

# THE VOLUNTEER EAR

Summer Edition (1) 1/6/22



Welcome to our new quarterly volunteer newsletter.

Our aim is to keep you up to date with all that is 'volunteering' at Community360 and throughout our fantastic county of Essex.

If you have some news you would like to share with us or maybe you have some ideas about what you would like to see and read, then please get in touch!

Please email us: [volunteer@community360.org.uk](mailto:volunteer@community360.org.uk)

We would love to hear from you.





# VOLUNTEERS' WEEK

## Get Ready for Volunteers' Week 2022

A time to say thanks! Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering. We could not do without you. Whether it is supporting one of our projects, driving one of our minibuses or helping at a vaccine clinic, your contribution is greatly appreciated.

This week let's recognise the fantastic contribution volunteers make and to say one BIG thank you.

[CLICK HERE](#) 

## Making a Positive Impact to Families across Essex

Our team at the Essex Family Support Service would love to take the chance to celebrate our amazing volunteer family mentors and share some of the positive impacts they have had on local families across Essex.

Here is what our amazing family mentors and families have to say!

*"Our mentor was just an amazing person who helped us through so many situations, she gave us ideas for activities and encouraged us to do more as a family" (Family).*

[CLICK HERE](#) 

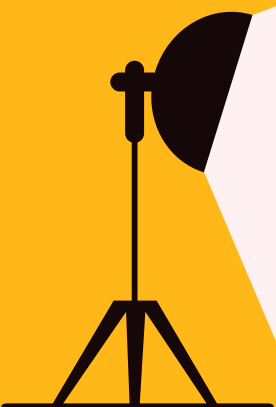


### **‘It’s the Future’ – Students get Involved in Volunteering**

Essex University students are a great example of how rewarding volunteering can be. If you know someone at school or university, there are a multitude of reasons why you should encourage them to volunteer. As well as making a difference, gaining self-confidence and learning and developing new skills, there are a host of benefits to volunteering.

Volunteering gives students those practical skills which they need to start making active change. Students are our future, and volunteering allows them to develop soft skills which are essential in their working career. These skills then translate into wider impact, whether that is communicating with others. Whatever their future pathway, that change can start directly through volunteering.

**CLICK HERE**



### **Spotlight on the Essex Family Support Service**

Our wonderful team at the Essex Family Support Service have been supported by some amazing volunteers and mentors. Take a look at this case study to see how one volunteer really made a difference.

**CLICK HERE**





## Local Volunteer and Apprenticeship Opportunities

There are lots of opportunities on Volunteer Essex. For all the latest volunteering vacancies log onto <https://www.volunteeressex.org/>

Please share with your family and friends and encourage them to volunteer too

Here are a couple of very different volunteer opportunities you might like.

### Boat Skipper

Do you like being outdoors or perhaps have an interest in boats?

### Lagoons Conservation Volunteer

Would you like to spend time outdoors with likeminded people from your local community?

### Calling all drivers!

If you love driving and have time to spare this could be just the opportunity for you!

### Earn while you Learn!

Check out these great apprenticeship opportunities from KFC



## Volunteer Interview

'Meet an Ace' Laura Mansell Thomas  
a vaccination volunteer at the Primary  
Care Centre, Colchester



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## Volunteer Social Events

We love to reward our volunteers and say thank you.  
Our social events are also a great way to meet fellow  
volunteers and other members of the C360 family.

### Date for your Diary

**June 17th** - Home from Hospital and Community  
Transport Call Back Volunteers Social – **Putt in the Park**  
**Calling all budding Tiger Woods or Lydia Ko**

Colchester's no 1 putting challenge is back!  
Open to all befriending volunteers supporting Home from  
Hospital and the call back volunteers who call all the  
Hospital patients ferried home on 360's Community  
Transport.

The score to beat is 42 held by Tina Bullen (C360's  
Learning and Development Coordinator) – who can knock  
her off the top spot? (Metaphorically of course - golf sticks  
should never be used in anger,)

**'Those boots are made for walking...'**

Have you thought about volunteering as a Walk Motivator?

Many of us found our love of walking again during the pandemic, but as life gets busy again, we want everyone to keep walking!

Walking is free and one of the easiest ways to be more active, lose weight and become healthier. C360 hosts a series of walks every week in Colchester and Braintree in various locations.

Green Prescribing – Walking for Wellbeing is high on the agenda for C360 and have recently employed a Walk Motivator, Shawn Leek, whose remit will be to develop inclusive walking sessions for all abilities. This includes forming specialist walking groups for bereavement, autism and those suffering with mental health.

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### **Training Opportunities**

**'FREE TRAININGS 4 U!'**

Online safety training - through National Cyber Security Centre – takes 1 hour

This is your chance to get confident with what cyber security means for you and learn some actionable steps you can take to stay safe online. This training will cover four key topics of cyber security. You'll explore each of these topics by helping someone to navigate a tricky situation.

The four topics you will cover are:

- Defending yourself against phishing
- Creating strong passwords
- Securing your devices
- Reporting incidents

There will be a short quiz at the end to put what you've learnt to the test. This is a safe environment for you to practise what you learn, so make the most of it!



## National Volunteering News

NCVO and Centre for Ageing Better partner to increase age-friendly inclusive volunteering in England.

NCVO has announced that it will partner with the Centre for Ageing Better to support its efforts to increase age-friendly inclusive volunteering in England. NCVO will do this through the delivery of training and the creation of an action learning group of 'advocates for age-friendly inclusive volunteering'. NCVO will receive a grant amount of £28,000 and the project will run until March 2023.

This new partnership with NCVO seeks to build on the legacy of Centre for Ageing Better's review of volunteering and community contributions in later life, carried out for the Department for Culture, Media and Sport (DCMS). The review and its related projects resulted in the development of 'five actions for more age-friendly and inclusive volunteering' designed to help volunteer involving organisations.

Centre for Ageing Better will now share ownership of this research and learning with NCVO to maximise its impact at the national level and reach volunteering organisations across England with the five actions for age friendly inclusive volunteering.

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## Community Transport Member says Thank You to Volunteers

### 'Community Transport has Changed my Life'

Being able to use the Community Transport scheme has given me a completely new lease of life.

As I have suffered from Cerebral Palsy & Spina Bifida, all my life, this confines me to a wheelchair permanently.

Having access to Transport allows me to go to town, do shopping, visit family and friends, and join in on Community Transport excursions. I have a 24/7 personal assistant and she can also come with me on all my trips.

I also do not have to worry about any hospital or medical appointments as your transport scheme always takes me to and from the appointment.

The drivers and office staff are always very helpful and efficient, and I have always been treated respectfully. This service has completely changed my life and a big thank you goes to all those people who help with this fantastic service.

## Do you know your Neighbour? Social Isolation Week 2022

Community360 will be setting up a living room, complete with sofa at various town centre locations and asking: 'Do you know your neighbour?'

This exercise is aimed at helping to combat social isolation and to encourage a sense of community with people checking in on their neighbours.





## Can you help?

Community360 are helping patients to settle back into life at home when they leave hospital thanks to our Home from Hospital service which operates out of Colchester NHS Trust. This service supports discharged patients with 'light touch support', helping them get back on their feet with the kindness and time of volunteer befrienders.

CLICK HERE



Do you have some time to spare?  
Like getting out and want to give something back?

Why not volunteer with our  
Community Transport Scheme?

Whether you have 1 hr or 50 hrs spare, we'd love you to join us!



CLICK HERE



Could you help families improve their health and wellbeing in your local community?

We are looking for people who can support our Essex Family Support Service by becoming a Volunteer Family Mentor.

CLICK HERE





## Get in touch!

Remember to let us know what you would like to see in the next edition and share your lovely stories with us.

Please share this newsletter with your family, friends or neighbours, maybe they would like to volunteer too.

### **You can contact us on:**

**Community Development & Volunteer Centre Colchester**

**T: 01206 505250**

**Community Development & Volunteer Centre Braintree**

**T: 01376 550507**

**Community Transport Scheme, Colchester**

**T: 01206 216600**

**or email [information@community360.org.uk](mailto:information@community360.org.uk)**

### **You can also find us online:**


** [community360org](https://www.facebook.com/community360org)**

** [@community360org](https://twitter.com/community360org)**

**W: [www.community360.org.uk](http://www.community360.org.uk)**

#### **Community360**

Winsley's House, High Street, Colchester, CO1 1UG

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