



Caithness Volunteer Section at CVG Autumn Edition 2018

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

- Match Volunteers to local opportunities
- Promote Organisation

PVG 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.

Find out about
volunteering here!

Tel: [01955 609968](tel:01955609968)

Email: volunteering@cvg.org.uk

Website: www.cvg.org.uk



Caithness & North Sutherland Cancer Support & Information Group

This valued centre, based in Thurso are looking for a male volunteer/s to take the lead with the 'Men's Group'. This group meets monthly to support men with physical, practical, financial and emotional support. Volunteers must have either survived Cancer or have experienced the impact of Cancer through family members. This is a supportive, confidential group requiring someone to take on a leadership role to help the group continue and develop.

For confidential reasons get in touch with Catherine and she will forward your enquiry to the group Volunteering@cvg.org.uk Tel; 01955609968

.....

If you are thinking about volunteering but don't know where to start or what opportunities are available, Caithness Voluntary Group can help. It is the one shop stop for individuals, charities or community groups in Caithness.

Junior Wardens become good citizens

Junior Wardens of the community. This was a joint initiative with Ormlie Community Association, the Highland Council and other organisations. A group of young people from Thurso High School undertook a course which included finding out about Tenancy/housing issues, anti-social behaviour and site visits to statutory services like the police and Fire brigade. On completion of the course the young people received certificates of appreciation and Saltire Awards. Well done!



L_R Kiera Grant, Ellie Taylor, Isabella Pirie, Rhiannon Arrowsmith, Callum Donn, Mackenzie Beaton and Sarrane McClure.



1st Thurso Boys Brigade receiving recognition for supporting younger members. L-R Calvin Farquhar, Craig Kennedy, Kyle Oag & Rory Simmons, missing from photo Pharnell Geddes and Christopher Doake.

About Saltire Awards

The Saltire Awards are endorsed by the Scottish Government to encourage young people aged 12-25 to volunteer. It is an easy, flexible way to gain recognition.

Levels are:-10,25,50,100,200 & 500 hours and also a Challenge [team] certificate. Young people can volunteer with multiple group and add all their hours cumulatively over many years if they need to take a break.

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, I am happy to help. volunteering@cvg.org.uk 01955 609968

FUNDING & TRAINING FOR ORGANISATIONS

Grow Wild - Community Project Fund

Applications open for Grow Wild Community Projects 2019

Grow Wild connects people to nature by funding creative and innovative ideas, focused on UK native wildflowers, plants and fungi. They will fund e.g. creative events, art work to establishing wild flower areas. In 2019 Grow Wild is looking to fund projects that promote and highlight: focus on UK native wild flowers, plants and/or fungi, working with Young people aged 12-25, communities living in urban areas, communities experiencing some disadvantage or reduced access to services, adults that are less engaged with their community and environmental activities. You must have the potential to reach at least 300 people, enable people to connect with, learn something new and help each other and nature.

Next deadline: 10th December 2018

Maximum award: £4,000

Disciplinary and Grievance Training, Tuesday 23rd October, Pulteney Centre. 9:30 - 1pm. Contact Helen@cvg.org.uk to book a free place. Ideal for any groups with employees or thinking about employing staff in the future.

Volunteer Network Meeting

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

These meetings are held 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 could include: Funding, training, information about events which may benefit your client group

You are welcome to come along.

Next meeting is: Tuesday 20th November in the East Caithness Campus, Wick

In addition CVG offers a range of office services including photocopying. Also advice on governance unsure just get in touch we are happy to help., funding, training and PVG disclosure support to the local community, if unsure just get in touch we are happy to

Help.

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. This support is helpful if your group wants to register for the Volunteer Friendly Award which is a quality assurance award indicating good practice towards volunteers in your group.

The local coordinator will provide free one-to-one training tailored to your organisation's needs. For more information contact Catherine 01955 609968 or email

volunteering@cvg.org.uk

Volunteering Opportunities

Caithness Citizens Advice Bureau

Volunteer Advisors

Wick & Thurso CAB offices are looking for new volunteers willing to commit to the training to become a volunteer advisor. This valued service relies on volunteers to support public needs.

A rewarding commitment.

Befriending Caithness

Volunteer Drivers

Could you drive an adapted vehicle for Befrienders Caithness once a month to pick up and take people to Groups in Mey, Wick or Thurso? Could you go on a Rota to help out?

Caithness Voluntary Group

Volunteer Board Member

Caithness Voluntary Group is a charity. We are looking to recruit a new Board Member responsible for the governance of the organisation, experience not essential as training provided

Volunteer Youth Club Helpers Thurso Youth Club

Thurso Youth Club have a new committee and need some more willing helpers to help support the Club provide activities for Thurso's Youth

If anyone or any organisation would like to submit an article or volunteer opportunity for the next newsletter, please get in touch! (Details below)
Or if you want information on any of the above volunteering opportunities use the contact below.

Catherine Patterson

volunteering@cvg.org.uk

Telford House

www.cvg.org.uk

Williamson Street Opening hours for Volunteering Monday-Tuesday 8.30-5.30

Wick, KW1 5ES

Wednesday 8.30-5pm

Tel: 01955 609968

Please note-CVG office support reduced opening hours 9.30-2PM 01955 603453

We also have affordable Desk/office space for rent at reasonable rates. All enquiries for office space contact Allan Tail allan@cvg.org.uk