Volunteer
Linking those who need help in the community with those who want to help

July/August 2016

Volunteer focus

Now open for bookings!

Volunteer Recruitment Fair

Thursday 6 October 2016
Cookstown Leisure Centre
11am-12noon

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

Volunteers are needed to support staff at The Base Magherafelt in promoting independent living skills for adults with a learning disability within a fun and relaxed environment.

- Support The Base Co-ordinator with the activities held in The Base and the local community eg the leisure centre, library.
- Communicate with clients
- Support staff during activities
- Support and accompany clients on short outings as directed by Base Co-ordinator
- Available for 1-2 hours over the period of a week (Monday to Friday)

Befrienders needed for Praxis Care - Young People Leaving Care Project.

This is a befriending service specifically targeted at young people leaving the care system, who may have associated emotional/mental health support needs.

After an initial interview and training volunteers are matched with a young person. The focus is very much on social activities as this builds up confidence and raises self esteem. It also means the time spent with the young person, whilst being supportive, is fun and enjoyed by both.

If interested contact Janet directly on 028 9446 0695
or
janetsimm@praxiscare.org.uk
Concern Debates 2016 – 17: Volunteer Adjudicators

Concern Debates 2016 -17 give GCSE and A Level pupils the skills to formulate an argument, deliver a speech, stand up for their point of view and challenge their opponents’ opinions. Concern is looking for volunteers to join our panel of adjudicators to hear the insightful views of today’s youth on global issues.

All we need are good listeners who can see arguments from both points of view. We will be running a brief training session which is just 45 minutes and helps the volunteers to understand the marking scheme for the debates. Each debate runs for just over an hour and takes place in the schools themselves in the evening after work. The debates will take place between October 2016 and May 2017.

By volunteering as an adjudicator you will also be helping students to enhance their transferable skills in research, analytical thought and public speaking.

If you would like to volunteer as an adjudicator then please email: debatesni@concern.net or call: 028 9026 8029 before Friday 2nd September 2016

Have you been affected by bowel cancer in some way? Would you like to become an volunteer and help raise awareness of bowel cancer in your local community?

Our awareness volunteers deliver talks across Northern Ireland to bring the facts about bowel cancer to people’s attention and help them understand the symptoms, risk factors and the bowel screening programme. Becoming a volunteer is easy, we offer a full day’s training with plenty of time to practice the presentation, and we will support you every step of the way. All we ask is that you commit to delivering one event per month and you must be willing to speak in public.

For further information please contact Bernie McGarry on 077985 23668 or Bernadette.mcgarry@bowelcanceruk.org.uk
DO YOU HAVE SOME SPARE TIME EVERY WEEK AND FEEL YOU WANT TO GIVE BACK TO THE COMMUNITY??

4C’S – Cookstown Community Cancer Charity are looking for volunteers for the following positions;

Fundraiser – 4C’S fundraisers make an important contribution to the holistic treatments available for cancer patients and their carers. Volunteers can also assist in organizing events.

Meet and greet volunteers – an essential service provided by our volunteers to those availing of the service. If you enjoy meeting people, are a good communication, have the time to speak to those needing an ear and are over 21 years old, we would love your time and support.

Mentors – We also offer a service to those in rural areas who require support. This position requires a driver’s license, car and a good sense of humor.

If you feel any of these positions would suit, please their contact Ann Attwood on 02886766111 to arrange a meeting or send an email to communitycharity@outlook.com with your details and a brief description.
Upcoming Training

Cookstown and Magherafelt Volunteer Centre are teaming up with #BEEproject PeopleplusNI to deliver various FREE training

**Flower Arranging course —**
*Wednesday 24 August 10am - 12noon*
*InVOLve House, Magherafelt*

Flower corsages on a budget..... Does someone in your family have a wedding or formal coming up?! If so, why not make your own corsage?

**No more Panic**
*Wednesday 28 September 10am - 12noon*
*InVOLve House, Magherafelt*

**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*

**Booking Essential**

Please contact Barbara at Magherafelt Volunteer Centre
028 7930 1862 or barbara@cookstownmagherafeltvvc.org
Mid Ulster District Council is inviting applications for grant funding:

**Strategic Sports Development Grant**
**Sports Capital Grant**
**Sports Development (Small Grant)**
All the above grants are open to fully constituted, not for profit, sporting groups, recognised by Sport NI and or other regional sporting bodies.

**Strategic Arts & Culture Programme**
This programme is open to constituted arts and culture, not for profit, groups who have and manage their own performance space & annual programme.

All awards are subject to available budgets

Applicants MUST speak with the designated grant officer prior to making an application

Closing date for completed applications is 12.00 noon on Monday 15th August 2016

For an application pack and guidance notes please contact:
Mid Ulster Council Reception
Louise Devlin or Richard Dean 028 8676 4714
Email: louise.devlin@midulstercouncil.org
   richard.dean@midulstercouncil.org
SCHOOL OF THE MUSICAL ARTS
Carntogher Summer Music School

Dates: 22 - 26 Lúnasa / August

Tutors: Liam Bradley & Niamh Dunne - Beoga

- Éispéireas cheardlaine - Unique workshop experience
- Do cheoltóirí cumasacha - For competent musicians
- Déis taispeantaí - Performance opportunity

Seachtain de dhiancheardlaine, bunú Foireann Cheoil Charn Tóchair agus deis thacaíochta do Frankie Gavin & De Dannan mar bhuaic ag an ceoltóirm s'acu Dé hAoine 26 Lúnasa

A week long intensive workshop, culminating in the formation of Carntogher Trad Orchestra and a performance as support to Frankie Gavin and De Dannan on Friday 26th August

Ní mór d’áit a chur in áirithe! / Booking essential!

ancarn.yapsody.com
Eolais / Infomation T: 028 7954 9978
An Carn & An Coire, 132A & 132B Bóthar Thir Chiana, Machaire Rátha, Co. Dhoire, BT46 5NH
InVOLve House, Queen Street, 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
Maghera Chapter & Verse

By

George Shiels MBE

ON SALE

@ Magherafelt Volunteer Centre

£7

Proceeds in aid of Alzheimer’s Society

GEORGE SHIELS IS A WELL-KNOWN STORYTELLER AND WRITER, BORN AND RAISED ONE MILE FROM MAGHERA IN THE TOWNLAND OF THE CREW. MAGHERA CHAPTER & VERSE IS A COLLECTION OF HIS POETRY AND PROSE DESCRIBING THE PEOPLE AND PLACES HE LOVES SO WELL.
Workplace Health

This is a FREE comprehensive health and wellbeing service available to businesses within the Antrim, North Coast & Mid-Ulster area from 1st June 2016

What free services are available?

☑ Support, Advice and Mentoring - a quick meeting or telephone chat initially
☑ Health and Wellbeing Survey - find out how healthy is your workforce and staff
☑ Health Profile Plan and Report - produce a report and a plan based on the results of the health survey
☑ Health and Wellbeing Talks/Services - our specialist team will deliver health awareness sessions for all of your staff to tackle specific health concerns
☑ Training - specialist training for nominated members of staff to be health ambassadors/experts
☑ Measuring the Value of Health at Work - we will support you in assessing the value and in producing a report
☑ Awards and PR - achieve a Health and Wellbeing Award and associated internal and external PR

What you will get from the service?

☑ Prevention of illness and reduced days due to sick-leave
☑ Reduced number of accidents and productivity losses
☑ Reduced costs associated with both of the above
☑ Positive moral and safe working environment
☑ Improved health for the wider community

How do I get Involved?

Get in touch – healthpromotion@nichs.org.uk
028 90 320 184
FUNDING ANNOUNCEMENT –
SMALL GRANTS SCHEME 2016-17 *** Second Call****

MENTAL & EMOTIONAL WELL-BEING AND SUICIDE PREVENTION

The Public Health Agency (PHA) has identified non-recurring funding to address the themes of Suicide Prevention, Self-Harm, Mental Health & Emotional Well-Being and have commissioned Cookstown & Western Shores Area Network to facilitate this process.

As such the Cookstown & Western Shores Area Network is inviting community and voluntary sector organisations to apply for non-recurring awards to address the outlined themes.

Grants are available at the level of £1,000 per project. Applications may be considered for more strategic projects over £1,000 limit dependent on evidence of need and availability of resources.

For further details please contact:
Denise Doherty
Suicide Prevention Development Officer
Cookstown & Western Shores Area Network
Unit 2 80/82 Rainey Street
Magherafelt
BT45 5AJ
028 79 634865 or denise@cwsan.org

Closing Date for Applications: Monday 22nd August 2016 at 12noon
16-25 and Unemployed?
Do you need money for course fees or equipment?

We can help.
With The Prince's Trust Northern Ireland, receive grants of up to £500 to help secure your future in education, training or work!

With The Prince’s Trust Development Awards, you can gain:

- Course Fees, Course Kits, Workwear, Tools and so much more!
- Support with your application and planning your next steps.

For more info, contact us at:

outreachNI@princes-trust.org.uk  
Free Phone 0800 842 842 or  
Text ‘CALL ME’ to 07983385418

Prince's Trust Northern Ireland  
www.facebook.com/prinestrustNI  
@PrincesTrustNI

What are you waiting for?

European Union European Social Fund Northern Ireland

Department for the Economy www.economy-ni.gov.uk

Prince's Trust Northern Ireland
SUMMER ACTIVITIES

BIG BUTTERFLY COUNT & PICNIC
FRIDAY 5TH AUGUST, 2.30PM
Family friendly event
(15 minute butterfly count, bring your own picnic)
with Mark Edgar, Mid Ulster Council and
David Morrow, RSPB volunteer
at the Plantin’ Park, Draperstown

HIKING IN THE HILLS
Guided walks, exploring the scenic Sperrins

Eagles Rock Forest Trail
Friday 12th August
10.30am (approx. 2 hours)

Hudy’s Way Hill Walk
Saturday 20th August
10.30am (10km, Easy to Moderate grade)

GO BATTY IN THE SPERRINS
FRIDAY 26TH AUGUST, 7.30PM
Bat walk & talk
with Karen Healy, NI Bat Group
at 50 High Street, Draperstown

www.sperrinsgateway.com
**Programme Overview**

### 11 - 13 Years

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<tr>
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<th>Harm Reductions</th>
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<td>Session 8: Depressants</td>
<td>Session 8: Solvents</td>
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<td>Session 9: Hallucinogens</td>
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<tr>
<td>Session 10: Opiates</td>
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<td>Session 11: Stimulants</td>
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**Preventing Drug & Alcohol related harm**

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**FOR FURTHER DETAILS CONTACT:**

**Ascert**
(Cookstown, Magherafelt, Coleraine, Antrim & Newtownabbey)

Western Trust area
Telephone: 028 9260 4422

**START360**
(Moyle, Ballymoney, Ballymena, Larne & Carrickfergus)

Southern Trust area
Telephone: 028 9043 5810

**YMCA Lisburn**

Belfast Trust
South Eastern Trust area
Telephone: 028 9267 0918
Meet the Team

Michele  Barbara  Joanne  Mairead

Volunteer Centre News

Both Volunteer Offices will be closed
29 July 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