte Butler decided to help the Support Our Soldiers Christmas Parcel Appeal. Items such as toiletries, snacks and stationery are packaged into shoe boxes which will then be sent out to British soldiers currently serving in Afghanistan. She has enough items to make up 25 boxes, and monetary donations means that the charity will be able to provide a further 25 boxes. She is seen here with some friends manning a collection stall in the Atrium.

[www.supportoursoldiers.co.uk](http://www.supportoursoldiers.co.uk)

## Goodbye Shelagh!

After 7 years involvement in the volunteer project, Shelagh Chapman has hung up her University volunteering hat. She will, I am sure, continue her support of Marie Curie Cancer Care, in which she has so actively participated - abseiling 275 ft down the Grimsby Dock Tower, and sailing across the Channel! We would like to say a huge thank you to Shelagh for her input in setting up and making the project the success it is today. We are pleased to report that since she left at the end of September she's hardly had a moment to spare, spending time with her family and doing all the things she never had time for before. We wish Shelagh all the very best for the future.



## 'Guardian Project'

A new student led project has been launched this year. Led by Paul Smith, the Guardian Project aims to improve the safety of young women at the university and in the community. The primary aim of the project is female self-protection. We recognise that the majority of young women at the university would not like to make a long term commitment to self defence classes so therefore we aim to offer two female only one-day self defence seminars (Action Seminars) a year. One class towards the end of semester A and another towards the end of semester B. In order to keep the Action Seminars completely accessible they will be marketed carefully, they will be completely free of charge and most of the qualified instructors will be female. The classes will be based around instinctual movements, so that important and potentially life saving skills can be learnt in a relatively small amount of time.

Another way in which The Guardian Project aims to improve female self protection is with the Awareness Campaign, this is a campaign designed to provoke thought regarding personal safety. The Awareness campaign aims to link the symbol used by The Guardian Project to the thought process of insuring the safety of you and your friends. Therefore, for example, when on a night out young women may see the symbol on the window of a bar and rethink their plan to walk home alone. The 'Awareness' campaign does not aim to make young women fearful of the local area by highlighting their vulnerabilities, it aims to make them feel safer by causing young women to obtain a higher degree of awareness. The Awareness campaign will be a poster and a flyer campaign targeting the university campus, accommodation, and local bars and clubs.

Another facet of the project aims to launch a 'Street team' in semester B. This will be a group of approximately ten first-aid trained volunteers which will be located in the most popular night life areas. This will primarily only be on one night of the week, as well as more popular events in the social calendar. The role of the street team will be to distribute free water, provide first aid when required, help with directions and calling taxis, and to be a visual reminder of the Awareness campaign. The physical presence of the street team may also act as a deterrent to some anti-social behaviour and may challenge some questionable decisions i.e. sexual decisions, being made at the time. The overall role of the street team will be to make getting home safer whilst remaining accessible and 'non-preachy' so to avoid alienating the student population. The street team will also be marketed carefully, and the team members will be uniformed carefully in order to make them stand out, whilst conserving a student appearance.

Recruitment has already started, so If you feel you would like to be part of this new and exciting initiative please contact us for more details.

## Community Volunteers - SOAP Centre

### Progress - Volunteers Placed September 2009 to date

Community Volunteers  
SOAP Centre  
Students' Union  
Student Centre  
Brayford Pool  
Lincoln  
LN6 7TS

Phone: 01522  
886922/6420  
Fax: 01522 886628

E-mail:  
jkiiby@lincoln.ac.uk  
pholbrook@lincoln.ac.uk



Over 100 staff and student volunteers have been placed in various agencies within Lincolnshire and beyond since September 2009.

Below are some examples of where our volunteers are placed.

#### JUMP



6 volunteers have been accepted as Mentors with the project

18 collectors went out over 2 weekends

#### Local Schools

5 students have already been placed with primary schools with another 7 awaiting placement, and a further 6 awaiting secondary school placement



13 staff and students took part in Make a Difference Day activities



5 students are undergoing clearance to volunteer with the disabled children

### Access our site on the Students' Union Website:

We have a link on the Students' Union website, containing details of all our current opportunities, copies of the Newsletter, links to related websites and how to apply on line.

This can be viewed at [www.lincolnsu.com/volunteer](http://www.lincolnsu.com/volunteer)



UL STUDENTS' UNION  
[www.lincolnsu.com](http://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:

#### St Francis Community Special School

The school are looking for volunteers to work with children with a range of disabilities. You can help as a "pusher" on shopping trips or days out, or you can be hands-on in the classroom helping across a variety of subjects.

#### Youth Offending Service

Youth Offender Panels work with young offenders who are on Referral Orders. They discuss a way forward and draw up a reparation contract, so that the young offender can make amends for the harm they have done and reduce the risk of their reoffending. New schemes for drivers and mentors are also being developed.

#### Active Over 50's

The project aims to engage with residents aged 50 and over to raise their awareness of leading a healthy and active lifestyle. Volunteers are needed to run some of the activity sessions e.g. New Age Kurling and Nintendo Wii.

#### Schools and Education

We have established new links with a variety of local primary schools and are in the process of setting up opportunities to work with a local 6th form. These opportunities are invaluable if you are thinking of going in to teaching.

#### After School and Breakfast Clubs

Opportunities are being developed to help children with activities, some of these will be supervisory and some will be activity based during holiday periods.

A full list of opportunities can be found on our website.

## Useful Websites

[www.lincolnsu.com/volunteer](http://www.lincolnsu.com/volunteer)

[www.studentvol.org.uk](http://www.studentvol.org.uk)

[www.csv.org.uk](http://www.csv.org.uk)

[www.do-it.org](http://www.do-it.org)

[www.lcvys.com](http://www.lcvys.com)

[www.vinspired.com](http://www.vinspired.com)

[www.volunteercentrelincoln.org.uk](http://www.volunteercentrelincoln.org.uk)

