



# Caithness Volunteer Section at CVG

## Spring Edition 2018

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

- Match Volunteers to local opportunities
- Promote Organisation

Disclosures Scotland assistance

- Good practice and policy support for organisations
- Saltire Award registrations and support
- Volunteer Friendly guidance for Organisations
- Highland Volunteer Awards

### About the Volunteer Centre

This newsletter focuses on volunteering support within Caithness Voluntary Group [CVG] 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. Please feel free to contact: Catherine Patterson, Volunteer Development Officer, Telford House, Williamson Street, Wick, KW1 5ES. **PLEASE NOTE**- I have moved office but I am STILL in the building at Telford House.



Find out about volunteering here!

Tel: [01955 609968](tel:01955609968)

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

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

## Can you help locate Defibrillators in Caithness?

The Riverbank Practice in conjunction with Caithness Heart Support Group are looking for your help to tell them where defibrillators are located in Caithness. This Search, Find and Locate Campaign is to ensure that defibrillators in Caithness are registered with the Scottish Ambulance Service and that the public have access to them in emergencies. To help contact: [rmpractice-ppg@hotmail.com](mailto:rmpractice-ppg@hotmail.com) or Tel; 01847 892609

## Nominate a Young person for the Saltire Summit Award

The Saltire Summit Award is for young people who have made an invaluable contribution to your organisation/s. In the Highland only about 12 people receive this award annually as the decisions are made by a panel of young peers. Please consider taking a few minutes to nominate someone for this award, Deadline 30<sup>th</sup> April 2018.

You can download the form from [www.cvg.org.uk](http://www.cvg.org.uk) or contact Catherine and she will forward one to you immediately. Surprise a Young person today by submitting their form.



These Catering Students at North Highland College UHI are seen here receiving Saltire Awards and Highland Volunteer challenge certificates for agreeing to provide a Burns Lunch and entertainment to the local community. L-R Kyle Burridge, Matthew Currie, Sarah Louise Malcolm, Claire Beaumont, Callum Moodie, Martin Gillroy missing, Tiffany McPhee



These dedicated volunteers are seen here receiving their 25 hour Saltire Awards for volunteering with Wick Junior Badminton Club. The young coaches help out at the club by providing coaching skills, supervision and general hands on support.

L\_R Catherine Patterson CVG, Kari Durrand, Shannon Ross, Iona Fleming Aiden Bain & William Mackay.

## 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! Let me know please. [volunteering@cvg.org.uk](mailto:volunteering@cvg.org.uk)

## Free TRAINING

### Good Practice Supporting & Retaining Volunteers

Your Organisation can access free one-to-one support to help recruit and support volunteers in your organisation. An opportunity to update existing procedures and look at ways to improve the volunteer experience.

The local coordinator will provide one-to-one training tailored to your organisation's needs. For more information contact Catherine 01955 609968 or email [volunteering@cvg.org.uk](mailto:volunteering@cvg.org.uk)

In addition CVG offers a range of office services including photocopying. Also governance, funding and training support to the local community.

#### FUNDING OPPORTUNITY

### Calor Rural Community Fund

Calor's annual fund now open.

The fund supports rural communities with projects that are off the mains gas grid and will improve local life. The funding must be used for renovations, redecorating, equipment, or new LPG heating system. Projects could be anything from community centres, village halls and sporting venues to youth clubs and scout groups they could be initiatives to support the elderly.

<http://fundingscotland.com/Funds/Fund/a0Rb000000GsSMxEAN-calor-rural-community-fund>

**Next deadline:** 21st May 2018

**Maximum award:** £5,000



A reminder about Volunteers Week! Get in touch with Catherine if you want to promote your opportunity or celebrate all the good work in your organisation.

## **New Opportunities [if you are interested in any of these, get in touch]**

### **Saltire Award Panel Members**

Young volunteers ages 12-25 to help make the decisions about Summit nomination forms. Full training provided, great experience for your CV and an opportunity to work with young people throughout Highlands a few times annually.

### **Lyth Arts Centre**

#### **Volunteer Front of House Assistant**

An opportunity to help meet and greet the public and provide information about the events or displays at Lyth Arts Centre. Flexible hours can be arranged.

### **Caithness Industrial Archaeology Summer Event**

#### **Volunteer Box office/general helper**

This five day event promotes tours and the industrial heritage of Caithness from 22-27<sup>th</sup> June. Volunteers are needed for Saturday 23<sup>rd</sup> June in Wick to assist with tickets, meet and greet the public...Could you help for a few hours on this day?

### **Chest Heart & Stroke Scotland**

#### **Volunteer Stroke Supports**

CHSS looking for volunteers to support people with a Stroke on a one-to-one basis to promote recovery or improve communication. Training & support provided by local coordinator.

### **Befrienders Highland**

#### **Mental Health Volunteer befrienders**

Volunteer telephone or Face-to-Face befrienders to support people with mental ill health in Caithness. Comprehensive training and support provided for volunteers locally.

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

Catherine Patterson

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

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