

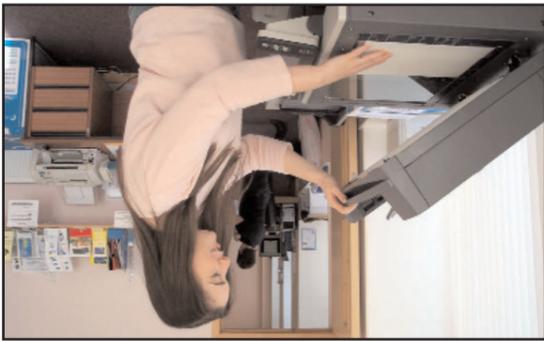
<http://www.shetland-communities.org>
The Shetland Community Portal
 Has your group joined the Shetland Community Portal yet? It provides quick access to relevant material for Shetland residents and visitors, allows community groups a cheap and easy route to creating their own website, and provides information through the Community Toolkit.

Please contact reception at Market House for more information:
01595 743900 reception@shetland.org

Indicative prices:
 Photocopier black and white: A4 £0.10 colour double sided A3 £0.80
 Laminator A5/£0.20 A3/£1 per copy
 Comb Binder 12mm/£0.21 8mm/£0.13
 Computer and Printer A4 page/£0.10 A3 page/£0.20



A drop in centre for your administration, Market House provides office facilities for you to use at a low cost: do it yourself administration. An excellent resource for voluntary organisations and community groups, use our facilities to produce your minutes, correspondence, newsletters, leaflets, send your taxes, etc.



One Stop DIY Admin Shop

Training & Learning News

Does your organisation have a training need?

- Did you know that Shetland Council of Social Service is able to develop courses to meet the needs of your organisation and can deliver in your local area to as few as four people?
- We have funding to deliver courses so we would like you to tell us what you want! If you would like to discuss your needs please contact:

Wendy Hand 01595 743905 wendy.hand@shetland.org
 or your local SIC Community Learning and Development Officer:

North Isles: (currently from 9 am - 12.30 pm) 01957 702040
North Mainland & Whalsay: Maureen Stewart 01595 743969
Lerwick, Bressay & Gulberwick: June Porter 01595 743880
West & Central Mainland: Sylvia Jamieson 01595 880440
South Mainland & Fair Isle: Pat Christie 01950 431439
Skerries: Bill Crook 01595 744060

Bookkeeping Training Course:

3rd November 2007, 10am - 4pm, Brae (venue to be advised)

For voluntary groups who want to improve their financial planning and the way in which they record their receipts and payments

Monitoring and Evaluation Training Course:

17th November 2007, 10am - 4pm, Market House, Lerwick

This course will help you understand different approaches to monitoring and evaluation and how to put an effective system into practice

To book on either of these courses, call **Wendy Hand 01595 743905**

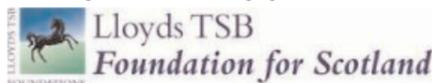
Valuing Volunteers

Nine people from eight different organisations recently took part in learning opportunities in Volunteer Management delivered by Volunteer Centre Shetland (in association with Volunteer Development Scotland) covering the recruitment, support and development of volunteers and positive volunteer-staff relations. All the participants enjoyed the sessions and felt they would help them improve the volunteering experience within their own organisations.

The facilitator, Laura Baisley of Volunteer Centre Shetland, says she hopes the success of the sessions will be spread by word of mouth and generate sufficient interest to run these, and possibly further sessions, again in 2008.

Contact: Laura Baisley 01595 743910 laura.baisley@shetland.org

We gratefully acknowledge the funding given for this newsletter by:-



Designed by Pixel Perfection

How can you get involved?
 For more information, and if your organisation would like to come along and provide a display, or if you would like to find out more about volunteering please contact:
Sue Beer 01595 743909 sue.beer@shetland.org

- Also on offer at Market house on Make a Difference Day:
- Shetland Preschool Play Ltd are providing reception and toys
- There will be teas, coffees and homebakes available
- Market House One Stop DIY Admin Shop (see right) will be available
- The Shetland Community Portal will be up and running for you to come along and get more information (see right)
- We welcome the involvement of other voluntary groups and organisations, please contact us for more information

Advocacy Shetland
 Alcohol & Drugs Services Shetland
 Disability Shetland
 Moving on Employment Project
 Shetland Befriending Scheme
 Shetland Council of Social Service
 Shetland Islands Citizens Advice Bureau
 Shetland Preschool Play Ltd
 Volunteer Centre Shetland
 WRVS

Correct completed lists will be submitted into a draw, with prizes donated by the recipients, who include:

Free Treasure Hunt Quiz
 We will be holding a treasure hunt quiz: on arrival you will get a list of questions (in a multiple choice format) to which you will find the answers by visiting the organisations who are taking part, or reading the information on their stands.

Make A Difference Day At Market House
 A number of the resident organisations at Market House will be open on Saturday 27th October from 10am till 2pm to celebrate Make a Difference Day; others will have display stands to tell you about the work they volunteers do. The aim of this day is to celebrate and raise awareness of volunteering.



Welcome to the Autumn 2007 edition of Voluntary Voice. In this issue we are highlighting:

- volunteering for young people
- volunteering in retirement
- you can share your skills and experience
- you can pick up new techniques and expertise

We are also featuring **Make a Difference Day** at Market House on Saturday 27th October.



Photo: North Haven Care Centre



Volunteer Centre Shetland
 Market House
 Market Street, Lerwick
 Main Reception:
 Tel: 01595 743900
 Fax: 01595 696787
 Email: vcs@shetland.org
<http://www.shetlandvolunteers.org.uk>



Volunteering For All Ages

Volunteering is good for you - so says the research. Not only are there significant health benefits in volunteering, with lower incidence of mortality from heart disease amongst those who volunteer; but the sense of accomplishment gained from volunteer activities has a positive effect on mental health as well. (For more see www.worldvolunteerweb.org)

Times when volunteering can provide the greatest benefit to the individual are at life's **transition points**: for example moving from school to work or college, from unemployment to employment or vice-versa, and from work to retirement, or moving to a new area.

Volunteering offers a means of trying new things in a flexible yet responsible way. In such times of transition this can be a useful way of complementing your new status:

- sharing the skills and experience you already have
- learning about matters you have never had the chance to explore before
- developing your self-confidence in a non-threatening environment
- picking up transferable skills
- meeting new people and making new friends
- and for new residents, an introduction to your community

Volunteering for the community is something that most of us have done, or do now, without necessarily thinking about it as volunteering. Whether you are involved with the mother and toddler group, the community council, the hall committee or you help out at the agricultural show, you take part in the Voar Redd Up, you help with football training or you do some shopping for your elderly neighbour, you are contributing to the activity and the sustainability of the area in which you live by your volunteering. Some people think of this as 'putting something back', but for the majority it's just something that you do.

Volunteering For Young People

I'm in my last year at school - what's in it for me?

33% of 16-24 year olds in Scotland currently volunteer*. It gives you a chance to:

- contribute and learn
- gain respect from your peers, your parents and your community
- work on projects or as part of a team
- make something happen locally that is relevant to you
- socialise, both with other young volunteers, and with people from other age groups you might not normally mix with

People may tell you that volunteering will 'look good on your CV', what does that really mean?

- Modern employers are just as interested in the skills that you have picked up as a volunteer as they are in your experience as a paid employee.
- Colleges and universities will want to know about your volunteering experience, particularly for a range of vocational courses where your volunteering can demonstrate practical interpersonal skills, or show direct experience in the field in which you wish to study.
- If you haven't got great exam results your volunteering gives you something constructive that you've done which you can talk about, as well as a reference and proof of commitment.

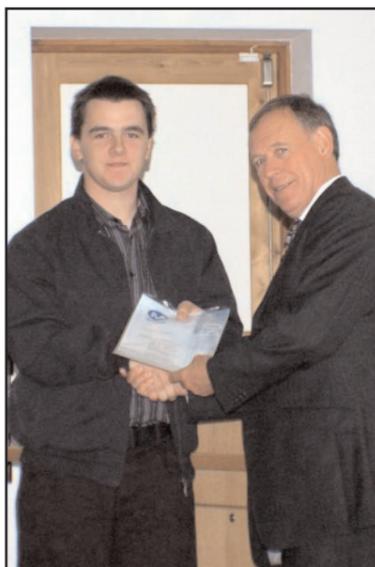
*(Source: Volunteer Development Scotland)

Case Study: Matthew Wishart

Matthew formerly volunteered with the Moving On Employment Project and is now at the Shetland Community Bike Project. He has been involved with the Herra Hall Painting Project and the St Ninian's Isle Beach Clean, so he has made a visible contribution to our environment.

Matthew is pictured (right) receiving his MV Award for 50 hours of volunteering from Bill Howat, Chair of Volunteer Development Scotland, at our last MV Award ceremony. At the time of going to press he has clocked up over 100 hours.

Photo: Roy Longmuir



Case Study: Lizzie Nicolson

Lizzie, an 18 year-old student, has volunteered since September 2006, both with peer support at the AHS and as a music leader and tutor with Drumjamm and the Shetland Wind Band. She is more than qualified in her role, having achieved a distinction at Grade 8 in drumming. Her skill in teaching and communication is shown by the way that her pupils are similarly achieving distinctions. She started volunteering because she wanted to help out, and to gain practical experience of teaching.



Photo: Roy Longmuir

Volunteering In Later Life

For those who are about to retire, the thought of all that spare time can be exhilarating or daunting. Find out about how you can use some of this extra time constructively by coming and speaking to us at the Volunteer Centre, whether it's before you retire, or when you find you have got more time on your hands than you had expected. And don't worry - we won't make you do gardening.

Case Study: Stanley Ross-Smith

Stanley volunteers with the Shetland Stroke Support Group and with the Seagull Trust, on which he can give presentations. The Seagull Trust provides disabled-friendly cruising on canals in the Scottish mainland, including boats available for family holidays.

He says: "The main thing in retiring is that you should carry on with something, rather than giving up everything. If you can contribute to an organisation or even an idea, you should carry on as long as you have your mental capacity."

You can contact him on 01595 830271

Photo:

Stanley at the recent Volunteers' Week lunch



Case Study: A Volunteer

AV has been volunteering, both with the Citizens Advice Bureau, and on the PFPI (Patient Focus Public Involvement) Committee of NHS Shetland, since retiring.

She says: "As a volunteer with the Citizens Advice Bureau, every problem is different. The clients come with varied issues, and even when the problems might seem the same, the individuals coming with them make them different. The training is demanding but, once trained, although the role can be frustrating, and challenging, it's certainly never boring."

"Every now and then, you feel you've done something useful for other people - it isn't necessarily tangible. Sometimes it's a financial gain, and sometimes, with some of our clients, it's confidence building so that they do things for themselves."



MV Awards

Any young person between 16 and 25 who is volunteering can sign up for an MV Award for volunteering, which is endorsed by the Scottish Government. MV Awards are available for volunteers who complete 50 and 100 hours of volunteering, with the longest serving volunteers receiving the 200 hours Award of Excellence.

There are currently over a hundred young volunteers registered in

Shetland for MV Awards, and around 50 organisations with volunteers participating in the Award scheme.



MV Awards

We Are Here To Help You Volunteer

Volunteer Centre Shetland staff will be pleased to help you volunteer, whatever your age. Please contact us for more information on volunteering:

- recruiting new volunteers
- supporting your volunteers
- training for volunteers and volunteer managers

Young people (particularly aged 16 to 25) who want to volunteer, please contact: **Youth Volunteering Development Worker Laura Singer** Tel: 01595 743911 laura.singer@shetland.org or contact: **Youth Volunteering Support Worker Naomi Johnson** naomi.johnson@shetland.org

Over 25s who want to volunteer, or to discuss your training needs, please contact: **Training and Support Coordinator Laura Baisley** Tel: 01595 743910 laura.baisley@shetland.org

We Are Here To Help You Recruit And Support Your Volunteers

Organisations with volunteers, or who want to take on volunteers, please contact: **Volunteering Coordinator Sue Beer** Tel: 01595 743909 sue.beer@shetland.org

General enquiries: vcs@shetland.org