

Find your **One Good Reason** to.



The European Year of Volunteering 2011



Volunteering for people over 50

Issue 5(2011)

One Good Reason for Action!

With the festive season looming on the horizon, it seems like a life-time ago that our "One Good Reason" Action Day took place at the end of September.

Over 30 local people took up the call to action and participated in an array of volunteering activities throughout the city despite the dismal elements!

With a hearty breakfast and launch from the Mayor, Maurice Devenney, participating volunteers were sent on their way to partner organisations including The See House, Foyle Hospice, Playtrail, Guide Dogs for the Blind, Caw Nelson Drive Action Group and the Ulster Cancer Foundation.



The host organisations provided participating volunteers with the opportunity to 'dip their toe' into volunteering for the morning of the Action Day, and gave them an idea about the organisation whilst offering the chance to try out some of the roles that are currently on offer.

For some the day was about exploring local opportunities; getting into something meaningful that would provide them with another outlet. Whatever the reason, it was clear that fun was had and new acquaintances made!

If you missed out on this opportunity, do not fear! As part of our Christmas Campaign we have organised more festive volunteering taster sessions, where again you can avail of the opportunity to immerse yourself in festive cheer whilst "trying out" volunteering!

We are offering you the opportunity to do something Christmassy as well as something worthwhile in the lead up to Christmas.

The Salvation Army is opening its doors to volunteers on **Thursday 15th/Friday 16th December** to help with their Hamper Appeal. Hampers need to be organised, decorated and filled and there will be opportunities between **10am—3pm** on those days.

Alternatively you are welcome to attend a similar Hamper pack at the **Gasyard** as part of the Operation Snowball on **Monday 19th December from 11am—1pm**.



Places are limited so register your interest as soon as possible. If these dates don't suit, a range of festive/Christmas opportunities are available. To find out more


about our Christmas connections, check out our website, www.volunteernow.co.uk or contact the North West Volunteer Centre for more information!

If you are a member of a group and would like someone to come and speak to you about volunteering get in touch. If you are a volunteer co-ordinator and would like us to show-case your older volunteers, please let us know. We are always keen to feature local volunteers.


Your Local Unlocking Potential Contact




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



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 small 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.

Swedish Relay Reporter Oskar helps us mark European Year of the Volunteer



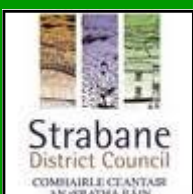
Twenty-two year old Oskar Gustavsson from Sweden was one of 27 relay reporters charged with telling the extraordinary stories of volunteers around Europe during the European Year of Volunteering 2011. The Relay Team will each produce a series of video and audio clips and articles which will be broadcast and published in the media and on the European EYV Website.

Volunteer Now had the pleasure of hosting Oskar in August when he participated in a packed itinerary of filming volunteering projects across the Province. Oskar's first introduction to Volunteering in the North-West was under the auspices of the Strabane Community Projects. Projects manager, Danny O'Hagan warmly welcomed Oskar and spoke very openly about the huge importance of volunteering within the project which is housed in St Patrick's Hall in Strabane, a well know landmark. Oskar then got the chance to meet with the volunteers and film the "Good Morning" calls; he got an insight into the huge sense of community that the "Good Morning" project brings to service –users in Strabane, Omagh and even some in Scotland!

On a visit to the City of Culture Offices, Oskar was made aware of the huge role that volunteers will play in the preparation duration and legacy of the City Of Culture. Oskar got the opportunity to walk over and view the recently unveiled Peace Bridge and the trip concluded with Oskar's exploration of the historic Walls of Derry tour.



Strabane Celebrates EYV with Older Volunteer Awards



As part of Strabane District Council's ongoing commitment towards valuing and recognising Volunteering, the Council is hosting a Volunteer Awards ceremony for people aged 60+ from the district. Nominations are sought from local Volunteer Involving Organisations and the winner will be announced on Friday 16th December at an event in the Council offices. Good luck to and well done to all those nominated in this the European Year of the Volunteer! Find out who the winner is in the next edition!

Meet Mary Robinson—Marie Curie Volunteer

Married mum of three and grandmother of one, retired Marie Curie Nurse, Mary Robinson met with me in Strabane to tell me all about her new vocation as a Marie Curie volunteer.

“I qualified as a nurse in 1975 and worked in Altnagelvin up until 1996, and in 1999 I became a Marie Curie Nurse up until last year.

Having found my niche as a Marie Curie nurse and gaining an insight into the huge voluntary effort that goes into sustaining and the provision of Marie Curie nurses, becoming a volunteer felt like a natural progression. I also had a close association with the Marie Curie Volunteers in Strabane and wanted to maintain this.

I am part of the Marie Curie voluntary group in Strabane. We meet monthly to plan fundraising events in order support the work of the Marie Curie nurses in the area. From time to time we act as ambassadors to help raise the profile of the organisation.

I enjoy it because I understand the support and relief to families that the Marie Curie Nurses provide. This service is so important, so I know that the work which the local volunteers do is vital. Whilst I am no longer a nurse, I can still help to contribute to this important service. Why not attend a local Marie Curie group meeting? This will give you an insight into what the Marie Curie Nurses do. It's so worthwhile and of great benefit.” Mary feels so passionately about her role as knows the importance of the unique service and dignity that Marie Curie Cancer Care affords patients and their families, especially when it comes to what they're best at, nursing people in their own homes.

Commenting on Mary's contribution, volunteer manager and regional fundraiser, Sheena Havlin goes on to say, “Mary is a passionate volunteer and true ambassador for Marie Curie Cancer Care. As a retired nurse she can speak from experience, and from the heart, of how the work of Marie Curie Nurse benefits families at their time of greatest need. Mary gets involved in all aspects of volunteering - from giving talks, to collecting at flag days. She is a shining example of volunteering at its best and a delight to know and work with.”

As part of Marie Curie's Cancer Care volunteer recruitment drive in Derry City this autumn, Sheena and ***The City Friends of Marie Curie Cancer Care*** will host an open-day at **Altnagelvin Hospital on Wednesday 7th December**. Alternatively, the organisation is keen to recruit volunteers for its **Sainsbury's Collection on Wednesday 21st December from 10am –6pm**. It would be appreciated if volunteers could spare two hours to collect for this worthwhile cause.



Marie Curie
Cancer Care



Devoted to Life



Hot Opportunities



NORTHERN IRELAND FOREST SCHOOLS ASSOCIATION

The learning initiative, delivered by Northern Ireland Forest Schools Association will be starting a project in the Faughan Valley area next year Jan 2012 and will be looking for volunteer(s)



DE PAUL IRELAND— FOYLE HAVEN

The Day Centre on John Street is keen to recruit volunteers to assist with kitchen & catering duties to support the client base who use the centre on a daily basis, opportunities also exist for volunteers in a befriending/ listening ear capacity and within their allotment

OPERATION SNOWBALL— THE GASYARD

As part of the Gasyard's annual Operation Snowball, where the community put in place help for the most vulnerable in the face of a harsh winter or hard times throughout the Christmas period, the Gasyard is looking for a volunteer receptionist to take calls from those in need during the period of the operation. You'll be the first point of contact for those in need as well as being part of a wider team.

Operation Snowball is also hosting a Christmas Taster Session for anyone who'd like to volunteer at their Christmas Hamper Pack on **Monday 19th December from 11am—1pm in the Gasyard. To take part, contact the NWVC**



NIAMH—BEACON HOUSE

The City Centre based organisation is keen to recruit volunteers to support and facilitate social evenings at their Clarendon Street base. If you are a keen gardener or interested in growing vegetables, the NIAMH allotment project may be something that interests you.



CREGGAN COUNTRY PARK



As part of Creggan Country park's ongoing voluntary opportunities, the park is keen to involve volunteers in its Winter wildlife activities

including maintenance of willow domes, construction and installation of bat & bird boxes to name but a few.

CHRISTMAS STREET COLLECTIONS/ BAG PACKS

Could you spare a couple of hours for the following organisations?



NIAMH (Beacon House)

Thursday 1st December—Derry City Centre (Street Collection)

TRÓCAIRE—Saturday 10th December, Bag Pack at Sainsbury's 9am –9pm

MARIE CURIE—Wednesday 21st December, collection at Sainsbury's, 10am—6pm



I want to volunteer! What do I do now?

North West Volunteer Centre, 22, Bishop Street, Derry~Londonderry, BT48 6PP at 028 7127 1017 or 02871 381 800 You can also access volunteering opportunities by visiting www.volunteernow.co.uk
**The Unlocking Potential project and the One Good Reason campaign are Volunteer Now initiatives. For general enquiries you can contact Volunteer Now's Belfast office: 129 Ormeau Road, Belfast, BT7 1SH
Or call 028 90 232020**

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