



Issue 9

March 2009

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Youth Action Team designing promotional material for Alzheimer's Concern

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The Vinolved team has now got a well established Youth Action Team (YAT) – 10 young people are finding new ways to improve the volunteering experience of young people.

The Team is creating more volunteering opportunities that will appeal to young volunteers – football coaching, website design, radio presenting and many more. They are also helping organisations to design leaflets, flyers and marketing material to help attract more young volunteers.

Young people between the ages of 16 to 25 who complete 50 hours of volunteering within a year will be invited to an Awards Ceremony Lunch on the 28 March 2009 where they will be presented with V50 nationally recognised volunteering certificates.

If you are 16-25 and have completed 50hours volunteering within the last 12 months, why not get in touch, register and join us celebrate the good work you have done. For further details about our awards, youth volunteering or being part of our Youth Action Team, please contact: Sibio or Lucy on 020 8438 1520 or email: lucy.treibel@brava.org.uk

Volunteering and 2012



When the Olympic and Paralympic Games come to London, a vast volunteer force of 70,000 will be needed to help ensure that everything runs smoothly.

London Councils is proposing “Borough Volunteer Forces” who will be based, not just in the Olympic and Paralympic venues, but also across Greater London. These volunteers would help to welcome visitors to London, and would provide key advice and sign-posting at train stations, tourist attractions and other key areas in every borough in London.

“I was lucky enough to be in Beijing during the Paralympic Games last summer, and I was amazed by the number of volunteers around the city”, says Kate Goddard, Brent Volunteer Centre Manager. “The volunteers were on hand to help people find their way, and to answer questions about the Games. It would be great to do the same in London. I’m looking forward to hearing London Councils’ proposals about how it will work in practice”. London Councils is promoting this idea to LOCOG (London Organis-

ing Committee for the Olympic and Paralympic Games), and is currently working on a model that would take into account existing experienced volunteers with local knowledge.

Reach Your Personal Best!

Brent’s Personal Best programme is well under way, aiming to use the excitement of the 2012 Olympic and Paralympic Games to engage workless and socially excluded people in volunteering in order to improve their skills and confidence. Personal Best courses are taking place in Brent on the following dates, with further courses later in the year:

9th March - 1st May 2009

6th April - 29th May 2009

For more information, contact Tasina on 020 8438 1531, or at tasina.lewis@brava.org.uk.

Strength in Numbers : The inside story

Interview with Kimberley-Olivia Blanc, 17 years old, who volunteers with Strength in Numbers

Q? What have you gained in experiences or skills through volunteering?

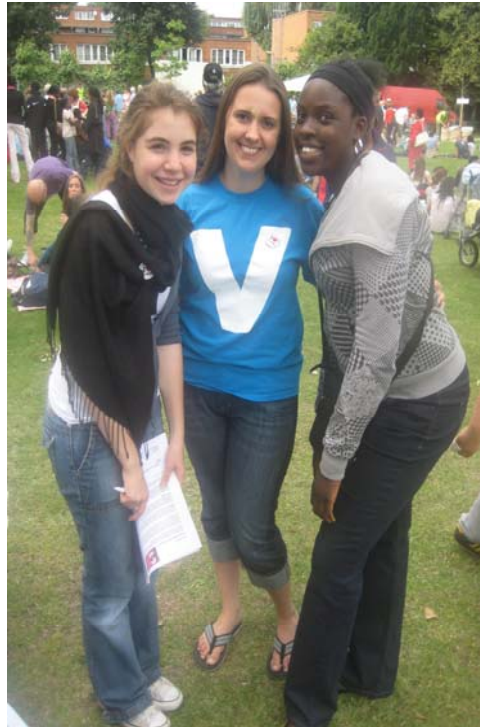
Kimberley: I learnt how to organise events and much more. We are now working on a project called "Bridging the Generation Gap" which will allow us to go and visit some care homes and help older people, by mainly building relationships with them by playing games and by making them discover our generation. So in that specific project I will learn how to approach older people.

I also learnt how to organise things in general, such as my ideas, my plans, and how to make them clear and simple so that I can make them realistic and convincing. It has also made me think in advance, think of all the different situations possible so that we don't get in tricky situations and so that we know how to deal with them.

I also learnt how to communicate in a group which would mean sometimes keep things and sometimes insist on certain things. We are also going to do an Introduction to Youth Work course soon.

Q? What have you done with those skills?

Kimberley: I have been able to develop my own ideas and make them become a reality or at least have hope of putting them into ac-



Kim, Elizabeth (Youth Volunteer Worker) and Esther at the Kilburn Festival last summer

tion. It has also taught me how to express myself in a more professional and restricted way.

Q? Has volunteering helped you gain work or get back into education or training?

Kimberley: I was already in education and I quit my job recently, but I am sure that my volunteer experience will help me get a job in the future. My v50 award (for 50 hours of volunteering) is on my CV and I have spoken about my volunteering and committee in my personal

statement for university.

Q? Why do you personally volunteer?

Kimberley: I personally volunteer because unlike what most people think, volunteering isn't boring, it is not painting walls, and it can be informal.

The committee meetings for me are more like a get-together where we get to express ourselves and put our ideas into action. You can gain a lot of self-satisfaction by seeing your own project being built up.

We have help from youth workers and are constantly encouraged by them and volunteering allows you to build up your confidence by being shown that you can achieve your projects. It also gives you a lot of opportunities that I wouldn't have thought I could get through being a volunteer, like going to Parliament!

If you would like to get involved in Strength in Numbers contact Davis or Elizabeth on 0208 438 1528, or e-mail youth@brava.org.uk, for more info.

Volunteers' Week 2009



Volunteers' Week is 1st to 7th June 2009, and is a time for celebrating volunteering, and encouraging more people to get involved as volunteers.

This year is the 25th annual Volunteers' Week in the UK and Brent Volunteer Centre is planning an event, to take place during the week, to bring together local organisations and people who would like to volunteer. It will also be a celebration of Brent Volunteer Centre's 3rd birthday. We'll be in touch nearer the time to invite you to join us at the event.

If you're already volunteering, why not ask your organisation what their plans are for Volunteers' Week? We'd love to hear what is going to be happening across the borough, and how it might link in with our own plans.

Local Project nominated for Green Award



Green Zones was the idea of Lorraine Skinner, a local resident who wanted to make her street a greener place. The project, which is supported by Brent Council, sees residents promoting simple environmentally-friendly behaviour to their neighbours. The project has been nominated for the Future Friendly Awards, which recognises excellent work being done to promote sustainability. Green Zones is one of only 5 nominated projects, and is the only project from London to be up for the award.

Voting for the winning project is done on-line. Help support our local Green Zones project by adding your vote, at www.futurefriendly.co.uk/awards, where you can also see a video about the project. The closing date is the 4th April, with the winner being announced on the 8th April.

For more information about Green Zones, or if you'd be interested in setting up a Green Zone in your street, contact Brent Volunteer Centre for information.

Volunteering in the Recession



As the credit crunch takes effect in Britain, now is a better time than ever to volunteer your time. Local organisations are in need of extra help, to keep up with demand for their services, and it's also a great way of adding to your CV.

Volunteering should not affect your benefits, provided you are volunteering with a non-profit making organisation (for example, a charity, a community organisation, a school, or the Council), and are not being paid more than your out-of-pocket expenses. If you are on Job Seekers Allowance, you must still be actively seeking work, and available to start work at short notice. If you would like more information about volunteering while on benefits, please speak to your employment advisor, or give us a call at the Volunteer Centre.

If you are currently unemployed, perhaps you are looking for an exciting opportunity to develop your skills, and to get into work or training? Joining Personal Best is your

opportunity to learn new skills, gain a qualification and get support looking for jobs.

Do your Personal Best!

On the Personal Best Programme, you will learn about Equality and Diversity, Customer Relations, Fire Awareness and Conflict Resolution as well as Volunteering and the Olympics. The course lasts 8 weeks, and you'll also do a volunteer placement to help develop your new skills, and build your confidence in the workplace. At the end of the course you'll be given support to find a job, get into training or education, or to continue volunteering.

There are courses starting every month in 2009.

To qualify for the programme, you must be unemployed, not currently in training or education, and with less than 4 GCSEs or less than NVQ level 2. For a chat about the programme and whether it would suit you, please call Tasina on 020 8438 1531.

Bus & Tram Discount Scheme



The Bus & Tram Discount Scheme is available to help those people on Income Support who do not already receive any other free or discounted travel concessions.

Eligible applicants are issued with a Bus & Tram Discount photocard. This enables you to pay half price pay as you go (PAYG) Oyster single fares on buses and trams and to buy Bus & Tram Pass sea-

son tickets at half the adult rate. Adult fares are payable on the Tube, DLR, London Overground and National Rail.

Photocards are issued for six months at a time.

From 1 April 2009 the Bus & Tram Discount Scheme will be extended to include Londoners who have been claiming Job Seeker's Allowance (JSA) for a minimum of 13 weeks. JSA claimants will be able to get an application form from their Jobcentre Plus branch once they have been claiming for 13 weeks.

The scheme will also be widened to Londoners who claim Employment and Support Allowance from 1 April 2009.

How to apply?

If you are eligible for a bus & tram discount card, you can pick up an application form from any post office in the Greater London area or download it from

tfl.gov.uk/discountcard

Volunteer Opportunities

Check out this month's latest opportunities!

To find out more about these opportunities and others, you can contact the Brent Volunteer Centre on 0208 4381520 or email volunteering@brava.org.uk

Website Designers needed

What? Web designer needed to design a comprehensive site that can represent and promote youth related issues.

Who for? Brent Youth Radio

When? Part-time or full-time during weekdays

You need: Ideally to be experienced. However anyone who has the basic skills, is self-motivated and independently creative in accordance with the project's objectives will be suitable.

Football Assistants

What? Football assistants needed to assist in the running of football sessions. They will help provide coaching tips and demonstrate football coaching skills.

Who for? London Tigers

When? Saturday and Thursday afternoons, Sunday mornings

You need: Skill and experience is not a necessity. Keen and enthusiastic young people between the ages of 16 - 25 years are sought for the role

Event Volunteer

What? Volunteers in the London area needed to help out at our events throughout the summer. People required to help with setting up the marquees, handing out goodie bags after the race and generally being willing to get stuck in and help out

Who for? Cancer Research UK

When? Saturdays and Sundays during the day and Wednesday evenings

You need: The only thing volunteers need is enthusiasm and a willingness to help out a great cause!

Volunteer Collectors

What? Volunteers required to support collections around London. The venues are organized and details sent out a month in advance.

Who for? London's Air Ambulance

When? Fridays, Saturdays or Sundays during the day

You need: Volunteers should be enthusiastic about the cause with a good command of English and the ability to enthuse others about London's Air Ambulance.

Cooking Skills support volunteer

What? Leading a cookery class at a supported housing scheme. Students may have learning disabilities, mental health issues or be elderly

Who for? Alone in London

When? Once every week or two weeks for one or two hours

You need: An interest in cooking, good communication skills and sensitive to the needs of vulnerable people