

# Caithness Volunteer Centre at CVG

## Autumn Edition 2016



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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](mailto:volunteering@cvg.org.uk)

Website: [www.cvg.org.uk](http://www.cvg.org.uk)

## Volunteer with Wick Heritage Museum

After many years of dedicated support the chairperson of Wick society, Harry Gray has retired and Ian Leith has kindly agreed to take the helm. Ian is keen to develop Wick Heritage Museum by expanding the information available about the wonderful donated items. Volunteers are welcome to join the team to help with research, genealogy or generally history archiving. Perhaps you have a passion for history and the patience to research items for display. Although the centre is closed to the public during winter months, the members continue to work on projects and help with general maintenance all year.

New volunteers welcome. Contact Catherine at CVG [volunteering@cvg.org.uk](mailto:volunteering@cvg.org.uk)

## 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!

# Crohns & Colitis Uk

Crohns and Colitis are the two main forms of inflammatory bowel disease and affects many people. The charity are looking for lead volunteers locally to organise events and social activities, fundraise for local and national projects, educate and share information, campaign for better services and develop relationships with health professionals; all to positively raise awareness of IBD and Crohn's and Colitis UK!

This is an opportunity to get involved at a local level, it is flexible and can be carried out in the evenings or weekends to suit your lifestyle. Volunteers are required to be aged 18 and over.

## New Service- Family Mediation Highland

Relationship Scotland is opening a Family Mediation centre in Wick shortly. The centre will provide supported handovers between children and parents no longer together. It offers a safe neutral venue and can signpost to additional services if necessary. They are welcoming Child contact Volunteers to assist at the centre, to welcome families, assisting with activities, make refreshments and help out. Volunteers are required for 4 hours monthly [Saturdays only]. Confidentiality is paramount. If you are interested contact Catherine at [volunteering@cvg.org.uk](mailto:volunteering@cvg.org.uk)

**Volunteer Information Session from 5.30pm to 7.30pm on Friday 25<sup>th</sup> November 2016 at the Wick Youth Club.**

## FUNDING OPPORTUNITIES

### Youth Scotland – Cashback for Communities Small Grants Scheme

Deadline: 1 December 2016

Uses funds recovered from criminal activity to support positive activities for young people predominantly aged between 10 and 19. Priority will be given to start up grant applications, and to youth groups applying for the first time.

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

### National Churches Trust – Community Grants

Deadline: 29 November 2016

Community grants offer awards usually of between £5,000 and £20,000 towards projects which introduce facilities to enable increased community use of places of worship. They are interested in a wide range of projects but all will include toilets and catering facilities. To qualify, projects must have an estimated cost of at least £25,000 (including VAT and fees).



Volunteers receiving awards in Thurso Library presented by Civic Leader and local councillor, Gillian Coghill [right] a total of 31 certificates were achieved by individual volunteers including Saltire Awards, Young highlander Award & the Highland Volunteer Award.



Amy Cameron [centre left] and Megan Lloyd are seen receiving their Saltire Awards in Thurso Library for volunteering with the summer reading and activity program within the Library. Looking on is Robbie Macdonald the Facilities Manager



Angela Gunn [left] and Jane Hamilton seen here receiving their Bronze Highland volunteer Award for volunteering as Gymnastic Coaches with the Wick Club.

### 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

## North Lands Creative Glass

Volunteer board Members to join the creative team and help take the organisation forward. This organisation is based in Lybster.

Applications by email only

<http://www.northlandsglass.com/about/opportunities/>

## Blythwood Care Shoebox appeal

Can you help out wrapping and packing boxes for those in need abroad? Also Donations of wrapping paper, shoe boxes and items welcome. Can be handed into Castletown School or Free Church Manse Castletown.

## Diabetes UK Caithness

Volunteer Secretary required to help with administration tasks e.g. maintaining mailing list, responding to queries, provide support for committee meetings, preparing agenda and minutes. Produce publicity, posters etc. Good organisational skills essential and computer literate.

## Scout & Cub Leaders

Can you offer a couple of hours a week to help with the Scouts or cubs? Wick area in need of volunteers to help support the continuation of the groups

## Cats Protection UK

Volunteer to help maintain and update the website. Important information is posted on the website at short notice. The group will welcome reliable person to take responsibility for updating information regularly.

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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@cvg.org.uk](mailto:volunteering@cvg.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 office for an appointment or just pop in for a chat about volunteering!

We're on the Web and Facebook

See us at: [www.cvg.org.uk](http://www.cvg.org.uk)