

Caithness Volunteer Centre at CVG

Summer Edition 2016

Here are some of the free services provided in the Volunteer Centre:

- 1•Training opportunity
- 2•New Project Food Friends
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[About the Volunteer Centre](#)

The Volunteer Centre is a part of Caithness Voluntary Group, which is a charity and part of the Highland Third sector Interface. It delivers a range of services to support groups and individuals in Caithness.

If you want to volunteer or if you are looking for volunteers for your Group then this is the place to contact.

If you would like to volunteer, or are member of a local group looking for new volunteers to help out, please feel free to contact:

Catherine Patterson, Development Officer, Telford House, and Williamson Street, Wick, KW1 5ES



Volunteer Here!

Tel: [01955 605002](tel:01955605002)

Email: volunteering@cvg.org.uk

Website: www.cvg.org.uk

Training Opportunity for Organisations

A free training course, *Volunteer Good Practice for Organisations*, aims to support local organisations recruit, retain & motivate volunteers. Participants on the course should have direct involvement with volunteers within their organisation. If you are new to volunteer recruitment or just need a refresher, then come along to one or both half day training sessions.

Day 1 '**Good Practice for Volunteer Recruitment**' Includes good practice and governance of volunteers. Creating or updating volunteer induction packs, role descriptions, application forms, volunteer policy and looking at recruitment of volunteers.

Tuesday 30th August 2016 10am -12.30

Day 2 '**Good Practice for retaining & supporting Volunteers**' Includes the volunteer lifecycle, training/supporting volunteers, challenging volunteers and recognition for volunteers.

Wednesday 31st August 2016 10am-12noon

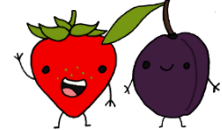
Book today! For one or both sessions. Training venue Telford House, Wick.

New Project- Caithness Food Friends



Caithness food Friends is an exciting new Project being introduced by Caithness Voluntary Group. The aim of the group is to provide a healthy nutritional meal for the elderly and encouraging them with their appetite, possibly giving support after a hospital stay and nurturing a feeling of positive community spirit. Victoria, the local co-ordinator based in Telford House will support and train volunteers. Volunteers needed to

- Volunteer 1 Hour, Once a week to visit an elderly person
- Prepare, then pop round a meal
- Encouraging appetite
- Volunteers must be 18 or over.
- If interested contact victoria@cvg.org.uk Tel: 01955 609968



Check out Caithness Voluntary Groups new updated Website and Facebook Page WWW.CVG.ORG.UK we have revamped the website with the help of an amazing volunteer.

Volunteers are a wonderful asset to your organisation!

FUNDING OPPORTUNITIES

Voluntary Action Fund – Community Grants

Deadline: 25 August 2016

Thanks to a generous donor, VAF has launched a further one-off round of its successful small Community Grant fund. The fund is aimed at Scotland's smallest community and voluntary groups that make a vital difference to their communities. The grant's focus is on supporting and building the capacity of Scotland's smallest volunteer-led groups, with an income of less than £25,000 per year. Groups can apply for grants of up to £1,000 for a wide range of costs or activities that will help sustain or develop their activities.

<https://www.voluntaryactionfund.org.uk>

Children's Health Fund

Deadline: No deadline given

Funding under the current theme can provide up to £5000 to provide food at a children's holiday club activity. You must provide holiday food for a minimum of three days over four weeks and include enrichment activities such as sports, art and crafts, growing etc.

<https://www.childrenshealthfund.org.uk>

Read about the free services for groups

Volunteer Friendly Awards

If you are an organisation that engages volunteers you can access free support to achieve a Volunteer Friendly Award which will indicate you adhere to good practice in volunteer management.

The volunteer friendly award is a simple, user friendly, quality standard. This credible achievement is designed to support organisations that engage volunteers. This award is valid for 3 years and operates Scotland Wide.

All Local Support provided by Caithness Voluntary Group is free, Sign Up Today!



Volunteer Network Meeting

Did you know you can attend a quarterly volunteer network meeting?

These meetings are held quarterly throughout Caithness and are designed to bring groups together to share information and opportunities. They are an informal way to find out what's going on in the voluntary community locally.

Topics include: Funding, training, events which may benefit your client group.

Next meeting is: Wednesday 17th August in Telford House, Wick, 10am-12 noon- get in touch!

Volunteer Friendly Winners. Hearing & Sight Care

Manager Deirdre Aitken, manager of the centre seen here receiving the Volunteer Friendly Plaque from Lord Lieutenant Anne Dunnet at a Volunteer week event in Wick Assembly Rooms.

Get in touch to register Free

PVG Disclosures

For all information about Disclosures contact Catherine, she can support you to register your group and to assist with completion of PVG disclosure application forms. This service is free to register and there is no charge for individual volunteers. If in doubt...get in touch volunteering@cvg.org.uk 01955 605002

Local contact for Voluntary Award recognition

Reminder to individuals and groups to get in touch if you are registered for Saltire or Highland Volunteer Award? Awards can only be issued if I am contacted!

Volunteering Opportunities

Please get in touch if interested in any of the opportunities

Dunbeath & District Centre

Are looking for Volunteer Directors with management skills to help with the smooth running of this valued facility.

Caithness Rural Transport

Urgently looking for volunteer drivers in the Dunbeath area to drive the CRT vehicle. Full training provided.

Wick Youth Club

Volunteers with practical skills required. Wick Youth Club are looking to improve the area at the Rosebank by building additional fencing. Can you offer a few hours to help with fence building and DIY

Dunbeath & District Centre

Volunteers to help out in the Kitchen to help with simple tasks, Teas, baking, serving or general support. Can you help?

Ormlie Community Association, Thurso

Looking for volunteers with Practical DIY skills to help with general gardening, weeding etc. or to help with small exterior painting projects-sheds, fences. Materials and support provided.

If anyone or any organisation would like to submit an article or volunteer opportunity for the next newsletter, please get in touch! (Details below)

Caithness Voluntary Group

Telford House

Williamson Street

Wick

KW1 5ES

Phone: 01955 605002

volunteering@cgv.org.uk

Charity No SCO02484

Opening Hours:

Monday 9 - 5pm

Tuesday 9 - 5pm

Wednesday 9 - 5pm

Thursday 9 - 5pm

Friday 9 - 4pm

Please phone Catherine at the Volunteer Centre for an appointment or just pop in for a chat about volunteering!