

Volunteering Newsletter

July

July 2018; Edition No. 7

National Volunteers' Week June 1-7, 2018

What a great week! We really enjoyed ourselves, meeting volunteers and working with colleagues to show our appreciation to all of you that offer your time and make a difference. There were flowers, dinners, a pamper party, a Beetle Drive, Heavenly Desserts and dance lessons involved to name a few!

Announcement...

Volunteering has now launched as a service alongside the other services at n-compass (Counselling, LWS, Advocacy, Carers). This is great news and shows how important and valuable volunteering is recognised within the organisation! We have rebranded as The Volunteer Hub which includes Lancashire, Rochdale and Cheshire East.

Survey Monkey

We delivered a survey to both staff and volunteers in May. Thank you for your feedback. We are currently looking at how we can use the results to improve our support to you.

We'd like to share a word cloud to illustrate some of the words staff used in the survey to describe volunteers:

team members help value services vital organisation
work support invaluable time part valuable others
people important give want helpful community

Investing in Volunteers (IiV) Accreditation

Just to update you on our IiV process, we have delivered our self-assessment to the assessor and received positive feedback. The assessor will be coming to visit us at the Preston office, to have an informal chat with us and willing volunteers on **September 20th and 21st**. We will give you more information in the coming weeks!

Quick Note about Expenses

You no longer need to submit vehicle checklists each time you submit expenses!

CHAT Line

If your caller would like practical help, or help in a specific area you aren't sure about, please refer them to Triage on **0345 0138 208**.

If you choose to take the caller's details in order to call triage yourself to refer, please make sure you formally ask the caller for consent for Triage to call them back, otherwise Triage will be unable to follow up. Thank you!



n-compass values:

Professional
Responsive
Innovative
Dynamic
Empowering

Don't forget! Let us know how you're getting on. If you fancy a change, have any ideas or questions please get in touch.

Rochdale volunteers contact volunteering@rochdalecarers.co.uk

Lancashire, Blackburn with Darwen and St Helens Volunteers contact volunteering@ncompassnorthwest.co.uk

Cheshire East Volunteers contact volunteering@cheshireeastcarershub.co.uk



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FREE Courses Update

In spring 2018 we offered four FREE of charge courses delivered by qualified Tutors for Lancashire Adult Learning. The courses we offered were:

Cherish Memories – to help you to develop self-confidence and motivation and improve your health and wellbeing.

Relax & De-Stress – to help you to unwind, release physical tension, and let go of anxiety and stress.

Sketchbook Your Life – to develop new techniques and approaches that will enable you to fill your sketchbook with your own ideas, thoughts and notes to enhance your own spirit of enquiry, achievement and feelings of positivity.

Basic First Aid – learn a range of basic first aid to give you skills to help in a first aid emergency.

Unfortunately the take up of these courses was lower than expected and we would like to hear from more volunteers about the courses they would like us to arrange in the autumn 2018 and beyond. Below is a sample list of available courses, or you may have other interests?

To feedback please email volunteering@ncompassnorthwest.co.uk or call us **0345 0138 208**.

Applique for Beginners
Befriending Taster
Building on Volunteering To Gain Employment
Ceramics
Confidence Building
Counselling Skills
Creating a Community Choir
Crochet
Customer Service Skills
CV Writing Skills
Dads & Lads Bicycle Maintenance
Food Safety Basic Principles
From Little Seeds
History
How to Form a Self Organised Group
Illustration
Improve Your Self-Esteem through Art
Intermediate Excel Workshop
Interview Skills
Knitting
Making Felt Toys
Managing Your Money
Memory Bags
Mindfulness
Portraits - self exploration
Puppet Making
Upcycling
Using Museums/Galleries/ art to Inspire Writing/Artwork

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