



# Volunteer Centre North Lanarkshire

Supporting volunteers and volunteer-involving organisations in North Lanarkshire

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## Why Not Give Time to Volunteering in 2010? A New Decade...A New You – Make Volunteering a Part of Your Life

So another year has come round, and your good intentions to give up a bad habit or turn over a new leaf are already dwindling away. Well, perhaps there's one New Year's resolution that you haven't quite considered yet – giving time to volunteering.

Volunteering is often described as the art of giving your time and efforts for little or no reward. The reality of volunteering is, however, far from it; the personal and developmental benefits and opportunities that can be gained through volunteering cannot be emphasised enough.

The Volunteer Centre is the local agency dedicated to supporting individuals interested in giving some time to helping out in their community, and there's a number of reasons why volunteering could be the most positive change you make in 2010.

Unemployment figures both locally and nationally are at their highest for many years, with over two million people in the UK claiming unemployment benefit. For those people seeking employment, volunteering is an ideal way to use spare time well, and to keep active and well-skilled during a difficult period. Statistics show that volunteering can prove a very positive stepping stone for people looking to get back into employment.

So, just what is on offer for people who want to volunteer? The answer is several things – if you're just at the stage of thinking about volunteering, 2010 is an ideal year to get involved with a number of exciting projects and opportunities being led by the Volunteer Centre.

One excellent option for people interested in



▲ *Becoming a volunteer in 2010 could have a positive impact on your life for many reasons*

volunteering this year is becoming a 'Timebank' volunteer. Time banking is a relatively new concept, which involves volunteers giving time to supporting an individual in the community in an informal capacity. For example, this might involve giving time to befriend an elderly person, supporting a disabled couple with their shopping, or helping someone new to the area settle into the community. Timebanking can be anything with a helping theme – and the Volunteer Centre will help match you to a Timebank opportunity that is suitable.

There are also hundreds of volunteer-involving organisations across North Lanarkshire that would be delighted of your help in 2009. So, if you have an interest in a particular area of work (for example childcare, education, arts, etc), then the Volunteer Centre can endeavour to match you to a local placement that suits your skills, availability and interests.

If you're inspired to give volunteering a try in 2010, please contact the Volunteer Centre on 01698 358866, or e-mail [dutyofficer@nlvda.org](mailto:dutyofficer@nlvda.org).

## New Free Training for Unemployed Volunteers

The Volunteer Centre is providing new free of charge deliveries of four popular employability training programmes in early 2010.

These programmes, designed for unemployed adults of working age, provide the chance to develop new skills, increase confidence and support people into work or further education. The four programmes being rolled out by the Volunteer Centre as part of the Community Planning Partnership are listed below:

### SPORTING CHANCE

Sporting Chance gives young people an opportunity to develop skills in sports leadership by working towards the accredited Community Sports Leaders Award. The course also includes the chance to develop skills in first aid, child protection, and offers the opportunity to undertake a volunteering placement in a sport of their choice. This course is a must for those considering a future in sport and wishing to develop sports coaching skills.

### VOCATIONAL VOLUNTEERING VENTURE

Vocational Volunteering Venture is a unique course that provides participants with a variety of tasters in a range of practical and vocational skills. Participants are provided with a relevant volunteering placement to improve skills, and one-to-one support to support into further education or work.

### IT VOL

IT Vol provides individuals of all ages the chance to develop skills and confidence in using computers from a beginners level upwards. The course involves participants working towards the accredited qualification PC Passport, and allows individuals to learn skills in a variety of different areas including word processing, spreadsheets, databases, presentations and more.

### ACTIVE CITIZENS WORK ACCESS

Active citizenship is a hot topic in today's society, and the ACWA programme brings this subject to the fore by allowing local citizens to learn about and discuss politics, democracy, social exclusion, and rights and responsibilities at a local, national and European level. Participants will have the opportunity to visit the Scottish Parliament and meet with some elected members.

*If you would be interested in participating in one of the above courses, or finding out more, please contact the Volunteer Centre on 01698 358866 or e-mail [dutyofficer@nlvda.org](mailto:dutyofficer@nlvda.org).*



▲ VC Annual Review 2009-10

## +++ Volunteer Centre Round-Up +++

**As of January 2010**, the Volunteer Centre has a new manager, Kenny Moffat. Kenny takes over from Mary McNeil, who has retired after managing the organisation for 12 years. A huge thank you goes to Mary for her dedication to the organisation over such a long period and we wish her all the best for the future.

**The Volunteer Centre** hosted its AGM in December and released its Annual Review 2009-10. Copies of the Annual Review can be gained from the Volunteer Centre or by visiting [www.volunteernorthlanarkshire.org.uk/AnnualReport0910.pdf](http://www.volunteernorthlanarkshire.org.uk/AnnualReport0910.pdf).

**The NL Connections project**, which the VC promotes Time Bank volunteering with in partnership with NLC Social Work Department, LEAF and Bazoooka Arts (funded by the Big Lottery Fund), has been placed on a shortlist to receive a national COSLA Award of Excellence. The winner will be announced in February 2010.