

Find your **One Good Reason** to...



Volunteering for people over 50

December 2011
Fermanagh

Campaign is launched in Fermanagh

Welcome to the first issue of a series of newsletters that will provide information on events, training courses and opportunities for people over 50 around volunteering.

September 30th saw the launch of the **One Good Reason Campaign** in Fermanagh. It was marked with an Action Day which began at Enniskillen Town Hall.

The event was a great success and we aim to organise more one-off **Turn Up and Try** days throughout the year. Keep an eye on our website, www.volunteernow.co.uk and

local press for upcoming events. Volunteering is good for your health and doing something worthwhile can only lead to a healthier and happier you. You can take part in events with your friends or on your own. It's also a great way to meet new people.

The **Unlocking Potential Project** aims to increase the involvement of those over 50, over 60 and beyond in volunteering. Volunteering is a fantastic way for older adults to

boost their quality of life and the **Unlocking Potential Project** aims to help everyone find their **One Good Reason** to volunteer.



The European Year of Volunteering 2011



If you would like to find out more about volunteering opportunities available, both one off and more long term, and the wide variety of things it can offer you then find out more at: www.volunteernow.co.uk or call 02890 232 020.



Your Local Unlocking Potential Contact

If you are a member of a group and would like someone to come and speak to you about volunteering get in touch.



Charlene Bingham
Bridging Generations Intern
Tel: 07783662816
Email: Charlene.Bingham@volunteernow.co.uk



The Unlocking Potential Project is funded by The Atlantic Philanthropies. It is delivered by Volunteer Now with support from the North West Volunteer Centre.

Research

Emerging Findings from Study Investigating the Relationship between Formal Volunteering, Health and Older Age

The **Unlocking Potential Project** in partnership with the University of Ulster is carrying out a 2 year longitudinal study with a cohort of 344 people aged 50 years old and over. The project is interested in investigating the relationship between formal volunteering and health and wellbeing.

The overall rationale for the research is the fact that there is a gap for a unique perspective on the impact of volunteering which focuses on a specific cultural context, an older age group (50+ year olds) and the use of a longitudinal design.

The methodology of the research involves asking participants to complete a series of questions at 4 time points over an 18 month period. The type of questions asked include self reported scales on physical and mental health, social supports, quality of life and attitudes to ageing.

The first interim report of the first 6 months of data collection is now available. Although it would be premature to make any firm conclusions at this early stage, there are a number of findings emerging which include:-

- **People with significant health problems are volunteering** and are continuing to volunteer after being diagnosed with new conditions. The most commonly reported medical conditions at baseline were hypertension (33%), Arthritis/Rheumatism (29%) and heart problems (11.7%) with smaller numbers reporting serious medical conditions such as diabetes, stroke, cancer and chronic lung disease.
- There were also **positive health changes and increases in physical activity levels** for participants that data was available for at baseline and 6 months (n=288).
- The **majority of older volunteers** in the sample (91%) **expressed satisfaction with their volunteering experiences** in the six months since baseline.

The second interim report will be published in April 2012 and will include baseline, 6 months and 12 months data collection points. The final report will be published in early 2013 and will conclude with a conference/seminar.



Action Day– 30th September 2011



The One Good Reason Action Day took place on the 30th of September. It offered new and existing volunteers the chance to turn

up and try a voluntary activity of their choice that morning .

The Action Day started from the Enniskillen Town Hall and we were delighted to see a good turnout. This event gave people the opportunity to meet with a variety of organisations who are currently recruiting volunteers and want to increase the number of older people who are involved. Participants were given the opportunity to meet current

volunteers and have a chat over breakfast, kindly provided on the day by Fermanagh District Council.

Participating organisations included: Shopmobility, Cancer Research, Rural Lift, Fermanagh Voluntary Association of the Disabled, Share Centre, National Trust and the Share Centre. To find out more about upcoming events and taster sessions you can check the older persons's pages on our website.



Case Study– Fermanagh Voluntary Association of the Disabled

Fermanagh Voluntary Association of the Disabled

was established in 1964. The ethos of the organisation has never changed

and its mission statement is 'To promote the welfare of persons whose lives are affected by disability'.



At the centre there is a 'community garden', an organic garden and 3 poly-tunnels, 2 of which have just be erected, thanks to funding from The Big Lottery. These provide worthwhile employment opportunities and experience for disabled people and volunteers who help cultivate and maintain them and, in turn, sell the produce to the public. In Mill Street, there is also a 'Charity Shop' run by disabled members. All these projects generate income for the running costs of the organisation.

There are so many ways to get involved as



a volunteer with FVAD. **Peter Pendlebury**, who previously worked in the catering industry, tells us why he enjoys volunteering,

"I volunteer in the charity shop which is a varied and interesting role. I enjoy meeting new people and doing something worthwhile with my day. I serve volunteering wholeheartedly with a sincere commitment. I would thoroughly recommend volunteering with FVAD, as it is a wonderful organisation which carries out valuable work to support disabled and elderly people in the local area."

If you are interested in getting involved in the various

volunteering opportunities available such as gardening, computer tutor, admin assistant, fundraiser or charity shop



assistant please contact **Anne Mohan** on **028 6632 5522**.

If you volunteer and want to tell everyone how fantastic it is, or pass on useful advice to people thinking about volunteering, please get in contact with us. You can **call us on 02890 232 020** and ask to speak to your local branch or email charlene.bingham@olunteernow.co.uk Alternatively, call into your local Volunteer Now office at **Fermanagh House**, Broadmeadow Place, Enniskillen.

Pass Your Parcel

This festive season Volunteer Now is calling on organisations, schools, or groups of family/friends to collect their unwanted Christmas gifts, clothing or bric-a-brac to donate to a charity shop in their area after Christmas.

Charity shops across Northern Ireland are in great need of good quality stock for their shops. This is a quick and easy way to 'give something back' during this season of goodwill. To find out how to get involved, go to our website www.volunteernow.co.uk, click on Christmas Connections in the 'Latest News' section and follow the directions from there.



Hot Opportunities

NSPCC- Childline Schools Programme Volunteer

The NSPCC runs an awareness raising programme within primary schools for children aged 7-11 years old. Volunteers are currently being recruited within the Western Trust Area to deliver talks and workshops in local primary schools; volunteers could be asked to visit up to seven schools per year. If you enjoy communicating and are passionate about protecting and supporting children, this could be the role for you. Full training and support is provided as well as the opportunity to volunteer alongside other volunteers.



Taking the Reins

Is a pioneering project introducing equine facilitated learning to a wide range of disabled and disadvantaged young people. This opportunity is based at Ballinmallard on a Thursday and as a volunteer you will be involved in working with a young person and a horse encouraging them to form a relationship.



Western Health and Social Care Trust

Volunteers provide a valuable resource in enhancing total patient care. Give practical help and support to patients and visitors and complement the work of paid staff. Have you free time to meet people, share and learn new skills and help others? Roles include- meeting and greeting, escorts, ward help, befrienders and arts and crafts. Support and Training is provided.



SHOPMOBILITY-Office

Cover

This will involve supporting the coordinator at the Shopmobility office in tasks such as the day-to-day maintenance of the mobility equipment, or helping in a "meet and greet capacity" or carrying out some light administration tasks. You will benefit from gaining experience of working in an office situation along with the chance to socialise with members of the public and other volunteers.



Devenish Partnership Forum

Homework and Activity Club has the opportunity for volunteers to assist in their after-school's activities. No experience is necessary, you do need to have plenty of enthusiasm and enjoy assisting children and young people. Various training opportunities are provided.

I want to volunteer! What do I do now?



Registered Office: Volunteer Now, 129 Ormeau Road, Belfast, BT7 1SH T: 028 90232020, E:info@volunteernow.co.uk W:www.volunteernow.co.uk A Charity (Inland Revenue) No. XT22896. Company Limited by Guarantee No. NI602399.

To find out more about these opportunities, or to discover what other opportunities are available in your area, visit the website www.volunteernow.co.uk or telephone **07783662816**. You can also call into the Volunteer Now office in Fermanagh House, Enniskillen where a trained member of staff will be more than happy to provide you with all the information you need to find your **One Good Reason** to volunteer!

