



Caithness Volunteer Centre at Caithness Voluntary Group Spring Edition 2019

[About Volunteering at Caithness Voluntary Group](#)

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, Williamson Street, Wick, KW1 5ES.



Tel: [01955 609968](tel:01955609968)

Email: volunteering@cvg.org.uk

Website: www.cvg.org.uk

Volunteering Opportunities and Training with Shorewatch

An opportunity to help to join the Shorewatch team to help survey the sea and record sightings of dolphins and whales around Caithness. New volunteers welcome to come along to a taster session in Wick following Shorewatch Training on the 22nd May 6-8pm in PPP, Wick.

23rd May There is public Shore watching at Wick coastline 11am-1pm, followed by shore watching at St Johns Point from 4-6pm.

24th May From 11am-1pm Join the team at Scrabster Lighthouse and Holburn Head

25th May Shorewatch at Strathy Point from 11am -1pm

Everyone welcome

This is a flexible volunteering opportunity for people who walk or fish around the Caithness coastline on a regular basis. You can learn new skills and do your little bit to help map the movement of marine life make a difference while enjoying yourself. For more information contact Katie Dyke shorewatch@whales.org

In addition CVG provides training support to the local community, and a range of office services including photocopying. Also governance, PVG disclosures, funding and much more.

Saltire Awards **Caithness High School Achievements**



Above are pictured several young pupils from Thurso High School with their Saltire Award certificates. Many have volunteered within the school this academic year helping with paired reading and assisting with reception duties and school committees. Mr Omand and Mrs Sinclair have been helping to motivate the young pupils and are delighted that they have received recognition for their volunteering commitment.



Pupils from Wick High School are pictured with their Saltire Awards for volunteering in school projects. Some pupils have accumulated volunteering hours with other local organisations and this has helped with their skills and confidence. They are pictured with *Depute teachers Carrie Bennett and Grant Mackenzie [right] and Catherine Patterson [CVG] and teacher, Jordan Tillier [left]*

Volunteering in a Supporting Role

If you would like to volunteer in a caring, supportive role there are many organisations providing services in Caithness that would value your help. All offer comprehensive training and ongoing support to you as a volunteer. The list below is just a few of the organisations looking for support volunteers.

Befriending Caithness Volunteer Befrienders providing one-to-one friendship to people over the age of 40 facing isolation and loneliness in their own homes. Also volunteers to befriend people in hospitals and residential care.

Chest Heart & Stroke Scotland Rehabilitation Support Service Volunteer.

The role involves working with stroke patients in hospital, home or community settings 1:1 or small groups. Supporting Service Users to regain confidence, access other services, find new activities or interests or find ways to resume post stroke interests.

Home start Caithness Volunteer Family support workers to provide 1:1 help to families with a child under 5 in their own home. Help with emotional support and friendship.

Befriending Highland Volunteer Befrienders to support people with mental ill health in Caithness. 1:1 friendship either face to face [not in home] or via distance, telephone, letter or email communication

Hearing & Sight Care The role involves supporting people who are visually impaired or with hearing loss to live full lives. Volunteers can help to give advice and information on hearing loss, help with hearing aids, tubing and equipment or train to support people with visual impairment.

FUNDING OPPORTUNITY

Calor Rural Community Fund Funding available for community projects not connected to mains gas. This year we have increased our total grant pot to £70,000! We have three levels of funding available, depending on the size of your project. There are 21 prizes: 10 x £5,000 grants, 6 x £2,500 grants and £1,000 grants available to rural projects off the mains gas grid. The funding you apply for must equate to or more of your total project cost. Voting for submitted projects opens 2nd May – 17th June.

<https://www.calor.co.uk/shop/communityfund>

Volunteering Matters Action Earth 2019 is now open for applications Group of volunteers apply for Volunteering Matters Action Earth grants of between £50 -£250 to run environmental activities in Scotland's green spaces. This includes enhancing local biodiversity by creating or improving community gardens, wildflower meadows, ponds, woodlands or urban greenspaces.

<https://volunteeringmatters.org.uk/project/action-earth/>

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!

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

Mary Anne's Cottage

The museum are looking for volunteers during the summer season May-Oct to help as tour guides or general help. Can you offer an hour or two on a regular basis?

Friends of the John O Groat Trail

This organisation welcomes volunteers to help maintain tracks and paths check out their Facebook page to see upcoming workdays.

Girl Guiding Association

Caithness Girl Guiding are looking for new volunteers to help run units or help with activities or become unit leaders [flexible approach]. You can help with Rainbows, brownies, guides or Rangers in units throughout Caithness. Contact www.girlguiding.org.uk/interested

Thurso 2nd Scouts

Require a new Volunteer Treasurer. Can you offer to help with the committee, no previous experience of Scouting required?

Home Start Caithness

Looking for volunteers to support Families with children under 5 in their own home. Training Course to begin in May, June and July, ongoing support provided to volunteers.

Dunbeath Preservation Trust

Volunteer Tour Guides to help with displays and provide information to tourists. Would you be available to help out?

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: Tues 20th August 10am-12 in Wick

To submit an article or volunteering opportunity for the next edition, please contact Catherine, details below.

Catherine Patterson

volunteering@cvg.org.uk

Telford House

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Williamson Street Catherine works 8.30 - 5.30 Mon- Wed

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