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Youth Volunteers honoured in award ceremony



West London Involved team honoured Brent and Ealing youth volunteers with V50 youth volunteering awards at a special lunch, held at a local restaurant in Park Royal on Saturday 28th March 2009. Dean Atta, the inspirational 24 year old actor and poet, presented the V50 awards to registered youth volunteers who had completed 50 hours of volunteering in the last year.

The Involved scheme is a national youth volunteering programme which supports and encourages young people between the ages 16 to 25 years to get involved in the community. Tom Patterson, who volunteers for the youth-run helpline Youth2Youth, and received his v50 award at the ceremony, said, "Volunteering was an opportunity for me to give something back to the community, and to also develop skills which could give me a competitive edge with job opportunities in this economic recession." His fellow volunteer Grace Wood added, "It's so nice to be here today and be rewarded for the good things [young people] do, rather than constantly reminded of the bad."

Another volunteer, Antoine Nixon, spoke of the opportunities volunteering gave him to be a role model to his younger relatives: "Being with people and volunteering means I have a chance to teach my younger brother and cousins of their own potential. And I get to do something new as well: give back to my community."

If you are interested or know someone who would like to volunteer contact the Involved team on 020 8438 1520 or email: lucy.treibel@brava.org.uk

Contact Us

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The Mental Health Benefits of Yoga and Meditation



Pratibha Graham
conducting a yoga
session

Meditation is perhaps the most important aspect when discussing the mental health benefits of Yoga. In today's world where things move faster by the minute and one can barely keep up with the latest gadgets and devices it is more important than ever that we are able to clear out the mental confusion that gathers day by day.

Everyone in the crazy-paced world wants mental peace and quiet. Meditation is not the only route toward mental health and stress relief. Reduction of stress is probably the number one reason why people in modern society are flocking toward Yoga practice. Breathing exercise is yet another aid for brighter and better mental health. Appropriate supply of oxygen to the system strengthens the nervous system and brain and gives the person something to focus on other than daily stress creators. Simply lengthening and focusing on each exhale and inhale can almost instantly create a calming effect.

FREE YOGA CLASSES

The mental health supported volunteering project organised a taster session of Yoga and meditation at a day centre in Harlesden that caters for people with special needs.

The taster session was conducted by Pratibha Graham a highly qualified and trained teacher in yoga and meditation. The classes are free of cost and can be organised on regular basis.

If you are a group (fifteen to twenty people) or organisation specially for people with mental health needs or special needs and are interested in yoga and meditation classes

please contact Mayuri Bhatt on 020 8438 1521.

Brent success in the Pro-Active London Awards



Kilburn Cosmos RFC Chairman Phil Morgan has been awarded “Volunteer of the Year” at the prestigious Pro Active London Awards, held on 27th March at the Lords Cricket Ground.

Nominated by Brent Council Sports Development Team, Phil was commended for his outstanding dedication and commitment to both his club and to developing partnerships for community sport in Brent. Phil has been chairman of KCRFC for six years, in which time he has developed a fantastic tag rugby section for 7 to 11 year old boys and girls, and is now leading on develop-

ing youth rugby for 12 to 17 year olds.

Commenting, Phil said: “It is a huge honour to have been nominated alongside some genuinely inspiring people who all volunteer their time to help develop sport in London. Winning the award is recognition for how far Kilburn Cosmos has come in recent years in terms of providing access to rugby union for the local community.

“I firmly believe I could not have won this if it was not for the fantastic team at Kilburn Cosmos who have worked so hard to develop and maintain mini, youth,

women’s and men’s rugby and make it such a happy club to belong to.”

It was a highly successful night for Brent; also short-listed in the top three nominations in London were football club AFC Wembley for ‘Club of the Year’, nominated for outstanding success in setting up what has become one of the largest junior clubs in Brent over the past eighteen months.

Also nominated and short-listed was Brent’s inspirational Doug Try for ‘Community Exercise Instructor of the Year award’. Doug who volunteers for the AA Heart group as an exercise instructor, teaches over seven community exercise classes for over 50’s in Brent and leads a walk each week which attracts around forty people. Doug is loved by all the walkers as he is polite, reliable, motivates and really cares.

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

Volunteer Assistant Brent Youth Parliament

What? You will have the opportunity to assist in running the monthly Brent Youth Parliament sessions. Over 18s will also be able to accompany and support young people attending participation activities - going into schools working with school councils and conducting consultation exercises.

Who for? Brent Council Children and Families' Department

When? Full time approx 30 hours per week for 44 weeks

You need: To be 16-25 plus have previous attachment to a youth group or understanding of the youth sector.

Volunteer Support Administrator

What? Reception and telephone duties, welcoming families, children and young people to the centre plus general office duties

Who for? Barnado's

When? Part-time from Monday to Friday during the morning, afternoon or evening

You need: to be able to work with confidentiality and child protection

Leader (Youth Work)

What? You will be responsible for leading games and activities, and working with other leaders at weekly meetings for a local Scout, Cub, Beaver or Explorer group. You will also be asked to be involved with planning programmes and going on some weekend activities.

Who for? Willesden District Scouts

When? Part-time during the evening from Monday to Friday

You need: You do not need any particular skills or to have experience of working with young people before, but what you do need is a sense of humour, understanding, and good time keeping.

Befriending young refugees/asylum seekers

What? Supporting young refugees to reach their potential and encourage their academic development and confidence

Who for? Capital City Academy Secondary School

When? One or two hours per week

You need: Sensitivity to other cultures and ability to communicate across cultures. Knowledge in one or more GCSE subjects

Camera and Lighting Operator

What? 2 trainee camera and lighting operators required for productions

Who for? Mama Youth Project

When? Six days a week for 5 weeks

You need: To be free for full production period. Training is on the job. 16-25 years old