

THE VOLUNTEER EAR

Spring 2024 Edition (5)



Welcome to the latest issue of the Volunteer Ear.

Firstly, a huge thank you to everyone who volunteers with us. The dedication and kindness of the volunteers play such a key role in supporting our communities when they need it most.

If you'd like to share any good news and stories from your recent volunteering experience, we'd love to hear them! Please email volunteer@community360.org.uk



GOOD NEWS CORNER

Colchester's Culver Square launched its annual giving tree appeal and with the help of Colchester Foodbank, Colchester BID, and the community, 829 children received a present ahead of the Christmas Day.

The project relies on toy donations from the public to make a child's Christmas wish come true.

To support the initiative Community360 put a call out to its strong team of volunteers asking if they could help with roles such as managing the shop front; discussing the project with the public, sorting presents and issuing gift labels to generous people. Volunteers kindly came forward and a rota was set up by the Volunteer Centre. David Robertson from the giving tree says: "This is our third, and most successful, year doing this project. This Success has been largely due to the help of the C360 volunteers who have enabled us to open the shop more often which has given the public more opportunity to drop presents off and pick up labels all the volunteers have been polite, helpful, and empathetic to public overall a really positive experience."

A huge thank you to everyone who volunteered for this project!

Read the full story

CLICK HERE 

We have a wonderful volunteer – Jill – who helps us out at our weekly My Weight Matters sessions at the One Colchester Community Hub. She approached us about a year ago and said that she was interested in health and nutrition, which sounds like an ideal background for working with people with weight problems but can be a problem if the volunteer tries to promote their own theories about healthy eating. Jill isn't like that. She read up about the programme, she asks questions and – most importantly – she listens. She has helped create a warm and welcoming environment where our clients can talk stay for a cuppa and a friendly chat about anything and everything – something which we don't usually have time for. She gives guidance about diet if asked for it, and it is always sensible and consistent with the main messages of the My Weight Matters programme. Our clients are always pleased to see her and miss her when she's away – as do we.

Thank you Jill!



SOCIAL CAR DRIVERS NEEDED

**Do you like driving?
Enjoy helping people?
Want to give something back?
Why not volunteer with our
Community Transport Scheme?**

Community360 provide transport services in Colchester, Chelmsford and Maldon for people in the local community who have limited mobility and those who would otherwise be socially and geographically excluded.

We are looking for more help to ensure as many people as possible can use this service. Maybe you could make a difference and volunteer as a driver.



CLICK HERE



NHS Health Checks at the One Colchester Community Hub

Are you between 40 and 74 years old? Have you had your NHS Health Check? Everyone has a chance of developing heart disease, stroke, kidney disease, type 2 diabetes and certain types of dementia.

The NHS Health Check has been specifically designed to identify health risks, like the aforementioned, earlier. This is why it is so important to have your health check.

After your health check, you will be given advice on the best action to take to lower any risks and create a healthier lifestyle. This could include anything from diet to exercise or even certain medicines to control blood pressure.

Every year, the NHS Health Check is expected to help:

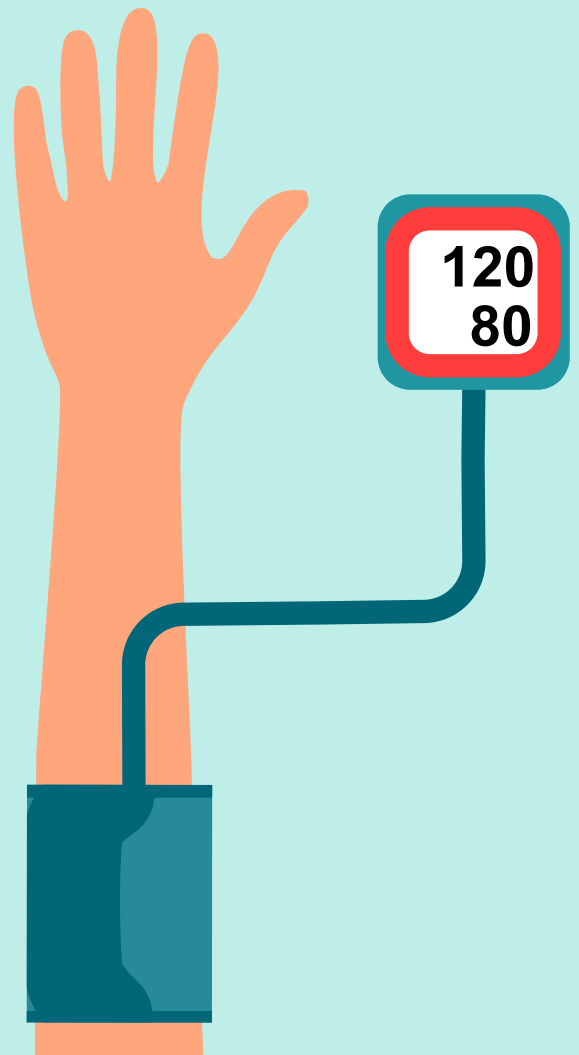
- Save 650 lives
- Prevent 1,600 heart attacks and strokes
- Prevent 4,000 people from developing diabetes
- Detect at least 20,000 cases of diabetes or kidney disease earlier

What will the health check cover?

It's a 20-30 minute session where you will be given straightforward health tests such as measurements of weight, height and blood pressure.

You will also be asked questions about your family's medical history and your own medical history and lifestyle.

There are lots of locations that you can go to for your health check once you have registered including the One Colchester Community Hub.





FINDING YOUR FEET WALKS



FREE walks in your neighbourhood

Have you joined in one of our Walks for Wellness or Finding Your Feet walks? We run 14 walks every week.

Walking with others is a great way to get connected with your community and also become more active. Win win!

Exercise not only changes your body, it changes your mind, your attitude and your mood.

[CLICK HERE](#)



With Spring in sight it can be a great time to get active, get out, meet new friends, and take some positive steps to get through the last of the winter months.

As well as walks in both Colchester and Braintree districts, we hold My Weight Matters sessions in Colchester and Witham, Pranac Healing sessions at the Hub, Zumba, Ballroom Dancing and Hip-Hop classes to name but a few!

Why not give us a call and see what we do on 01206 505250 or email information@community360.org.uk

Volunteer Training

Hi

I'm Tina. I'm Community360's Learning and Development Coordinator. I spent 15 years teaching in mainstream education, and the past 5 and half years at C360. Because I was a teacher trainer, I became really good at knowing what helped learning to stick, designing top quality training and being an empowering and thought-provoking educator.



Here at C360, we have excellent training options that help to develop our staff. The induction process is really robust, our line management programme is innovative and made especially for C360, and the Dementia Hour, written by me, is gaining traction outside of C360 because it is fulfilling a really big need that hasn't yet been met by any other provider.

All of this might just sound like I'm tooting my own trumpet. It doesn't mean to. I'm saying that not only can C360 staff benefit from this valuable investment in skills, and do, but you, our amazing and equally valuable volunteers, can do too!

Everyone is encouraged to take part in training and other activities taking place at C360. Why not ask yourself, 'what do I need and how will it help me?'. Start at the beginning when volunteering with C360: obviously, first off, you need a good strong induction experience that helps you to understand C360 and your role. Imagine standing on the front desk at the Hub without this basic information! What a nightmare that would be!

Next, think about using the expertise and experience of those who have worked in the voluntary sector to guide you to the training that can help you to perform your role, not just adequately, but well and safely, such as: Safeguarding, Equality, Diversity and Inclusion, Prevent, GDPR, Working with People and the aforementioned Dementia Hour. Have you done these courses? Some of you will have; some of you won't. Did you know they existed? Well, now you do!



After this, why not use this rich resource to develop yourself beyond the basics. Maybe you're thinking about moving into paid employment, or for a challenge, or maybe you just enjoy learning - why not ask about other training opportunities? There're plenty of them! Who knows where this training could lead you? There's only one way to find out...

Our courses are top quality, very valuable and we're understandably proud of what we can provide, but we're also keen to hear from you about what you think is needed, when and how.

Talk to us, let us know: How can we help you with training?

[CLICK HERE](#) 

Tina Bullen L&DC

Based on the feedback we have received so far you have identified a need for training around basic first aid, equality and diversity, health and safety and GDPR.

These online resources give a great oversight on these areas,

- CPR on youtube/St John's Ambulance (5 mins)
- CPR and Defib on youtube/British Heart Foundation (15 mins) – in person training coming soon
- Equality and Diversity through ACAS (30 mins)
- GDPR video on youtube/IT Governance Ltd (10 mins)
- Health and Safety video on youtube (20 mins)



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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

You can also find us online:

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