

Volunteer **Bulletin** April 2021



Get in Touch

volunteering@buryvcfa.org.uk

www.buryvcfa.org.uk

Pick up the Phone

Call: 0161 518 5550

Text: 0740 528 0401

Keep up with us



/Bury VCFA



BuryVCFA

In this issue	Page
Volunteering towards Employment	3
Volunteering during Lockdown	4
The Bury Volunteer Bank's Volunteer Opportunities*	9
In focusIncredible Edible Prestwich & District	21
Be a Volunteer Trustee	23
Community Champions, Vaccination Marshalls	
& Covid Support	26

***Volunteer Opportunities**

from the Bury Volunteer Bank to check out in this Bulletin

Achieve Bury

Age UK Bury

Bury Adult Learning

Bury Hospice

Bury Independent Living Development

Bury Community Hubs

Bury Vaccination Centre Marshalls

Bury Veterans Hub Café

Communic8te Bury

The Conservation Volunteers

Cracking Good Food

Creative Living Centre

N'Compass

Outreach Community & Residential Services

The Phoenix Centre

STRIVE

Transport for Sick Children
Your Support Matters

Volunteering towards Employment



The Volunteer towards Employment Project has been set up thanks to funding from the European Social Fund. Our project supports residents from borough of Bury who are unemployed or economically inactive to move them closer to volunteering and gain employability skills.



Further details of the project available here

Volunteering during Lockdown

A look at the work of some volunteering organisations during lockdown

Keep Bury Clean



Keep Bury Clean. Throughout March Nigel Adams along with his friend David and other members of the Keep Bury Clean group set themselves a challenge of collecting 100 sacks of litter in a fundraising event for **Bury Hospice**. They have raised over £800 to date.

East Lancashire Railway



East Lancashire Railway Clean up. Volunteers were out in full force (socially distanced), during lockdown. One section of the track had accumulated a rather large amount of fly tipping. Thanks to the superhuman efforts of the volunteers it was cleaned and cleared up in no time.

Woodies - Mensheds



Woodies-Mensheds have been slowly moving out of lockdown by getting out and doing community projects thanks to the National Lottery Community Fund. In the photo's above, they are working on building raised beds for the barge project in Radcliffe with Little Britain Anglers. The team have also made a new sign for the Kirklees Trail and been supporting Walnut Allotments by fitting a new kitchen in their Community Portacabin.





Walnut Allotments



Walnut Allotments have spent time getting ready for Spring. Icy nights were banished as seeds and bulbs were sown in good time whilst preparing the ground for the months ahead!

Corrie Gardeners Community Group



Corrie Gardeners Community Group have installed and handed over a 'Friendly Bench' in Radcliffe. They are looking forward to the bench helping local people to conquer social isolation and spend many happy hours making friends.

As background, the Friendly Bench is designed by The Friendly Bench CIC, a social enterprise which aims to tackle loneliness, social isolation and build community cohesion using our innovative, purposely designed outdoor social spaces that reconnect people back to their own community.

Specially designed outdoor social spaces

The Friendly Bench \mathbb{R} are safe, easily accessible mini-community gardens with integrated seating and sensory planting which are situated within communities for people to meet, chat, connect with nature, build friendships and a sense of belonging.

Active social hubs

The Friendly Bench \mathbb{R} are active, social hubs where free, community-led activities and events are regularly held to encourage everyone to participate, have fun, feel accepted, valued and develop a support network.

Community-led

The Friendly Bench $\widehat{\mathbb{R}}$ is independently managed, funded and run by its own voluntary group / organisation for their own community. More information can be found by clicking the link: About | The Friendly Bench | Bottesford

Bury Hospice



Bury Hospice have been working hard to reopen their retail sites on April 12 (subject to government guidelines), they are appealing for volunteers to step forward to help in their shops in Bury Centre, Radcliffe, Ramsbottom and Prestwich. Anyone who can help should contact volunteering@buryhospice.org.uk or 0161 762 5708.

Whilst this has been happening, they have also been busy with fundraising with many activities such as their first a Virtual Balloon Race which starts off in Istanbul in early April.

New Springs Community Development Project



New Springs Community Development Project have been delivering their weekly food parcels with support from **Brandlesholme Community Centre and Foodbank** and **Porch Boxes** who have provided amazing donations of fresh food and other products. Their volunteers also did tremendous work over February half term putting together fabulous Kids Packs which were delivered to and enjoyed by the children in the local community.

Porch Boxes





Porch Boxes are a charity that provides food packs and other essentials to people in need. Over the past year since the beginning of Covid-19, Porch boxes have helped local people when they have needed it most by distributing an amazing 7642 food parcels. In addition to this, during their Christmas Campaign, a further 192 Family Hampers, 246 Individual

Hampers and 92 Christmas Presents were also distributed. More information and how Porch Box operate can be found at www.porchboxes.wordpress.com/

Volunteer Development Forum





The next Volunteer Development Forums will take place online from 10.00am – 12.00 pm on Wednesday 28th & Thursday, 29th April 2021.

Topical, developmental and a great way of networking, the forum is for you if you recruit and manage volunteers in your organisation in Bury.

To sessions will be run following the same format to give as many people as possible the opportunity to attend on whichever date is most convenient.

To book your place, contact volunteering@buryvcfa.org.uk

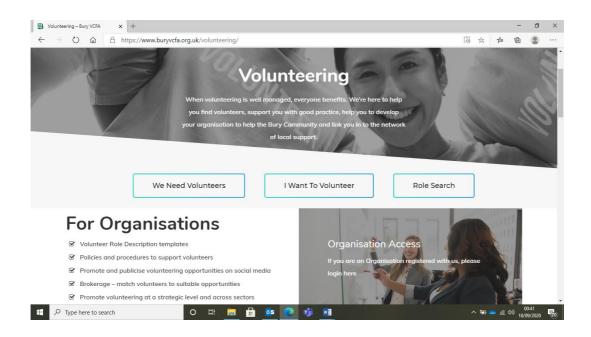
Bury Volunteer Bank

'Volunteering helps you to meet new people, support your community, learn new skills, take on a new challenge and have fun whilst improving your wellbeing'

Register at www.buryvcfa.org.uk/volunteering
or contact Bury VCFA at
0161 518 5550 or volunteering@buryvcfa.org.uk



The Bury Volunteer Bank



Bury VCFA's Bury Volunteer Bank is online at

www.buryvcfa.org.uk/volunteering/

If you are reading this Volunteer Bulletin electronically,

If you click on the box marked Details and Contact in the list of roles that
follow, this will take you directly to the full details of the opportunity featured.

If you are looking to volunteer now or in the future, you can register by clicking on I want to Volunteer

If you are an organisation looking for volunteers you can register your volunteer opportunities on the We need Volunteers

Contact Bury VCFA at <u>volunteering@buryvcfa.org.uk</u> or on 0161 518 5550 for more information.

The Bury Volunteer Bank

Volunteering Opportunities

Achieve Bury

Group Co-Facilitator

To facilitate and / or co-facilitate a wide range of group work for service users within the substance use and recovery setting; to be delivered at various sites across Bury at the direction of the PSI Team Leader

Location: Bury <u>Details and Contact</u>

Meet and Greet Role

To offer information, advocacy and support to substance users accessing or seeking to access the service; to support a safe and recovery focused environment and act as a link between service users and practitioners. The role will include providing support at the information sessions; 'meet and greet' and supporting people before and after their initial assessment. You will also help manage the resource materials available and encourage the participation in groups and activities.

Location: Bury Details and Contact

Needle Exchange

To offer harm reduction interventions, support and advocacy to substance users accessing the Needle and Syringe Exchange. To encourage those not already accessing, to engage with structured treatment and recovery options. To work under the direction of the Clinical Team Lead.

Location: Bury Details and Contact

Contact: Richard Cross at richard.cross@gmmh.nhs.uk or 0120 448 3090

Age UK Bury

Charity Shop Volunteer

Charity Shop Volunteer at our shop at The Rock, Bury and Bridge Street, Ramsbottom. Role available in multi locations.



Location: Bury <u>Details and Contact</u>

Location: Ramsbottom <u>Details and Contact</u>

Chatterbox Café Volunteer

Catering volunteers at our Chatterbox Cafe overlooking the beautiful Clarence Park Lido. Role available in multi locations.

Location: Bury <u>Details and Contact</u>

Bury Adult Learning Centre

Learning Support Volunteer

Would you like to volunteer in one of our Adult Learning Courses?

Role available in multi locations.

REIGNITE Bury Adult Learning Service

Location: Bury Prestwich <u>Details and Contact</u>

Contact: Claire Watters

Bury Hospice

Charity Shop Volunteer

We are looking for enthusiastic and reliable volunteers to join our team. Our retail department brings in over a third of our income each year and so volunteer support in this



area is vital in order to ensure that the Hospice is able to continue to provide care to patients living with life limiting illnesses and their families. By volunteering in our charity

shops you will be helping to generate income that goes directly towards these patient services. Role available in multi locations.

Location: Bury <u>Details and Contact</u>

Contact: Josie Bades

Bury Independent Living Development

Trustee

We need a trustee who has experience / expertise in Media and Communications, to help us more effectively publicise the work we do to support learning disabled people in Bury.

Location: Bury <u>Details and Contact</u>

Trustee

We need a new trustee who has some legal knowledge / expertise, to help us in our work supporting learning disabled people in Bury, Lancashire.

Location: Bury Details and Contact

Trustee

We need trustees who want to help us be as good as we can possibly be at supporting learning disabled adults to live fulfilled lives of their choosing. This post would be ideal for someone with personal experience of learning disability - perhaps through a family member or friend - or someone with professional experience in this field. An interest in fundraising would also be a bonus!

Location: Bury <u>Details and Contact</u>

Contact: Miranda Nathans

Bury VCFA



Community Hub Volunteer for Covid 19

Help our Bury Community during the COVID crisis by Volunteering Role available in multi locations.

Location: Borough of Bury <u>Details and Contact</u>

Covid 19 Vaccination Centre Volunteer

Help your Community overcome the effects of Covid by becoming a Volunteer Marshall. You will support the smooth arrival of, assisting and directing everyone as they attend the centres to receive their Covid Vaccination.

Role available in multi-locations.

Details and Contact

Contact: Tony Foster volunteering@buryvcfa.org.uk or telephone 0161 518 5550

Bury Veterans Hub Cafe

Meet and Greet Volunteer

Meet our guests and help serve free breakfast to veterans on Friday mornings.

Location: Bury <u>Details and Contact</u>

Contact: Victor Hagan 07849132686



The Conservation Volunteers

Midweek Volunteer

We are looking for volunteers to help us improve green spaces across Greater



Manchester. Volunteer with our Midweek Group and get involved in tasks all over Greater Manchester. You can learn practical skills such as path and steps construction, tree felling, pond creation, tree planting and traditional skills such as hedge-laying and dry-stone walling. No previous experience is necessary as full training is given. .Role available in multi locations.

Location: Bury <u>Details and Contact</u>

Communic8te Bury



Catering/Hospitality

To prepare, cook and serve food as part of the weekly drop-in support sessions Main activities/tasks: ¬ To assist with the provision of the food service throughout the Hearing Support Drop-in sessions

Details and Contact

Community Champion

To act as a link between Communic8te Bury and BAME residents in the local area, helping to ensure our services are available to BAME residents in the local area. To ensure a good balance to the volunteer team, we are actively looking to recruit both males and females for this role

Details and Contact

Finance Administrator

To run the administrative aspects of the financial operation of Communic8te Bury.

Details and Contact

Hearing Support Drop In Volunteer

To assist in the running of 'Communic8te Bury's 'Hearing Support Drop-in sessions'

Details and Contact

Loop Squad Volunteer

To visit local businesses, public services, and recreational spaces to carry out checks of their hearing loop systems. Following this initial check, volunteers will be required to feedback their findings and advise on further required action

Details and Contact

Minuting Secretary

Assist with the smooth running of Communic8te Bury board meetings. We are looking to recruit an individual to assist us with taking, and then distributing a final copy of the minutes taken at the meeting.

Details and Contact

Trustees

We are looking for people proficient in any the following; Strategic planning, Decision Making. Financial Management, Business/Service Development, Marketing and Publicity.

Location: Bury <u>Details and Contact</u>

Contact: Mark O'Brian markobrian@communic8tebury.co.uk or on 0161-763-4882

Cracking Good Food

Volunteer Drivers

We are looking for new Trustees to bring additional skills, experience and commitment to our Charity. Do you have what it takes?

Location: Manchester deliveries to Bury

Contact: Amanda Aitkin amanda@crackinggoodfood.org



Details & Contact

Creative Living Centre

Trustees

We are looking for new Trustees to bring additional skills, experience and commitment to our Charity. Do you have what it takes?

Location: Prestwich

Contact: Bessie Fogg



Details and Contact

N-compass

Chat Line Volunteer

Do you have up to 1 hour a week to chat with unpaid carers over the phone from the comfort of your own home? .Role available in multi locations.

Location: Volunteer from home

Contact: Visit Website



Details and Contact

Outreach Community and Residential Services



Shadow Service User Support Volunteer

Shadowing Outreach Community & Residential Services support workers.

Location: Radcliffe Details and Contact

Shadow Activities Visionary Volunteer

A shadowing role that involves being visionary, imaginative and creative; in person centred planning, creation and the facilitation of individual and/or group activities.

Location: Radcliffe <u>Details and Contact</u>

Shadow Web Development Support Guru Volunteer

Provision of shadow web development backing, in compliment of Outreach IT and technical support. In helping and supporting the work of Outreach; its service users, employees, fellow volunteer team members; and/or stakeholders.

Location: Radcliffe Details and Contact

Trustee

Are you interested in supporting our work with adult mental health and learning difficulties? Can you provide strategic leadership? Do you possess strong communication skills? If so, we would like to hear from you.

Location: Radcliffe <u>Details and Contact</u>

Contact: Norman Shaw norman@outreach.co.uk

The Pheonix Centre

Administration Volunteer

Help to support the smooth running of our Centre as an

Administration Volunteer.

Location: Prestwich Details and Contact

Contact: Cindy Willcock

Before and After School Volunteers

Help to support the smooth running of our Centre as an Administration Volunteer.

Location: Prestwich <u>Details and Contact</u>

Contact: Cindy Willcock / Kerry Freeman-Partridge

Holiday Play Scheme Volunteers

Help to support our Holiday Play Scheme during school holidays

Location: Prestwich Details and Contact

Contact: Cindy Willcock / Kerry Freeman-Partridge

Trustees

Help to oversee the management and governance of the Pheonix Centre

Location: Prestwich Details and Contact

Contact: Cindy Willcock

Youth Club Volunteers

Help to support our Youth Club for young people aged 11 - 18 which we run on Thursday and Friday evenings

Location: Prestwich <u>Details and Contact</u>

Contact: Cindy Willcock



STRIVE

Domestic Incident Telephonist Volunteer

A volunteer telephonist will contact the homes of families who have previously been visited by the police, due to a standard domestic incident. We consider this role to be all about empowering people to make informed choices.

Location: Volunteer from home



Details and Contact

Domestic Incident Virtual Volunteer Visitor

A virtual volunteer visitor volunteer will contact clients through zoom offering a face to face support service with them. This will follow a visit by Police due to a standard domestic incident.

Location: Volunteer from home <u>Details and Contact</u>

Domestic Incident Volunteer Researcher

Domestic Incident Volunteer Researcher to conduct research on local community groups and services to support our sign posting book that directs people to people who can help them.

Location: Volunteer from home <u>Details and Contact</u>

Contact: Silvia Guitierrez silviagutierrez@talklistenchange.org.uk or on 07936 357965

Transport for Sick Children

Volunteer Driver



Want to do something worthwhile with your free time?

Do you have your own car and a little patience? You can make a difference to low income families in the Greater Manchester area by becoming a volunteer driver for Transport for

Sick Children. The role can be between 1 or 5 days a week depending on you and is hugely rewarding. All Covid 19 safeguarding requirements are in place and PPE provided

Location: Bury <u>Details and Contact</u>

Contact: Beverley or Laura

Your Support Matters CIC

Advisory Committee Member

We are looking for 6 individuals with knowledge & experience in the third sector. We are particularly keen to have individuals with experience in finance, marketing, training & governance within Health, Social Care or disability. We also welcome lived experience in Health & Social Care.



Location: Bury <u>Details and Contact</u>

Contact: William Case

Please Note: Some of the Volunteering Opportunities shown may not currently be available due to the current situation with Covid 19.

If you have a query about any vacancy and are unable to contact the organisation or are reading a hard copy of this Volunteer Bulletin and need information about any volunteering opportunity, please feel free to contact Bury VCFA on 0161 518 5550 or at volunteering@buryvcfa.org. We will do our best to help you.

In the meantime why not browse some of the roles listed above on our website and then register your interest by clicking on the 'Volunteer Login' on the Bury Volunteer Bank now at www.buryvcfa.org.uk/volunteering/ You can also register by clicking here

In focus...

Incredible Edible Prestwich & District

Incredible Edible have recently been awarded a 'Pride of Prestwich' award for their 'Commitment to locally grown food and desire to spread knowledge of horticulture throughout the Community.'

As an example of this we have reproduced a blog by Andrew levy, a volunteer, which follows one of their projects through Covid-19.

Hindsight in 2020 – a review of the year at the St Mary's Park Project

We started at the beds in March, tidied them up, got potatoes in and compost on, all going nicely. Then lockdown started although we tended the beds, but within the new rules. We still sourced plants, stimmed the edges and watered; who remembers all that hot weather?

In new developments, we produced information sheets about the crops we were growing including advice on using them. We also labelled the plants which went down well with visitors. We also have a new sign in front of the beds which reflects new information eg. the web site.

Strawberry plants had to be cleared from some squares to make room for other crops. We gave some away to passers-by, and invited people on social media to help themselves to plants we left on the grass. We were pleased they were all taken.



A good harvest

Crops grew well and we had some decent harvests and colourful flowers. For the first time, it seems that some people harvested potatoes as there weren't many left when we

checked. We also saw people come to the beds specially to collect the lovely looking oregano for cooking. We also planted a range of smaller plants later in the year to leave in over winter (dill, parsley, dragons tongue, etc and several squares of garlic).

There's always one!

There was one disappointing spot of vandalism and a problem with the sorrel which suddenly developed rust spots and had to be cut right back. It looked fresher when it grew again (and more appetising for the little boy who gorges on it every time he comes to the park) so we'll keep doing that in future.

Impact of Covid lockdown /restrictions

Looking back now the lockdown, and the drought, we're now used to working in a different way. Volunteers have been going alone, or jointly, and much more frequently than normal. This is something that the retired volunteers could keep doing in future, even though the fortnightly sessions would continue.

The importance of a quick chat

We're used to passers-by stopping to chat, show appreciation and ask questions but this really took on a new dimension in lockdown. It was quite easy to have friendly interactions with people whilst social distancing. Where else could you speak so easily to strangers? It must have provided some of those on their solitary walks with the only social contact in their day.

In a play park like St Mary's our beds provide a real point of interest for older people who aren't drawn to the swings or exercise equipment, as well as the families who like their kids

to see where food comes from. It also appeals to those curious to know what's growing and how to cook it. One big attraction is the variety of crops we grow, so there's always something new to see. There's also the fact that by the nature of things the beds are always changing as things grow, flower and fruit. It's very much alive! We'd like to thank all the volunteers who helped at St Mary's over the year and made sure the beds were still a focal point in the park.



If you are interested in learning more about Incredible Edible or getting involved please you can do this via their website by clicking the link here: <u>Incredible Edible – Prestwich & District</u> (iepad.co.uk)

(With acknowledgement to Andrew Levy and Incredible Edible Prestwich & District from whose website this article is reproduced).

Volunteer Trustees



Bury VCFA provides support with the recruitment of volunteer trustees. We hold taster events to provide an opportunity to help anyone thinking of becoming a trustee to find out what it entails. If you are interested in becoming a Trustee feel free to contact us about these sessions. There is also some background information below whilst details of current Trustee Opportunities can be found in the Bury Volunteer Bank section (page 12).

What is a charity trustee?

A trustee is a volunteer who serves on the governing body of a charity, responsible for the general running of the organisation. As the role is voluntary, it's not a paid position (although many charities will pay reasonable expenses incurred in carrying out the role). It's also not a full-time job. Most trustee boards meet monthly or even quarterly. That means you can pursue trustee positions at several charities and even do it alongside your regular full-time position if you work. Don't let the fact that it's unpaid deter you. It's such an amazing experience being able to shape the direction of a charity—just think about how rewarding it is when you actually see all your work yielding positive results.

Becoming a trustee is both a rewarding way to help your community and a way to learn fantastic new skills. It's an invigorating and dynamic role, which puts you at the very heart of a local charity and its work, liaising with a team of like-minded people.

What are a trustee's responsibilities?

First and foremost, trustees make the crucial decisions. They have oversite over the charity's activities, funds, and future—in other words, they're in charge of the charity's affairs. Some of these responsibilities can include:

- Helping the Chief Officer lead the organisation
- Contributing skills and expertise to an important cause
- Leading the strategic development of the organisation
- Making sure the charity is delivering on their goals
- Looking after the organisation's finances
- Taking care of the charity's assets

Because the trustee board is responsible for such a broad overview of the organisation, most boards look to bring in people with a range of different expertise and skills—from finance and marketing to legal and HR.

It's a great idea for trustees to do some strong research on the charity before they start. Many charities will offer relevant training to support their new trustees or allow them to sit in on a trustee meeting as an observer.

Creating a more diverse trustee board

Charities help some of Bury's most vulnerable people. As such, everything the charity does needs to be tactful and considerate of a range of backgrounds, cultures, and beliefs. That's why diversity is so important across the sector—it needs to be representative of the population it's helping. And that diversity starts at the board level.

There's no limitation to who can serve on a board. You don't have to have 20 years of experience and several degrees to be an effective leader. In fact, there's been a push in recent years for more young people, people with disabilities and members of minority or ethnic communities to join trustee boards. That's because a diverse board offers a broader mix of skills. It allows for fresher ideas and new perspectives and keeps charities from getting stuck in the past.

Think this sounds like the right role for you?

The good news? There are many trustee positions available in Bury waiting to be filled!

If you have been thinking of trustee work and would be interested discussing this, contact us at volunteering@buryvcfa.org.uk.

Details of current Trustee Opportunities can be found on the Bury Volunteer Bank at www.buryvcfa.org.uk/volunteering/.



Help the Bury Community during the COVID crisis

Bury VCFA is working with agencies across Bury support local communities.

If you are healthy and at low-risk and would like to support your Community, you can Volunteer for Bury by:

- Becoming a Community Hub Volunteer with Bury Council you can
 - support individual general duties such as shopping, collecting prescriptions and providing reassurance by telephone *
 - act as a driver using your own car to take vulnerable people to their Covid 19
 Vaccination appointment *
- Becoming a Volunteer Vaccination Centre Marshall with the Bury Local Care
 Organisation (LCO) you can help to ensure the smooth arrival: reception, assisting
 and directing members of the public in a courteous way to receive their Covid 19
 Vaccination **

In all cases a DBS checks will be required as part of your application

*Your details will be passed on to the local Hubs in Bury who are managing the requests for help and allocating volunteers.

**Your details will be passed on the Bury LCO who are managing the Bury Vaccination Centres and allocating volunteers.

Please note that as demand can vary, although very much appreciated, offers of help may not always be needed and you may not be called upon.

To sign up & for further information regarding volunteering support Click Here or contact volunteering@buryvcfa.org.uk .



Become a Covid19 Community Champion



Keeping Bury safe during COVID-19

COVID-19 and the various measures taken to manage the virus and protect us, continue to impact everyone in Bury.

It is now more important than ever to ensure that Bury residents stay up to date with the latest guidance and advice, which aims to keep us as safe as possible.

The COVID-19 Community Champion network is made up of volunteers from all areas of the borough and will help residents to stay up to date with how to protect themselves and others against the virus.

What will we do?

Bury Public Health will keep COVID-19 Community Champions informed of the latest advice and guidance, hold exclusive webinars and Q&As, and allow you to ask questions to the Public Health Team. This will help your family, friends and other community members to make sense of the latest facts and guidance about the virus.

What will we ask our COVID-19 Community Champion to do?

We want you to share this reliable and up to date COVID-19 information with anyone in your network- family, friends, and community.

By receiving trustworthy and clear information regularly, Bury residents will be able to make more informed choices, as we ensure the safety of the public and manage the pandemic.

Please note that being a COVID- 19 Community Champion is not an enforcement or regulatory role.

How to become a COVID-19 Community Champion

Volunteer Vaccination Centre Marshalls



Find out more about becoming a Vaccination Centre Volunteer here

Want to discuss Volunteering?

Contact Tony Foster the Volunteering Coordinator at Bury VCFA, if you are interested in volunteering or would like help in managing, recruiting and promoting volunteering in Bury at volunteering@buryvcfa.org.uk or use the contact details below:



0161 518 5550



volunteering@buryvcfa.org.uk



www.buryvcfa.org.uk



/Bury VCFA



@BuryVCFA

Help us to tell more people in Bury about Volunteering by sharing this bulletin with your friends and colleagues.

Thank You

Our mailing address is:

Bury VCFA, 3rd Floor, St John's House, 155 - 163 The Rock, Bury BL9 OND.

01/04/2021 1.1