

Volunteering Opportunities

Lochaber Credit Union Collection Point Volunteer

Help out for an hour a week at your local collection point, enrolling new members and recording members' savings and loan repayments. There are 7 Collection points throughout Lochaber so there should be one near you.

Lochaber Citizens Advice Bureau Volunteer Adviser

Volunteer Advisers interview clients, explore the issues and provide advice from our comprehensive training system.

Lochaber Community Care Forum

Volunteer Visiting Service Volunteer Visitors

To visit people in their own homes or to assist them to partake in social activities with their communities

Lochaber Community Car Scheme Volunteer Driver

Volunteers drivers are required to help this community transport service for people who are unable to use or have difficulty with public transport.

Talk Lochaber Volunteer Administrator

Talk Lochaber, our local talking newspaper service requires people to provide administrative support for the weekly newstape which goes out to over 60 people who cannot read print.

Highland Real Nappy Project Real Nappy Demonstrator

If you are an experienced real nappy user (mum, dad, grandparent, carer) and you want to help promote the use of real nappies across the Highland area, then join our team of volunteers.

The West Highland Museum Helper

To help as required in the museum and to come to an arrangement about what the volunteer would like to do

This is just a small selection of the Volunteer Opportunities available in the Lochaber Area. If you would like information on these or any other Opportunities please contact Rachel at the Volunteer Centre, contact details below:

Contact Us:

Volunteer Centre Lochaber
An Drochaid
Claggan
Fort William
PH33 6PH
Phone: 01397 704633
lochaber@volunteeringhighland.org

Opening Hours

Monday	10am-2pm	Please phone Rachel at the volunteer centre for an appointment.
Tuesday	10am-4.30pm	
Wednesday	10am-4.30pm	
Thursday	Closed	
Friday	Closed	

We're on the Web!

See us at:

www.volunteeringhighland.org

Volunteer Centre Lochaber



February 2010, Issue One.

Welcome

Welcome to the first issue in 2010 of Lochaber Volunteer Centre's newsletter.

The Volunteer Centre Lochaber is part of Volunteering Highland, a registered charity. Our aim is to recruit local volunteers and place them with voluntary Organisations and groups in Lochaber. Rachel Tonks returned to the Volunteer Centre in September after a year on maternity leave and is based at An Drochaid, Claggan, Fort William.



Welcome	1
Volunteering Update	1
Benefits of Volunteering	1
Recognising Volunteers	2
Time Bank	3
Current Opportunities	4
Contact Details	4

Volunteering in Lochaber

Our Volunteer Centre provides information, advice and support to people who are thinking about volunteering or for existing volunteers. Last year we were pleased to present several young volunteers with their Millennium Volunteer Awards. We would like to take this opportunity to thank them and also to thank all those Organisations who encourage young people to become volunteers and support them to achieve their MV Awards.

We also offer assistance to Organisations who want to develop volunteering, including information and help with volunteer recruitment, policy and good practice development. We can also help with information on Disclosures. We are always looking to further develop volunteering opportunities in the Lochaber area so if your organisation would like advice or information about obtaining volunteers please call Rachel Tonks on 01397 704633, mob 07834 753764 or email lochaber@volunteeringhighland.org.

The Benefits of Volunteering

- Do something worthwhile with your spare time
- Access training and develop new skills
- Have fun and make new friends
- Make a difference
- Gain experience for your CV
- Gain confidence
- Try something new and **VOLUNTEER**

Scottish Charity No:
SC023261

Recognition for Volunteers – Volunteering Awards

MILLENNIUM VOLUNTEER AWARDS

Volunteer Centre Lochaber is looking for young people (aged 16-25) to get involved in their community through volunteering. Volunteering can be a great way to gain experience, make new friends, learn something new but most of all have fun! The Millennium Volunteer (MV) Awards are endorsed by the Scottish Executive as a celebration and positive recognition of the commitment and contribution made by young volunteers. As well as recognising achievements the MV awards are a valuable asset on any young persons CV.

Delivered locally by Volunteering Highland the MV Awards are open to all volunteers aged between 16 and 25. Awards can be achieved on completion of 50 hours, 100 hours and 200 hours of volunteering.

50 Hour Award - signed by deputy Minister for Communities

100 Hour Award - signed by the Minister for Communities

200 Hours Award of Excellence – signed by the First Minister of Scotland

Participants have up to two years to complete the hours required and the awards are flexible and easily

Volunteering hours can include:

- Time spent on actual volunteering activities in school (e.g. paired reading, buddying, prefect, sporting events, committee member) or out of school (e.g. sports coaching, guide leader)
- Time spent on training courses as part of volunteer role.
- Review meetings at placement organisation or volunteer centre
- Volunteer Team Meetings
- Travel to and from any of the above when it exceeds 30 minutes
- All events attended representing the placement organization.



The Young Highlander Awards

What Are Young Highlander Awards?

Last year Volunteering Highland introduced the Young Highlander Awards, to recognize the contribution made by volunteers who are under 16 years old. The awards are open to anyone aged between 12 and 16, and should be completed within 18 months. Any volunteering carried out after the 16th birthday can be used towards a Millennium Volunteer Award. Details of the Young Highlander Volunteering Certificate are:

- Bronze – 40 Hours,
- Silver – 60 Hours,
- Gold – 120 hours.

For more information contact the Volunteer Centre.



Find Out More:

If you would like to find out more about volunteering, the young Highlander Awards or the MV Awards get in touch with **Rachel Tonks** at **Volunteer Centre Lochaber** on **01397 704633** or email lochaber@volunteeringhighland.org.

‘The Good Old Days’!

Do you remember the ‘good, old days’ when it seemed that everyone in your community knew each other and helped each other out? Maybe you are still lucky enough to have a group of friends and neighbours who can help you out, but many are not. Or maybe you wish you could just have a bit of a hand from time to time, but everyone seems too busy to help. Perhaps you feel you could do something for someone, but don’t know where to start.

Time Banking is a new and exciting way for people to come together in their communities and interest groups and share their talents in a mutually beneficial way.

Time Bank members:

- help others,
- receive support themselves,
- meet new people and
- help their communities become better places to live.

Time Banking is based on the principles that for every hour a person contributes they receive the equivalent in time credits.

1 hour = 1 time credit

Time Bank members can exchange their time credits when they need something done—e.g. they might choose to get a gate fixed, or get someone to collect their doctors prescription. They can also choose to donate time credits to someone else or to a community.

Every time bank has a ‘time broker’ who keeps a record of everyone’s contributions. The time broker manages the practicalities such as putting people in touch with each other, obtaining references, organizing insurance etc.

Anyone can join a Time Bank. Time Banks value people equally irrespective of age, gender or culture. They are therefore accessible to all and fully inclusive. Time Banks are free to join and taking part does not affect your tax position or entitlement to state benefits.

The Volunteer Centre launched Time Bank in August 2008 and our first member was MP Charles Kennedy. We are looking to expand the Time Bank throughout the many diverse communities of Lochaber. If you would like to find out more, or register for Time Bank, then get in touch with Rachel on 01397 704633 during office hours or e-mail lochaber@volunteeringhighland.org

