

Voluntary Voice

Spring 2010



Bringing you news from Shetland's Voluntary Sector

Voluntary Voice comes to you with news from the 'Third Sector': read about training available, volunteer opportunities, services available through the voluntary sector and a new pilot youth volunteer award sponsored by Shetland Rotary Club. Following restructuring within Voluntary Action Shetland, (VAS), we include names, job titles, photos, emails and phone numbers of all VAS staff.

Our Mission Statement: "Voluntary Action Shetland seeks to respond to and support voluntary services in Shetland by meeting present and emerging needs, developing and promoting new ways of responding and encouraging people in Shetland to offer voluntary service to their community"

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Bridges Students Get Ready to Volunteer with VAS

Following an approach by Bridges to Voluntary Action Shetland (VAS) for training on volunteering, Gwen Williamson, Youth Volunteering Development Worker, developed a workbook and course to help Bridges clients prepare for volunteering and contribute to their (SQA accredited) ASDAN awards.

With Kathleen Williamson of VAS, Gwen delivered a pilot course to 5 young people over 3 sessions, in June 2009. Following positive feedback from participants and staff, an extended course was then delivered to 11 students over a 5 week programme from September.



Bridges participants receiving their 'Get Ready to Volunteer' awards from (right) VAS Executive Officer Catherine Hughson: L-R Thomas Hawick, Toni Laurenson, Caitlin Robertson, David Spence, Chloe Warner, and Liam Irvine.

Shetland Rotary Club to sponsor Youth Volunteering Award We need your help!



The focus for Volunteers Week in Shetland this year will be the pilot of a new volunteering award celebrating local contribution to youth volunteering. This award will be open to those young people who have volunteered as well those organisations and people who have enabled that volunteering to take place. This is a joint venture between Voluntary Action Shetland and the Shetland Rotary Club.

We will shortly be asking for your nominations for this award.

Please watch the local press for details, or **GET IN TOUCH NOW!**

To find out more contact: **Gwen Williamson**
Youth Volunteering Development Worker, Voluntary Action Shetland
01595 743911 gwen.williamson@shetland.org

Visit to Market House by New Directions

A group of New Directions Students from Shetland College visited Market House in December. Following a presentation on volunteering by VAS staff and a discussion on their own perceptions and experiences of volunteering, the 11 delegates were taken for a tour of the building and to meet staff and volunteers from resident groups and organisations.

Please contact VAS if you would like to arrange a similar visit for your group.



Photographs show New Directions students, and (bottom right) course leader, Karen Eunson.



Volunteering Opportunities

- ❖ Would you like to learn new skills, are you thinking about changing your career, do you want to put something back into the community or do you just want to make new friends and have fun?
- ❖ Bring your previous expertise and experience to use to help out others, or try your hand at doing something completely different for a change.
- ❖ Here are some of the many varied volunteering opportunities available in Shetland today.

NEW OPPORTUNITIES

Project Linus - Voluntary Quilter

An opportunity for quilters to make security and/or comfort blankets for children who are sick, bereaved, abused or disabled.

RSPB Volunteer

Volunteers wanted for all sorts of opportunities: helping with habitat management, sharing nature with people, helping with events and publicity, wildlife surveys and more.

WRVS Companion

Kind, companionable, caring people wanted to help elderly people and/or people with restricted mobility.

LOCAL OPPORTUNITIES VOLUNTEERING WITH NATIONAL ORGANISATIONS

Cashback Coach

Scottish FA - We require volunteer coaches to work with school aged children to develop their skills in this training and games programme.

Collecting Box Collectors

needed in all parts of Shetland; deliver and collect donation boxes in your area.

STEM Ambassador

STEM North of Scotland are looking for volunteers with a passion for science, technology, engineering and maths to join a team of ambassadors on Shetland. They want you to help promote STEM to young people to encourage them to pursue a career in this area, be it by a presentation, a workshop or attending a careers day.

OPPORTUNITIES VOLUNTEERING WITH LOCAL ORGANISATIONS

Charity Shops

Volunteers needed to help with sorting, pricing, ironing, serving customers. Some volunteers work in more than one shop. Hours are flexible - normally 2 hour shifts - by arrangement with manager and other volunteers.

Fundraisers

Fundraisers required throughout Shetland for various organisations - national and local.

Rainbows / Brownies / Guides / Scouts

Helpers required in various parts of Shetland. A great opportunity to gain experience in working with young people and learning new skills.

Shetland Voluntary Nailcutting Service

Providing an essential service to the elderly and disabled to enhance their quality of life; this is an opportunity for volunteers to access high quality training, be part of a team and gain experience in care of the elderly.

Telephone Volunteering

National and local organisations need people to provide advice, support and befriending over the phone, from home; training provided and expenses reimbursed.

WRVS Good Neighbours Scheme

Volunteer to help with gardening, DIY, and shopping.

OPPORTUNITY IN EDINBURGH

Walk the Walk, Moonwalk Edinburgh

Enthusiastic volunteers are needed to help marshal around Edinburgh's famous landmarks, join their speedy cycle teams, present medals at the finish line, drive bra-mobiles, or take on one of a host of other important roles at MoonWalk City.

(Unfortunately no travelling expenses are available for this opportunity.)

To find out more about these and other opportunities, please contact:

Sue, Gwen or Kathleen

at Voluntary Action Shetland

01595 743910 kathleen.williamson@shetland.org



Christmas Fair & Carers' Rights Day



Voluntary Action Shetland hosted a free Christmas Craft Fair and Carers' Rights day at Market House in December. Craft workshops included Christmas card and heart making, and colouring in. Information and fundraising stallholders included: Shetland Carers Link Group, Central Carers' Group, Alzheimer Scotland, Shetland Stroke Support Group, VAS, Shetland Befriending Scheme, Shetland Bereavement Support Service, Disability Shetland (who demonstrated their DVD: 'Stretch and Breathe'), Young Enterprise Shetland group Windhouse, and Advocacy Shetland; WRVS provided the refreshments.



Photos, from top left, clockwise: Christine, Malcolm & Dorothy Ferguson; Callum Hughson, Lynn Tulloch & Jake Hand; Steven & Florrie Hughson, Maelyn Marriner, Christine Manson & Tahnae MacLennan; Violet & Annie,



Central Carers' Group; Alan & Alison Rose, Shetland Stroke Support Group; Anne Robertson, Shetland Bereavement Support Service (with "Stretch & Breathe" DVD in background); YES group Windhouse and WRVS teas; Ella, Elizabeth, Lara & Andy White, Margaret, Margaret & Caitlin Brandie; Lara White & Rachel Juel-Bear; Anne Naylor and Fiona Roberts of Alzheimer Scotland.



Market House Easter Craft Fair

**Easter Craft Fair & Tabletop Sale
on Saturday March 20th**

Free entry, Tabletop Sale

Free children's craft workshops

Raffles, tombolas and lucky dips

Refreshments provided by WRVS

For more information, please contact:

Wendy Hand, 01595 743905 wendy.hand@shetland.org

**Easter Fair
Market
House
March 20th
11am - 3pm**



Voluntary Action Shetland Staff

	<p>Catherine Hughson Executive Officer 01595 743901 catherine.hughson@shetland.org</p>		<p>Kate Massie Association of Shetland Community Councils 01595 743906 kate.massie@shetland.org</p>
	<p>Sue Beer Development Worker, Volunteering 01595 743909 sue.beer@shetland.org</p>		<p>Lynette Nicol Finance Officer 01595 743903 lynette.nicol@shetland.org</p>
	<p>Kirksty Bradley Administrative Assistant 01595 743912 kirksty.bradley@shetland.org</p>		<p>Anne Robertson Development Officer 01595 743902 anne.robertson@shetland.org</p>
	<p>Roberto Getto ASN Children & Young Persons' Development Worker Shetland Befriending Scheme 01595 743946 roberto.getto@shetland.org</p>		<p>Amanda Rosie Children & Young Persons' Development Worker Shetland Befriending Scheme 01595 743964 amanda.rosie@shetland.org</p>
	<p>Wendy Hand Development Worker 01595 743905 wendy.hand@shetland.org</p>		<p>Lynn Tulloch Project Co-ordinator Shetland Befriending Scheme 01595 743907 lynn.tulloch@shetland.org</p>
	<p>Kirsten Harcus Support Worker 01595 743980 kirsten.harcus@shetland.org</p>		<p>Val Walterson Reception (also Shetland Pre-school Play Ltd.) 01595 743900 val.walterson@shetland.org</p>
	<p>Colleen Inkster Young Adults Development Worker Shetland Befriending Scheme 01595 743908 colleen.inkster2@shetland.org</p>		<p>Gwen Williamson Youth Volunteering Development Worker 01595 743911 gwen.williamson@shetland.org</p>
	<p>Jo Jack Support Worker 01595 743923 jo.jack@shetland.org</p>		<p>Kathleen Williamson Volunteer Placement & Support Worker 01595 743910 kathleen.williamson@shetland.org</p>

Free Learning Opportunities

Voluntary Action Shetland is delivering the following short courses, which are aimed at voluntary groups and volunteers, but open to all, and are free of charge. A minimum number of bookings is required for the course to proceed.

MAKING FUNDING APPLICATIONS

What you will cover:

- Exploring application preparation
- An understanding of why funding bids fail
- Identifying funders and what they are looking for

Scalloway Junior High	13 th March 2010
Mid Yell Junior High	17 th April 2010
Aith Junior High	22 nd May 2010

PROJECT PLANNING

What you will cover:

- An understanding of why projects fail and how to focus on success
- Appreciation of the principles, tools and techniques of project management
- The benefits of project management when introducing change
- The importance of people in the delivery of projects

Mid Yell Junior High	13 th March 2010
Scalloway Junior High	20 th March 2010
Sandwick Junior High	19 th June 2010

HEALTH & SAFETY & RISK MANAGEMENT

What you will cover:

- Health and safety issues with regard to volunteering
- Knowledge of the risk management process
- Development of an action plan to implement appropriate health and safety and risk management strategies for their organisation

NM Learning Centre Brae	24 th April 2010
Mid Yell Junior High	5 th June 2010
Whalsay Junior High	26 th June 2010

To book your place, suggest further courses or for more information,

Contact: **Wendy Hand**

VAS Development Worker

01595 743905 wendy.hand@shetland.org



REPORT WRITING including OSCR RETURNS

What you will cover:

- Guidance on how to structure and write reports that communicate information efficiently and accurately
- Develop skills in report writing to meet your target audience
- Complete your Annual Return for Office of the Scottish Charity Regulator (OSCR)

Market House

6th March 2010

MONITORING AND EVALUATION

What you will cover:

- The different approaches to monitoring & evaluation
- Assessing the suitability of different approaches and techniques
- How to develop an effective monitoring and evaluation system

Market House, Lerwick

8th May 2010

Let us know what courses you need in your community group and for your volunteers. We will do our best to put on courses at a time and place to suit you, as long as there is sufficient demand.

Short Term Charity Shops and One-Off Sales

If you are thinking to run a short term charity shop or sale for your voluntary group then you might be looking for initial stock to get you going.

COPE's Shetland Scrap-store can help provide you with this initial stock while you're waiting for your first donations.

Please Contact:

Vic Thomas

Scrap-store Manager

scrapstore@btconnect.com 01595 693336



Westside Carers Group

Third Anniversary

Sunday Teas, Homebakes & Raffles

Wastview Daycare, Walls

Sunday April 18th from 2 to 4.30 pm

Fairer Scotland Funding Recipients

Funding from the Fairer Scotland Fund has helped the following voluntary sector projects. In Shetland, the Fund is administered by the Community Planning Delivery Group and disbursed through the Shetland Islands Council Policy Unit. For more information on individual projects, see contact details below.

Moving On Employment Project Job Crews



Fairer Scotland funding has helped the Moving On Employment Project roll out mobile job crews to undertake work in remote rural communities. A job crew is a team of people with health problems or other barriers to employment, support workers and volunteers, working together as a group.

Job crews have undertaken a variety of tasks including rural skill development, beach cleaning, eco school projects, creating community gardens, upgrading community halls, painting and joinery.

For the individuals taking part this has helped their employability skills, allowing many to move into paid employment; for the community there is the benefit of the work they've done as well as the economic advantage of one more person coming off benefits.

Contact: Kellie Naulls, Project Coordinator
01595 743926 kellie.naulls@shetland.org

Shetland Befriending Scheme

The Befriending Scheme is a one-to-one service which uses volunteers in the local community to support young people who access the scheme. The Fairer Scotland Fund part-funds the 7-15 year old section of the service.

Benefits for the client are enhanced self-esteem, positive life aspirations and a trusted person with whom to share thoughts and ideas about the future. For the volunteer, benefits include developing their skills and abilities, enhancing their employability and the knowledge that they have the chance to make a huge difference to a young person's life.

Contact: Lynn Tulloch, Project Coordinator
01595 743907 lynn.tulloch@shetland.org

Clever Parenting

Clever Parenting aims to help all parents become better parents; they can help identify what services can help parents and arrange for them to meet up with the right folk to give them the practical help that they need. They have organised two fun-day information events to date, with two more coming up in March in Cunningsburgh and Baltasound. Sessions include top tips, healthy cooking and eating, coping with a new baby, coping with teens, money matters etc.

Contact: Elaine Falconer, Coordinator
01595 743893 elaine.falconer@shetland.org

Shetland Islands CAB Housing Rights Advisor

The Housing Rights Service provides Shetland-wide specialist advice to all types of tenant (both of private landlords and social housing), to the home-owner and to the homeless. The service helps them know and assert their housing rights, retain security of tenure and maximise their entitlement to statutory welfare benefits.

Contact: Les Irving, CAB Manager
01595 694696 sicab@zetnet.co.uk

Shetland Community Bike Project (SCBP)

Another project which helps enhance clients' employability, SCBP helps the long-term unemployed improve their life chances through a



6-month programme of training and support. SCBP recycles and repairs bikes which are sold on at low cost to local families. Clients may have learning disabilities, mental health issues, drug or alcohol misuse problems or physical disabilities.

(Photo: Billy Fox)

Between March and December 2009, SCBP has clocked up 2,000 volunteer hours, 200 community service hours, provided 3 x 35 hour waged work placements and succeeded in getting 3 clients back into mainstream employment.

Contact: Caroline Adamson, Project Coordinator
01595 690077 shetlandbikeproject@ukfsn.org

Market House Resident Organisations

Organisation	Phone: 01595	Email address
Advocacy Shetland	743929	advocacy@shetland.org
Art Psychotherapy and Counselling	743916	art.therapist@shetland.org
Association of Shetland Community Councils	743906	ascc@shetland.org
Community Mediation Team	743934	alyson.keiller@shetland.org
Crossroads Shetland	743931	crossroads@shetland.org
Disability Shetland	743900	disability.shetland@shetland.org
Family Mediation	743859	Shona.Manson@shetland.org
Moving On Employment Project	743926	kellie.naulls@shetland.org
Relationships Scotland Couple Counselling Shetland	743913	ccshetland@tiscali.co.uk
Shetland Befriending Scheme	743907	befriending@shetland.org
Shetland Bereavement Support Service	743933	sbss@shetland.org
Shetland Islands Citizens Advice Bureau	694696	sicab@zetnet.co.uk
Shetland Pre-School Play Ltd	743917	spp@shetland.org
Voluntary Action Shetland	743902	vas@shetland.org
Voluntary Action Shetland - Volunteering	743910	kathleen.williamson@shetland.org
WRVS	743914	shetland.admin@wrvs.org.uk

Reception at Market House: 01595 743900 reception@shetland.org

Market House Facilities

Market House is administered and owned by Voluntary Action Shetland. Market House acts as a voluntary sector hub for Shetland and includes all the resident organisations listed above. It also provides facilities for voluntary and community groups such as room and equipment hire and a drop-in centre for do-it-yourself administration and for the low-cost production of: minutes, newsletters, posters, flyers, correspondence, leaflets, sending faxes, etc.

Also available is a computer with public internet access, MS Office 2007, and, for groups and individuals seeking funding, FunderFinder for help in targeting your funding applications to achieve more effective bids, as well as the guides: Budget Yourself and Apply Yourself. Phone Reception, 01595 743900 for more details.

The Shetland Community Portal <http://www.shetland-communities.org/>

Has your group joined the Shetland Community Portal yet? It provides quick access to relevant material for Shetland residents and visitors, allows a cheap and easy route to creating your own website with free training, and provides information through the Community Toolkit.

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