



## APRIL NEWSLETTER



**On your bike...for breast cancer.** Breast Cancer Campaign's mission is to beat breast cancer by funding innovative world-class research to understand how breast cancer develops leading to improved diagnosis, treatment, prevention and cure. To do this they need our support!

The very **first Pedal it Pink cycling challenge** will be held in **Liverpool's Sefton Park** on Sunday 19 April. They need volunteers (16+ years) to help marshal the cycling event. Most of the events start at midday but volunteers are required from around 9am to 3pm. To offer your help as a volunteer please contact **Hannah Shaw** on 020 7749 4104 or email [volunteer@breastcancercampaign.org](mailto:volunteer@breastcancercampaign.org)

If you would prefer to be more involved why not register for the event and raise some cash yourself?! The challenge is to **cycle a marathon** (26.2 miles) or half-marathon (13.1 miles) and raise funds for Breast Cancer Campaign. [www.breastcancercampaign.org/how/event/178/](http://www.breastcancercampaign.org/how/event/178/)

## YOUTH ACHIEVEMENT AWARDS

Are you interested in getting an accredited and nationally recognized award whilst helping your community?

The Youth Achievement Awards are an activity-based approach to peer education. As part of a group you will take part in or organize your own activities and projects which will centre around community involvement. This could involve attending volunteering taster days such as conservation work, painting a mural, setting up a fundraising event or a project to benefit a local charity. There's lots of scope to get involved in what you're interested in and you can take as much or as little responsibility as you like because the awards range from bronze, silver and gold.

You will need to be able to commit to at least 2 hours per week for around 8 months in order to complete the award but there will be times when you are undertaking more than 2 hours per week.

I am starting a new group in May and will try to find a mutually convenient weekly session time for all participants.

If you're interested in finding out more, please call or email Emma Wright:

[emma@vliverpool.org.uk](mailto:emma@vliverpool.org.uk) 01517071113



## New Opportunity – Liverpool Citizen Advocacy Project

This charity work to combat the discrimination and social exclusion that is experienced by many people with learning difficulties in our communities.

They need volunteers to be Citizen Advocates for a person with learning difficulties who are particularly disadvantaged and/or socially excluded. The volunteer role would involve taking the time to get to know them helping them gain access to a range of services such as advice, information, health and community support networks.

If you are over 18 and interested in supporting and encouraging a person with learning difficulties then this rewarding and flexible volunteer role could be for you. If you would like more information just get in touch with one of the v team.

## Fundraising Bag Pack Event Sun 26<sup>th</sup> April – Come and help out!



Bradbury Fields is a local charity that provide vital services for blind and partially sighted people in Merseyside.

They need enthusiastic volunteers to help fundraise at their bag packing event on Sunday 26th April at the Tesco in Old Swan.

So if you can spare a few hours, your help would be very much appreciated and you will be making a real difference. You could either help out between 10am- 1pm or 1pm - 4pm! If you are interested or would just like some more information, please contact Ella on 0151 703 9304 or [ella@vliverpool.org.uk](mailto:ella@vliverpool.org.uk)

## We need your help!

Write for the vinolved Liverpool website or newsletter.

We here at vinolved Liverpool are currently updating our website and want you to help us out. We want stories, articles and pictures of volunteers in Liverpool. If you've got something to tell us or want to write for the website/newsletter get in touch.



Want to tell us about your experience of volunteering?

- \* What do you do and where do you do it?
- \* What does it mean to you?
- \* What difference has your volunteering made?
- \* How has it changed you? What have you achieved?
- \* Has volunteering got you a job, or a college place?

Have you got any photos of yourself on your volunteer project? If so we want to see them, send us your photos of you in action! Who knows you may end up on our website!

## Get involved in youth volunteering at British Red Cross retail!

Volunteers are always needed to help the British red cross do their good work. Here's a look at what their young volunteers get out of volunteering.....

Graduate **Kam** (23) started volunteering in the British Red Cross shop last summer when she was unemployed and looking for something productive to do

**What does she do?** Kam works behind the scenes looking for treasures in the donation bags whilst chatting to other volunteers

**Benefits?** New circle of friends, also advantageous on CV. ITV, her current employer, were impressed at the interview that she had volunteered.

**Jennifer** (16) & **Demi** (16) started volunteering together at in the British Red Cross shop last summer because Jennifer had to do 3 months of volunteering for her Duke of Edinburgh Award.

**What do they do?** Window dressing, behind the scenes, work together serving customers.

**Benefits?** Awarded the BRC certificate in retail skills for 16-25 ear olds, improved people skills & CV, learned how to use the till

*Jennifer: "We enjoyed it so much we decided to volunteer permanently"*

Student **Clare** (20) has been working as an intern processing volunteer applications at the Retail Area Office since November 2008.

**What does she do?** Checks application packs, follows-up references, liaises with shop managers and Volunteering Advisers in Manchester.

**Benefits?** Advantages on CV as she is hoping to work in charity sector after Uni, improved administration & telephone skills.

Street collectors are also needed for Red Cross week from 3<sup>rd</sup> to 9<sup>th</sup> of May.

If you're interested in getting involved or finding out more, contact the vinolved team.

You can also visit the website [www.redcross.org.uk](http://www.redcross.org.uk) for information on non-retail Red Cross volunteering roles.

vinolved try to ensure that the opportunities we advertise are accessible for disabled people. However depending on the location of some projects, this may not always be possible. Please contact us if you are unsure. This month every opportunity has disabled access, although it would depend on the venue for Liverpool Citizen Advocacy Project as they work from various community centres.



Registered Charity No: 1046111  
Company Limited by Guarantee  
No: 3041905

Join our group on Face  
book– search for  
V-involved Liverpool

facebook

**CONTACT US**  
0151 707 1113

[info@vliverpool.org.uk](mailto:info@vliverpool.org.uk)  
[www.vliverpool.org.uk](http://www.vliverpool.org.uk)

**The Volunteer Centre**  
**The Gostins Building**  
**32-36 Hanover Street**  
**Liverpool**  
**L1 4LN**