



Promoting good practice for volunteers from socially excluded groups

GoldStar Newsletter

Issue 2 – July 2007

Welcome

Hello - welcome to issue 2 of The GoldStar newsletter.

GoldStar's aim is to disseminate good practice in the development of volunteering among BME groups, people with disabilities or long-term illnesses and people with no qualifications.

We would love to receive your stories of good practice. To find out how you can contribute to future issues please contact

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2007 Regional Roadshows

Since our last newsletter, spaces on the GoldStar Regional Roadshows have been disappearing fast! To secure your place please visit

http://www.goldstar.org.uk/goldstar_events.html

News from the GoldStar Projects

News from Sports Volunteering

Cumbria Sport Partnership has run a highly successful volunteer programme for the past 5 years. Now, as a result of the Partnership's recently launched Equality Policy and national Volunteer Week that ran from the 1st-7th June, a new programme, Sport Volunteers Inc, has been launched to encourage people with a disability to volunteer in sport and make a big difference to their community. The programme was developed by Cumbria Sport Partnership in recognition of the barriers that prevent disabled people from participating in sport and becoming

involved in volunteering. It was ultimately set up so that more people have the opportunity to enjoy sport and physical activity. In so doing, the programme aims to encourage and support people with disabilities to acquire the confidence, knowledge and skills to volunteer in sport. It is anticipated that the experience gained will lead to greater involvement in sports leadership some of which could be in a paid capacity.

The Sports Volunteers Inc programme will support disabled people to volunteer in a sports club or sports centre, allowing them to build on their interest in a particular sport. Volunteers can get involved in anything from helping to develop a club website; helping to coach a junior football team; setting up sports equipment; to helping out in the admin office or collecting fee's.

Cumbria Sport Partnership has funding available to recruit 75 volunteers of any age who have a disability. Placements will then be provided in sports clubs or organisations tailored to each individual's needs and interests. Volunteers will be able to give as much time as they are able, and receive gifts from Cumbria Sport such as a t-shirt or sports bag when they have reached up to 50, 100 and 200 hours. Volunteers will be able to continue on their placement for as long as they like.

Each volunteer will have a mentor, usually someone from the club they volunteer in, along with support from the Volunteer Development Officer who will contact the volunteer and carer regularly to ensure the programme is meeting the volunteers needs; that support structure are in place to ensure volunteer achieves their goals and that the programme is enjoyable!



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Each volunteer will also receive a support pack and welcome t-shirt when they join the scheme. Volunteer mentors will also receive a support pack and training.

£50 of expenses is available for each volunteer for their own personal development, and some assistance will be given to cover travel costs. Volunteers may wish to put their £50 expenses towards a level 1 coaching qualification or official's certificate.

Nicola Cartwright, Development Officer (Disability Sport and Equality) says 'this is an excellent new programme for Cumbria Sport Partnership. Opportunities for disability sport have significantly increased over recent years; this is due to increased awareness of activities that are possible and accessible. Getting more people involved in sport and physical activity is hugely important and I would encourage as many people as possible to get involved in this new exciting programme'.

For more information on the Sports Volunteers Inc programme, or other volunteering opportunities in sport, please contact Kate Hansbury, Volunteer Development Officer on 01228 601248, kate.hansbury@cumbriacc.gov.uk or visit the volunteering section of the Cumbria Sport Partnership at www.cumbriasport.com

News from Swindon Active

The volunteers have been busy over the past few months! A variety of tasks have been undertaken – from coppicing, to clay puddling ponds, making a scarecrow and a bird table and scrub control.

One of the highlights was the water vole survey training which was undertaken in April. Beth Nightingale, the Trust's Water Vole Recovery Project Officer came out to Wiltshire Wildlife Trust's Rushy Platt Reserve in Swindon to train 13 volunteers how to survey for water voles.

The day began with Beth explaining the field signs to look for when surveying for water voles. Then it was time to head off along the canal towpath and put into practice all the new knowledge! There were many signs, such as the burrows and the latrines (their droppings, which they use as territory markers) and some volunteers were lucky enough to see one dive for cover as they walked back along the towpath.

After lunch the volunteers got truly into the spirit of things - donning wellingtons in order to survey the River Ray. There were no signs of water voles along the river, but there were signs of rats, which may be the reason that water voles were making themselves scarce!

A really good day was had by all. The volunteers really enjoyed learning all about these wonderful mammals and will be on the look out for any signs whenever they are walking along a canal or a river!



Don't 'Dis' Ability

Don't 'Dis' Ability is a multi sport club that is based in Blackburn, Lancashire. Established in July 2006 by a small team of volunteers, the club was set up to increase provision for local children with disabilities who cannot readily access mainstream provision. The club provides them with regular opportunities to participate in a wide range of sports and outdoor



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activities in a fun and inclusive environment. It is open to children with disabilities and their siblings, aged between 8 and 16 years, and operate on a weekly basis.

Through the launch of the club, it became evident that there was also a number of local young people with disabilities, aged 15 and above, that wanted to be involved in the project in some capacity, but had "outgrown" the club.

As a result of this they gained financial support through the GoldStar programme, and became part of the Sports Volunteering North West's (SVNW) Regional programme.

This has enabled us to register the young people as official volunteers with the club, and allocate them a supportive mentor whom they could confide in and assist them in their own personal and social development. Currently we have 4 registered volunteers, all of whom have a disability. This ranges from moderate learning difficulties and visual impairments, to autism and Attention Deficit Hyperactivity Disorder (ADHD). The volunteers are promoted as positive role models for the other children to aspire to, and encouraged to provide support to the club members. This gives them responsibility, boosts their self-belief and as one Individual recently described 'makes me feel tall'.

Sports Volunteering can be carried out in various diverse ways. Given the vast range of characters and personalities in our young volunteers they are all able to make a different, yet valuable contribution, to the development of the club and its members. Examples of some of the roles the volunteers have taken on include; being a buddy for a new child; supporting the delivery of an activity; officiating and time keeping; club photography; and filming, and preparing and maintaining equipment. One of our Volunteers has also designed the Club Logo that remarkably catches the ethos of the club.

The Club is now looking forward to developing their links with other partners to increase the number of volunteers involved in the project. As

the volunteers continue to develop confidence and self-esteem they will be supported to access further specialist courses, therefore enhancing their impact at the club – not only in supporting young people but also by actually delivering certain sections of sessions.

Don't 'Dis' Ability would like to take this opportunity to thank both Sports Volunteering North West for their help in supporting volunteers, and the volunteers themselves who continue to be a real asset to the development and sustainability of the club.

Other News

Measure for Measure: Assessing the impact of employer-supported volunteering - Wednesday 19 September

Does your organisation support a staff volunteering project? Would you like to learn how you can measure the success that it has had? Come along to a one-day conference where leading practitioners in employer-supported volunteering will be sharing their experiences with you. Choose from a list of seven workshops delivered by organisations with long established employer-supported schemes, including: Barclays, Deloitte, the British Red Cross, The Corporate Citizenship Company and Volunteer Centre Westminster.

The conference programme has been designed to help you identify practical examples of measurement which you can implement in your own workplace; to facilitate a debate with leading thinkers on measurement issues and to provide suitable opportunities to network with other professionals.

To find out more about the conference programme, go to the Volunteering England website to find out more and download a booking form.

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<http://www.volunteering.org.uk/WhatWeDo/Events/Volunteering+England+Events/Employer+Supported+Volunteering+Conference.htm>)

Skills campaign

Volunteers gain valuable skills through their experiences. The Media Trust is running a campaign in September which will celebrate this. In partnership with, LSC, GLV, VE, MBF, ASDAN and UK Online their aim is to run 'taster sessions' for volunteers to join where they will be able to get a feel for the type of volunteer roles that are available and also develop their own skills through doing so. If your organisation is keen to get involved either in running sessions or providing opportunities for them to direct people towards please contact Eva evaf@mediatrust.org.uk

Funding is available to support the taster sessions.

Don't forget! GoldStar has some great free ways to promote your work and projects, to find out more please visit

<http://www.goldstar.org.uk/blog/?cat=8>

To find out more about some of the work that our volunteers are doing please visit our Volunteers on-line blogs. They would love to hear from you!

<http://www.goldstar.org.uk/blog/?cat=8>

Issue 3 of the GoldStar Newsletter will be dropping into your inbox very soon – if you would like to make any suggestions or have any ideas for improvements please email nazreen.haslett@tribalgroup.co.uk

To view more GoldStar news stories please visit

http://www.goldstar.org.uk/goldstar_news.html

Help Spread the Word!

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