Latest Vacancies

If you’re interested in any of the vacancies please contact the relevant office for further information:

Barbara at the Magherafelt Office
barbara@cookstownmagherafeltvc.org or 7930 1862

Joanne at the Cookstown Office
joanne@cookstownmagherafeltvc.org or 8676 1122

---

**Alzheimer’s Society**

**Befrienders**
18+
Mid-Ulster Area
AccessNI required

This opportunity is ideal for people who want to make a difference for those living with Dementia. Befriending is providing friendship either one to one or in friendship groups. This helps the person with dementia to continue feeling independent, valued, supported and included.

Whilst on friendship visits the carer gets a break and the person with dementia can use their memories in/at local places with volunteer(s).

---

**Barnardo’s**

**Outreach Youth Service Volunteer**
Draperstown
18+
AccessNI required

“Outreach Youth” is a support service for young people aged 8-18 within the Draperstown area. The service identifies the needs of local young people and aims to empower young people and give them a voice within their communities, through utilising local resources such as schools, community groups and youth groups.

You will engage with young people to build relationships and support young people within a group work setting which entails group discussions, interactive workshops (physical activities), outdoor activities and residential based programmes. You will also support the group leader in identifying and evaluating projects.

Commitment is a minimum of 6 months with flexible working hours.
THE BASE

The primary function of the Base is to maintain friendships and/or develop new friendships. It acts as a base for leisure and social activities within the local community for adults with learning disabilities. The Base aims to have a team of volunteers to complement and support the work of the Base Co-ordinator.

Volunteers assist the Base users to engage in weekly activities such as leisure, crafts and sporting activities. Do you have a skill that you would like to share with them such as knitting arts and crafts.......
South West College provide Essential Skills classes for English and are in need of a volunteer who would be willing to provide one-to-one support for a member of a class on a Tuesday night from 7.00pm - 9.00pm in the Cookstown campus.

A good knowledge of English literacy and teaching experience is necessary for this role. The tutor will prepare all work for the volunteer and ongoing support is provided.

If you are interested and would like to help please contact: Caroline Macauley Essential Skills Tutor, SWC on 07707184813 or email caroline.macauley@swc.ac.uk

Cookstown Gateway Club

Passenger Assistant

18+

Gateway provides social & leisure activities for those with learning disabilities in the local district.

Cookstown Gateway Club is appealing for a volunteer(s) to help assist the service users on and off the bus which transports them to the fortnightly Wednesday social club in Cookstown. The route commences from Magherafelt via Moneymore onto Cookstown. As the club runs from 7-9pm the volunteer needs to be available from 6.15pm to start the journey finishing at approx 9.45pm. The volunteer needs to be reliable and punctual and there is the flexibility of sharing this role with another volunteer which would entail a monthly commitment.

Join Voices4Care and make a difference to palliative care

Do you want to make a difference for people with an illness or condition which may limit or shorten their lives? Yes? Then we want to hear from you. The All Ireland Institute of Hospice and Palliative Care (AIHPC) works to improve the palliative care experience for patients and their families across Northern Ireland and the Republic of Ireland. Voices4Care is a new initiative which will influence how care is planned and delivered.

Voices4Care will be a volunteer group made up of patients (service users), carers or former carers, and people from the wider community.

By being a volunteer you can expect training and support, being part of a worthwhile activity, and payment of reasonable out of pocket expenses.

How do I apply to become a member of Voices4Care?

You complete the ‘Expression of Interest Form’ by: downloading from our website: www.aihpc.org, emailing: info@aihpc.org or calling: 00353 1 4912948
Cookstown and Magherafelt Volunteer Centre is pleased to report the successful opening of its new premises in Cookstown on Thursday 21st February.

The relocation from Loy Street to 2b Coagh Crescent has not only enabled the Cookstown Volunteer Centre office to continue to provide a valuable service for meeting local volunteer needs in the Cookstown district area, but also to sustain our valuable partnership with Northern Health and Social Care Trust to support adults with learning disabilities.

Members of Cookstown District Council, volunteers, partner organisations – both statutory and community and voluntary attended the official opening to kindly support our recent move and avail of the opportunity to view the new larger premises.

Tony Quinn, Chairman Cookstown District Council commented, “Cookstown District Council has been proud to support the Volunteer Centre over many years. The centre provides our community with an invaluable service”. He continued, “In review of the recent recession and reduction in public sector spending the Volunteer Centre has established itself as an important resource for a number of groups and organisations”.

George Shiels, Chairman Cookstown and Magherafelt Volunteer Centre added, “Volunteering is an indispensable part of life that should run seamlessly through all areas of life” and that he is “very proud of the substantial commitment made by volunteers in the local area”.

Cookstown and Magherafelt Volunteer Centre would like to thank everyone for their support and good wishes and looks forward to continuing to work with present and future partners.

If anyone was unable to attend the opening please feel free to call in to meet Joanne in the Cookstown Volunteer Centre or if interested in finding out more information on what we do contact 028 8676 1122 or joanne@cookstownmagherafeltvc.org
A FREE half day workshop which aims to:
“provide employers / organisations with an opportunity to consider the benefits of having safe and fair recruitment/ HR procedures in relation to applicants with criminal records.”

The session will cover:

**Background Information**
- Offender Statistics
- Issues for Employers

**Key Legislation**
- Rehabilitation of Offenders Legislation (1978 and 1979 Orders)
- Safeguarding Vulnerable Groups Legislation
- Security Industry Regulations
- Access NI-Code of Practice

**Facilitating Disclosure of Convictions**
- Guidance on when and how to ask for conviction information
- Requesting self disclosure from applicants and existing staff
- Promoting fair treatment and equality of opportunity

**Risk Assessment**
- Appointing a disclosure panel
- Assessing relevance of the conviction(s) to the post / role
- Retaining and storing information

**Dealing with the Information**
- Sharing information
- Dealing with subsequent discovery of undeclared convictions

Wednesday 24 April 2013, 10.00am-1.00pm
(limited places so booking required)
To confirm your place please contact Barbara:
028 7930 1862
barbara@cookstownmagherafeltvc.org
Local Sisters receive Award of Excellence for Volunteering

Two volunteers Maria and Catherine Tennyson volunteered with various organisations throughout the Cookstown and Dungannon area to achieve 200hrs for their Award of Excellence for example Mencap Gateway Club, St Vincent de Paul, Mid-Ulster Talking Newspapers, Sperrinview Special School Dungannon Summer Scheme.

Maria Tennyson said, "Becoming a volunteer has changed my outlook on life. Not only have I become more compassionate and understanding, I have also thoroughly enjoyed the experience and learnt a lot about myself along the way. I would really encourage people to become involved in volunteering and make a real difference. Volunteering in a special needs school was a heart rendering experience and has influenced my career choice."

Catherine explains, "Being a volunteer has opened my eyes to the numerous opportunities there are to help out in my local community. I found it a very fulfilling experience and enjoyed the programme so much that I have continued regularly volunteering, even after completing my 200 hours."

Congratulations to Nathan

Well done to local Magherafelt High School student Nathan who achieved his 50 hrs Millennium Volunteer Award volunteering in the Magherafelt Volunteer Centre.

Presentations to NRC (Magherafelt Campus) 1st year students studying Aspire2work - part of their City and Guilds qualification.
Student Volunteering Week was once again a busy week for staff and volunteers, manning stands at Northern Regional College (Magherafelt Campus) and South West College (Cookstown Campus), delivering posters and flyers to all local schools and to all Northern Ireland Higher Education Institutes. Student Volunteering Week also coincided with our annual, “Be the heart of your community” campaign leading up to Valentines Day.

In the midst of this current climate it is unsurprising that employers, colleges and universities all highly value and recommend volunteering. Volunteering can provide students with a unique opportunity to increase their knowledge, skills and abilities to understand and appreciate the diversity of society and to give something back to their local community.

Nicola Mooney explains, “For me, volunteering was such an invaluable experience. It provided me with a great insight into things I had never thought about before, the opportunity to face new challenges and the chance to meet new friends whilst having a laugh along the way! I enjoyed my time volunteering and am so glad I did it.”
Look After Yourself and Others
Open to anyone living or working in the Cookstown and Magherafelt District

The Glenavon Hotel,
Cookstown

Wednesday 13th March
9.30am - 1.30pm
(A light lunch provided)

Cookstown and Magherafelt Volunteer Centre in partnership with key suicide prevention/postvention services invite you to attend a half day event. The aim of the event is to provide training in suicide prevention and emotional resilience. The event will highlight Mental Health and Suicide Prevention services freely available in the Northern Area.

To confirm your place please contact Michele on:
028 7930 1862 or info@cookstownmagherafeltvcc.org
Cookstown and Magherafelt Volunteer Centre is offering **FREE** Personal Development Workshops

We are offering a new programme which will help you build your confidence and give you the opportunity to learn more about the work of community pharmacists.

This programme is aimed at those who feel they lack confidence and have low self esteem. If you feel that you are not living up to your full potential and want to take charge of your life then this programme might just be for you. You will hear about the role of community pharmacists, chat about health and wellbeing issues and learn new ways to boost your confidence.

There will be opportunities to take part in activities such as crafts, walking, photography, etc. Those who participate will help guide the programme so you can get the best out if it for yourself. The programme is open to everyone over 18 years.

Due to unforeseen circumstances we have had to delay these workshops. We are aiming to start this training after Easter - Week beginning 8th April 2013

If you are interested in *Moving Forward* please contact Michele on 028 7930 1862 or michele@cookstownmagherafeltvc.org
Network Personnel is offering a schedule of support to those interested in moving into employment within a Care environment, this will include:

- **Access to training courses including:**
  - Dementia Awareness
  - Safeguarding of Vulnerable Adults
  - Manual lifting and Handling (Safer People Handling)
  - Emergency First Aid
  - Basic Food Hygiene (Level 2 Award in Food Safety)

- **On-going advice and support** (guidance in relation to work-related benefits and long term employability)

- **The opportunity to gain work experience in a formal care environment** (with the possibility of obtaining temporary paid work via our Up For Work employment programme)

*Limited places available, training courses commence week beginning 11th March 2013*

*Training will be free of charge to eligible participants (Unemployed - whether receiving benefits or not, over 18 years old and not currently participating on another funded programme)*

For further information please contact
Maxine McLean 028 7963 1032 / maxine.mclean@networkpersonnel.org.uk or
Michelle McMullan 028 7963 1032 / michelle.mcmullan@networkpersonnel.org.uk

This project is part financed by the European Social Fund and the Department for Employment and Learning
Fixers comes to Northern Ireland!

Fixers, a unique project which supports 16 to 25 year olds to take action and change things for the better, has arrived in Northern Ireland. How each Fixer tackles their chosen issue is up to them – as long as they benefit someone else.

The charity, which has worked with 7,000 young people since 2008 in England, has just launched in Northern Ireland, together with Scotland and Wales. Thanks to a £7.2 million grant from the Big Lottery Fund, Fixers aims to work with a further 20,000 young people over the next three years.

Each Fixer is supported to create the resources they need to make their chosen project a success, with creative help from media professionals to make their own promotional material, such as films, websites or print work. The project is open to anyone aged 16 to 25 in Northern Ireland who has an issue they want to tackle.

One of the first Northern Irish Fixers is Jonny Lennox, who is using his musical skills to encourage people to know they can break free from abusive relationships. With the support of Fixers, the 24-year-old from Castledawson, Mid Ulster, is creating an audio track to raise awareness about domestic abuse and help people who feel ‘trapped’ by their partners.

His Fixers project is inspired by experience as Jonny has witnessed people in abusive relationships. He hopes his song, ‘Crazy Love’, will encourage people to find the strength to leave and seek support from outside organisations. “If I can help at least one person, I’ll be happy,” he said. “Because that’s better than doing nothing at all.”

Fixers is a project of the Public Service Broadcasting Trust (PSBT), a charity that brings together mainstream broadcasters, public and voluntary sector services, and viewers.

If you would like to get involved, contact Chris Pollock, Fixers Young Person’s Coordinator, by emailing chrispollock@fixers.org.uk or calling 07436 265922.

Draperstown Suicide and Mental Health Awareness group S.T.E.P.S. are now running classes for — Yoga (Men and Women), Guitar Lessons (provided by Glasgowbury), Hillwalking and Archery.

If you or anyone you know would be interested in these classes please email mentalhealthsteps@gmail.com, phone or text 07904564218. If classes are over subscribed your name will go on the waiting list for future classes.
Big Lunch packs ready for posting!

As we enter our fifth year of bringing communities together over lunch, our FREE Big Lunch pack is looking better than ever. Order your pack complete with planner, posters, invitations and stickers which will guide you through everything you need to make your lunch a big success!

If you've not ordered yours yet, all you need to do is pop your details into our simple online form and we'll get a pack in the post for you.


Nominating a group for the Queen's Award for Voluntary Service

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities. It was created in 2002 to celebrate the anniversary of the Queen's coronation. It is the MBE for volunteer groups.

Any group doing volunteer work that provides a social, economic or environmental service to the local community can be nominated for the award. Each group is assessed on the benefit it brings to the local community and its standing within that community. Take a look at the guidance notes for further conditions and information, or read about some of the previous winners.

For further information visit [https://qavs.direct.gov.uk/](https://qavs.direct.gov.uk/)
Who are the unsung heroes of local sport – the ones who give their time to coach the team, to drive a minibus, to wash the kit?

It’s time they got some recognition, so get your nominations in now for our Sports Volunteer Awards 2013. Each of our 12 branches will offer a trophy and £200 for the local winner plus £500 for the team, club or group. All 12 will then go forward to the Northern Ireland finals with a national prize of £500 for the individual and £1000 for the club.

www.hughessportsvolunteers.com

Free Dyslexia Training

A workshop focusing on supporting parents in assisting young people with Dyslexia. The tutor will concentrate on practical strategies that you can implement at home to assist your child/young person.

The session will take place on Monday 11th March from 7pm to 9pm
The location will be Northern Regional College, 22 Moneymore Road, Magherafelt

If you are interested please contact Marie Donaghy or Sinead Brady on 028 7939 5245 or email marie.donaghy@nrc.ac.uk
This 2-day course aims to help participants to feel more confident and competent when dealing with a person who is at risk of suicide. Participants will learn how to recognise and estimate risk and explore how to intervene to prevent immediate risk of suicide using an internationally accepted model for intervention.

Issues covered include:
• Attitudes towards suicide
• Recognising suicidal thoughts
• Estimating suicidal risk
• Applying a Suicide Intervention Model
• Resources and support available locally
• Self-care

This course will be of particular interest to individuals:
• In community, voluntary and statutory organisations
• Those working with/in contact with individuals with mental health or emotional problems including carers
• Those with an interest in increasing their knowledge of mental health

Each participant will be given a copy of the ASIST Manual for ongoing reference.

For information or to book your course:
Address: The Naomi Centre, 2 Cullybackey Road, Ballymena, BT43 5DF
Tel: 028 2563 6603
E-mail: maryfrances.bell@northerntrust.hscni.net
Mental Health First Aid
2 Full Days Awareness Training
Thurs 14th & Wed 20th March 2013, 9.30am – 4.30pm, Rowan Tree Centre, Pomeroy

This is a training course that will equip participants with the knowledge and skills to help an individual in a mental health crisis and/or when developing a mental health problem. This course will not equip individuals with the ability to make a diagnosis.

Issues covered include:
- Mental Health in Northern Ireland
- Depression
- Anxiety Disorders
- Psychosis
- Substance Use Disorders
- Recovery
- Self Harm & Suicide

This course will be of particular interest to individuals:
- In community, voluntary and statutory organisations
- Those working with/in contact with individuals with mental health problems including carers
- Those with an interest in increasing their knowledge of mental health

A copy of the Mental Health First Aid Manual will be provided free to each participant that attends the full day. Please book ahead

Address: CWSAN, Unit 2, 80 - 82 Rainey Street, Magherafelt
Tel: 028 7963 4865
E-mail: cwsanmidulster@btconnect.com
New Parent Reference Groups to be set up in Northern Ireland

Calling on parents to join new Parents’ Groups and its Planning Groups

Parents are the most important people in children’s lives. Last year a new Northern Ireland partnership was set up to improve outcomes for children and young people across Northern Ireland. This partnership is called the Children and Young People’s Strategic Partnership, and it oversees a number of planning groups across Northern Ireland. The active involvement of parents in planning is essential to ensuring that the plans are right.

To ensure their voice is heard in the planning processes, Parenting NI is currently recruiting parents to join the following various Parent Reference Groups:

Parent Reference Groups
• Regional group for parents who have a child with a disability
• Regional group for parents who come from an ethnic minority community
• Parents from across Northern Ireland to join a general group depending on where they live

Who are we looking for?
• Have you something to say about issues affecting your child(ren)?
• Would you like the opportunity to share your experiences and opinions?
• Would you like the opportunity to make a difference to how people view / think about parenting and the issues and needs which are important to children?

The time commitment...
To come to a two hour meeting 3 times a year.

Interested....
If you are interested, you could be who we are looking for: individuals who have a little time, a lot of interest, a willingness to share their views and ensure that the voice of parents is heard.

If you want to find out more, or being nominated, download a form from our website www.parentingni.org or telephone 028 9031 0891 for a nomination form.

PARENTS ANGER MANAGEMENT PROGRAMME (PAMP)
This programme allows parents to explore their reaction to anger and how their anger impacts on the children, how to identify the triggers and find positive ways of managing their anger. Anger is a normal emotion, which most parents experience on a regular basis. It is often seen as a negative emotion but can be used as a motivator to instigate change.

Magherafelt Parish Centre
Saturdays 2\textsuperscript{nd}, 9\textsuperscript{th}, 16\textsuperscript{th}, 23\textsuperscript{rd} March 2013
10am - 2pm

To register for the programme contact
Parents Helpline 0808 8010 722

Funded by the Northern Health and Social Care Trust
Up for Work Programme

We have been running a new innovative and exciting programme of work in MindWise at the Magherafelt service since June 2012. The programme is aimed at individuals with mild to moderate mental health problems.

The programme develops confidence, life skills and employability skills by offering accredited training, employability training, placements, and confidence building skills including one to one mentoring and support. If participants wish they can work towards obtaining a NVQ Level 2 Diploma in Horticulture. This is achieved by evidence and practice based assessment communication and leadership skills. There are 3 levels of Award: Award (4 units), Certificate ( 8-10 units), Diploma (12 units). The NVQ Level 2 course takes approximately one year to complete.

Since the programme started we have 1 person in fulltime training, 3 people in work placement, 1 person has secured full time employment and 7 people are on track to receive a Diploma in Horticulture. The feedback from those on the programme has been excellent.

We will be starting a new programme in April 2013 and we are looking for new people to start. If you are interested please either contact your Occupational Therapist or contact us directly.

Christine Protheroe & Barry McCabe
MindWise
80-82 Rainey Street, Magherafelt, BT45 5AH
Tel: 028 7963 4834
Mobile: 077 9967 4059

This project is part financed by
the European Social Fund and the Department for Employment and Learning
Alzheimer’s Society to host carer information sessions

THERE is estimated to be 19,000 people in Northern Ireland with dementia. The term ‘dementia’ describes a set of symptoms which include loss of memory, mood changes, and problems with communication and reasoning.

These symptoms occur when the brain is damaged by certain diseases, including Alzheimer’s disease or damage caused by a series of small strokes. As the brain shuts down, a person gradually loses the ability to do the things many of us take for granted, from enjoying conversations with family or friends to eating or dressing without help. Each person is unique and will experience dementia in their own way, and with the support and understanding of those around them can live well with dementia.

CARER INFORMATION SESSIONS
Alzheimer’s Society will host the following Information programme in Cookstown Leisure Centre, Fountain Road, Cookstown from 4pm – 5.30pm

- Wednesday 6 March – Dementia and Communication. Speaker: Martin McCrory
- Wednesday 13 March – Dementia Friendly Environment and Behaviours. Speaker: Martin McCrory
- Wednesday 20 March – Benefits available and Direct Payments Speaker: Sharon Dillon CAB and Martha McWilliams Centre for Independent Living.
- Wednesday 27 March - Work of Alzheimer’s Society and Introduction to the Befriending Service Speaker: Louise Hughes & Amy Clough.

The programme aims to enable family members / carers to develop their knowledge and understanding of dementia, to assist them in their supporting/caring role.

Other services available from Alzheimer’s Society locally are one-to-one visits for information or support, Activity Group, Friendship Group, Befriending and Social outings. For further details please contact Louise Hughes, Dementia Support Manager Mid Ulster Area on 028 8676 5888 or email louise.hughes@alzheimers.org.uk
Meet the Team

Thanks to our Volunteer Editor Chris for completing this edition of Volunteer Focus

Next edition deadline 22 March 2013

Look out for our new website launching 8 March 2013