Closing Date 1 September 2016

Volunteer Recruitment Fair

Thursday 6 October 2016
Cookstown Leisure Centre
11am-2pm

Booking forms available for organisations via
www.cookstownmagherafeltvc.org
Latest Volunteer Opportunities

If you’re interested in any of the vacancies please contact the relevant office for further information:

Barbara at the Magherafelt Office
barbara@cookstownmagherafeltvc.org or 028 7930 1862

Joanne at the Cookstown Office
joanne@cookstownmagherafeltvc.org or 028 8676 1122

Events and Promotion Volunteer -

Cookstown and Magherafelt Volunteer Centre is currently looking to recruit a volunteer to help over the next few months with promoting volunteering at information stands, presentations, marketing opportunities and helping with our annual Volunteer Recruitment Fair. The volunteer will work with our Recruitment and Placement Officer in Magherafelt.

An ideal opportunity for someone wanting to gain experience in marketing, promotion and event management in the community and voluntary sector.

Receptionist -

We need a volunteer to help cover InVOLve House reception. An ideal opportunity for someone who is friendly and has a positive attitude. The volunteer will meet and greet those visiting the building and also help with other office duties such as answering the phone and basic admin tasks as and when required.

Volunteer travel expenses available for both roles. Contact Barbara for further information on 028 7930 1862 or barbara@cookstownmagherafeltvc.org
Volunteer Leaders needed with St Colmcilles Guides, Magherafelt.

To provide a challenging Guiding programme within a safe environment to enable all girls and young women to develop their full potential. To prepare our Guides to be resourceful, responsible and to think for themselves. Emphasising the importance of family values and contribution to the community in which an individual lives.

Guiding invites you to fulfil many of the challenges that life has to offer through participation both as an individual as well as part of a community in the rich and varied programme of indoor and outdoor activities.

St Colmcilles meet every Thursday night in Magherafelt. No experience required – full training will be provided. Would be good to have a sense of humour, like working with children be ready to be part of a team and have fun. All of the leaders with CGI are volunteers this is reflective in their day to day activities. CGI would not be able to run without volunteers. (Term time only).

Volunteers need to be 18+

Nominate a group for The Queen's Award for Voluntary Service

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities. It was created in 2002 to celebrate the anniversary of The Queen's coronation. It is the MBE for volunteer groups.

Any group doing volunteer work that provides a social, economic or environmental service to the local community can be nominated for the award. Each group is assessed on the benefit it brings to the local community and its standing within that community. Take a look at the guidance notes for further conditions and information.

Submit your nomination by midnight on 16 September 2016 to make sure your nominated group is considered for the 2017 awards.

https://qavs.direct.gov.uk/
Cookstown Youth Football Club
Are You Inspired By Football?
CYFC Needs You!

CYFC recently celebrated their 25-year anniversary. The Club started with two teams and over the years has grown to now boast a Development Centre with over 200 kids both male and female of all abilities and have teams from under 10’s to 18’s with every group represented and competing in local leagues. Last year we added a Senior team that successfully finished top of their League and following our success we now also have a Senior Reserve team.

Would you like too:
- Support your local youth and football club
- Make a positive impact in your community
- Share your skills and learn new ones
- Experience a sense of pride in your accomplishment

Have an incredible amount of fun while doing all of the above?

Due to the increased growth and success of the club CYFC wish to recruit for the following post:

Coaches Required

CYFC will once more run a Coach Mentoring Programme. We are looking for enthusiastic, outgoing and flexible people who are able to work as part of our Development Centre team. All successful candidates will be trained in house and proceed onto the IFA Grassroots and Level 1 Courses. All training costs involved will be covered by the club.

Time Required: Assistance on a Friday from 6pm to 8pm is essential; as this is a voluntary role, any number of hours you can commit are appreciated.

PM our Facebook page or contact a CYFC Coach or member of the Team for more info.
Learn how to cook and eat healthily on a budget

A 6 week free course
Starts: Tues, 6th September
7pm -9:30pm

Lighthouse Fellowship
(above B&G Tools Supplies)
Rainey Street
Magherafelt, BT45 5JA

To book your place call: 07900055658
or
email: info@magherafelt.foodbank.org.uk

Registered Charity in Northern Ireland: NIC102799
No More Panic!

Deal Effectively with Panic Attacks: 1/2 day course

Learn how panic is triggered and how it is maintained.
Use CBT techniques to manage panic.
Take back control of your life.
Feel more confident in helping others deal with their panic.

With Cognitive Behavioural Therapist Marcun Doran

*The course will be welcoming and friendly and there will be no pressure to speak

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**Course Date and Time**

28 September 2016
10.00am — 12noon

**Course Locations**

InVOLve House
16-18 Queen Street
Magherafelt
BT45 6AB

Contact Barbara at Magherafelt Volunteer Centre on
028 7930 1862 or barbara@cookstownmagherafeltvc.org

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Or contact Marcun on 07825 086 734
Marcun.Doran@PeoplePlusNI.com

All training is free and open to anyone aged 16+ and not in full time education/training
Public transport and registered childcare costs will be refunded.

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[Logo for Northern Ireland Executive]
What is the Little Allotment Project?

The Little Allotment Project aims to assist any organisation or community group with training on how to ‘grow your own’ fruit and vegetables on a small scale using windowsill style planting. Ideally the food grown in your allotment would then be used by your group(s) participating in the Cook it! programme.

How to become a Little Allotment Facilitator

Anyone can attend the free half day training session on behalf of your organisation or group to become a Little Allotment Facilitator. The training consists of

- Free, half day, ‘grow your own’ practical workshop
- Free starter pack
- Skilled and enthusiastic trainers
- Support visits to help you set up your allotment within your organisation

Contact The Cook it! Team for further information
or to apply for Little Allotment Facilitator Training

Telephone: 028 256 35276
Email: cookit@northerntrust.hscni.net
AccessNI training for registered bodies
InVOLve House Magherafelt on 8 December @10am

This session is aimed at signatories and administrators who play a role in checking and submitting disclosure checks to AccessNI.

The sessions cover a range of topics, including:
- eligibility of disclosures
- the disclosure process
- code of practice
- ID checking
- filtering
- disputes
- future developments

The training sessions will last about two and a half hours and there’ll be opportunities throughout to ask questions.

For more information or to book a place at the training session, contact AccessNI on 028 9052 2927

FREE 2 day Mental Health First Aid training programme

Monday 19th & 26th September 2016
9.30am-4.30pm
Cookstown Leisure Centre
FREE as this course is funded by Public Health Agency
(Tea/coffee & scones each day on arrival. No lunch provided)

If you wish to register for this 2 day course please contact Catherine at AWARE on
E: catherine@aware-ni.org or T: 028 71260602
Aware Support Groups are for people affected by depression including relatives, carers and friends who want to know more about depression and how they can help someone recover.

An AWARE Support group will bring you together with other people experiencing similar problems so you can support each other and help one another to learn more about your own illness and the treatments available to share experiences and develop self-help strategies and coping skills that will help you manage depression.

The groups are very informal where individuals may talk about their experiences, share information and ask questions. No member is obliged to speak and short periods of silence are normal.

There is no charge for attending.

We have support groups near you in:

- Magherafelt - Adult Centre, at 7.00pm on Thursdays (fortnightly)

- Cookstown – The HUB BT80, at 6.45pm on Wednesdays (fortnightly)

No need to book just turn up.

Information on Aware’s support groups can also be found at [www.aware-ni.org](http://www.aware-ni.org)

If you want more information contact Caroline on 02871 260602 caroline@aware-ni.org
ICPs are seeking Voluntary Sector representatives to help transform health and social care services

The Mid Ulster Integrated Care Partnership (ICP) is seeking a Voluntary Sector representative to work in partnership with health and social care colleagues to improve care services for local people.

The Health and Social Care Board has established 17 Integrated Care Partnerships (ICPs) across Northern Ireland, to bring together a range of health and social care service providers, including from the Community and Voluntary sector, to improve care pathways in a collaborative and integrated way.

Care pathways currently being improved include stroke, respiratory conditions, frail older people, and diabetes. Further work around mental health and chronic pain is planned.

Voluntary and Community sector members of the Partnerships have a role to identify strategic opportunities for joined-up working between statutory health and social care services and Voluntary and Community sector services. They also are required to bring expertise on the identified clinical condition areas from the wider Community and Voluntary sectors to ICPs.

Other partners involved are GPs, Pharmacists, Social Workers, Allied Health Professionals, local Councils, the Ambulance Service, service users and carers. This presents a unique opportunity to influence the design and delivery of local health and social care services and to improve quality of life for people living with long term conditions.

If you are a representative of a voluntary organisation which delivers or coordinates activities related to health or social care outcomes in the Mid Ulster area we want to hear from you.

For more information contact Claire Lavery, ICP Third Sector Coordinator at Claire.lavery@hscni.net, Tel: 028 9536 3018 / 2008, mobile: 07827 324494, or check out http://www.hscboard.hscni.net/icps/
New advice booklet available for families bereaved by suicide

A new family booklet called ‘Hope and Light in the Darkness’ a collection of stories, poetry and advice for anyone bereaved by suicide has been produced by the Northern Trust’s Bereaved by Suicide Service. This Service provides one to one support and group support to anyone bereaved by suicide aged over 18, living within the Northern Trust area and is continually led by the clients who avail of the support.

Danielle Gallagher, Service Support Officer said;
“This booklet is the second produced by the Northern Trust to give further support to all families regionally and nationally bereaved by suicide. Our first booklet ‘Mystic Poems’ helped a lot of people within the Northern Trust localities and in other areas. It is our vision that this resource will provide more in-depth stories to help other people to heal through their grief and to find comfort in the words of other families. This resource provides information on how to cope during difficult occasions, from day to day living to birthdays etc.”

The booklet was launched at a recent workshop called ‘Life after Suicide’ which aimed to explore how to cope with the death of a loved one by suicide and how to support each other in the days and months that lie ahead.

One client Angela, who has shared her story in the booklet commented:
“My reason for getting involved was not planned, I wrote poetry as a release of my pain and sorrow. I never thought they would see light of day. I was encouraged to share my poetry and story and they are now published in the booklet to help each one that reads them.”

If you would like to get a copy of this booklet or to find out more about the Bereaved by Suicide Service telephone 028 9441 3544,
email david.olphert@northerntrust.hscni.net or danielle.gallagher@northerntrust.hscni.net
or visit the Northern Trust website www.northerntrust.hscni.net.
Meet the Team

Michele
Barbara
Joanne
Mairead

Volunteer Centre News

Both Volunteer Offices will be closed
29 August 2016

Cookstown Volunteer Centre
2b Coagh Crescent
Cookstown
BT80 8NH
028 8676 1122

Magherafelt Volunteer Centre
20 Queen Street
Magherafelt
BT45 6AB
028 7930 1862

info@cookstownmagherafeltvc.org
www.cookstownmagherafeltvc.org