

Welcome to the latest Mentoring Service Newsletter!

As the year continues we want to keep you updated on information that we hope will be useful.

This month's edition has a special focus on volunteering – there are many opportunities to be found. For those who like to being active - how about being a dog walker or sports coach. For anyone interested in care work, what about Day Centre assistant or Social club helper. For those wanting to work with children - have you thought of reading helper in a school or play worker. If anyone is looking to volunteer to assist them into administration, finance or marketing then there are volunteer vacancies for you too.

Whatever your interest ~ You can VOLUNTEER!!!

Those in the mentoring service will have noticed that we sometimes ask: "Are you volunteering?"

Volunteering is encouraged because it helps...

- + Build confidence - learn new skills and gain confidence to face challenges in other areas of your life
- + Make new friends – meet people from a diverse range of backgrounds- people you many never come across in your daily life.
- + Put more fun in your life – people can be surprised how much fun it can be to help others
- + Improve your health – medical and scientific research show there can be health benefits such as a stronger immune system, better sleep and a stronger sense of wellbeing
- + Boost work options – it can let you try different kinds of work, you can add skills and it can be a great opportunity to build networks to assist you with future plans.

DID YOU KNOW... Up to 60 % of job vacancies are not advertised and end up being filled internally or through external networking

There are thousands of opportunities to volunteer in and around the West Midlands

The RIES Mentoring Service covers an area from Stoke-on-Trent, Wolverhampton, Walsall, Dudley, Sandwell, Birmingham, across to Coventry and we actively work with organisations promoting volunteering regionally as outlined in this edition of our newsletter.

Volunteer opportunities

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Reception

Gardening

Play worker

Youth club helper

Publicity assistant

Media assistant

ESOL tutor support

Tea bar helper

Events marshall

Scout/guide leader

Children's Camp helper

IT education support assistant

Local meetings for mentors and mentees - coming to your area in November and December – please check your post and email

Looking for a volunteering opportunity?

There are so many opportunities. Check out many of these on the website: <http://www.do-it.org>. Here are some examples of volunteering opportunities we found that may be of interest...



Environment

Stoke on Trent Conservation/Environmental Volunteers B.T.C.V – Stoke (British Conservation Volunteers)



Volunteers are required for projects which include grassland clearance, dry-stone walling and pond creation.

Work parties are currently going out every Tuesday, leaving BCTV Stoke Office (Unit 21 Shelton Enterprise Centre, Bedford Street Stoke) at 9.30 am and Stoke train station at 9.45am and returning at about 3.30 - 4.pm.

Skills/Qualifications

Volunteers will need to bring their own lunch and appropriate clothing for outdoor work. Teas, coffee, transport and training will be provided.

Volunteers should contact BTCV prior to their involvement - so that they know you are coming!

Times you can volunteer: Tuesdays: Morning , Afternoon , Evening

FOR MORE INFO: Contact Stoke on Trent Voluntary Action – details page 4



Volunteer Reading Helper Volunteer Reading Help

Volunteers needed to visit schools, to support up to 3 children, aged between 6 and 11 for 1 1/2 hours twice a week. To use books supplied and to play games supplied with children, to read with them and to instill confidence.

This opportunity is available during term time in Walsall, Wolverhampton, Sandwell & Dudley areas – FOR further info contact your local Volunteer Centre.

Education

Care volunteering

B4B Taster Session Beacon Centre for the Blind – around the West Midlands

The opportunity : Interested in working with the visually impaired? Come to the Beacon Centre and have get a taste for what we do.

Opportunities include helping out with activities within craft, sport, recreation.. Fundraising, catering or helping out at the youth club, and much more.

The activities of Beacon 4 Blind are very wide ranging for both client and volunteer. Activities include:

- 1) Activeyes Programme that looks to promote indepent living to people with visual impairment.
- 2) Talking Newspaper which records audio transcriptions of articles and posts them out to the visually impaired.
- 3) Youth Club
- 4) Numerous Charity Shopsand much more!!!

Times you can volunteer: Just about any time of the week. FOR FURTHER INFO CONTACT YOUR LOCAL VOLUNTEER CENTRE – for details turn to page 4

Local meetings for mentors and mentees - coming to your area in November and December – please check your post and email

Office Admin

Children's Liver Disease Foundation (CLDF) – Birmingham

CLDF is a national children's charity in the city centre near the Refugee Council and Snow Hill Station.

The office fund research into all aspects of children's liver disease and provides information services to the public and families as well as emotional support services to families and young people.

You will have the opportunity to be part of a team for this worth-while cause. The minimum time commitment is 2 ½ hours in any one session.

Skills – Computer literacy is desirable for some BUT not all tasks.



Times you can volunteer :

Monday : Afternoon - Tuesday to Friday : Morning and/or afternoon.

If interested contact Birmingham Voluntary Service Centre, contact details on next page.



Catering in Coventry

Catering Assistant – Green Garden Café – in Coventry

The Green Garden Café is a not for profit organisation offering dairy free vegetarian catering opportunities in the kitchen, allotment, youth work and information stalls. The café is in the city centre, just off Spon Street.

No skills or qualifications are required but you will be asked to complete a CRB check and do food hygiene training.

Opportunity to learn different styles and ways of cooking, learn healthy eating on a budget and religious and cultural cooking.

Times you can volunteer: Monday-Friday : Morning and afternoon

If interested contact Voluntary Action Coventry, contact details below.

Volunteer Centres are great places to find out more about many volunteer opportunities:

Directions to >>>

Voluntary Action Coventry

26 City Arcade, Coventry

The City Arcade can be found in Coventry City Centre in the vicinity of Coventry Retail Market. It is located half way towards Argos in the City Arcade.

Opening hours

Tuesday – Saturday 9.30-4.30pm

Telephone 02476 22 03 81

WALSALL Voluntary Action

Jerome Chambers, 16-16a Bridge St, Walsall
WS1 1HP Telephone 01922 619840



Local meetings for mentors and mentees - coming to your area in November and December – please check your post and email



Directions to

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BVSC – Birmingham Voluntary Sector Council

Enter the Bull Ring Shopping Centre. Take the escalators down one level to the ground floor and continue straight ahead until you reach the exit on your right (next to Burger King).

Exit the Bull Ring shopping centre and continue down the slope keeping St Martin's church on your right, cross at the traffic lights and BVSC is 20 metres down the hill from the corner of Digbeth opposite Selfridges.

Open: Monday – Friday 10- 4pm ~ Telephone 0121 678 8839



Wolverhampton Volunteer Centre

WVSC is very easy to find. It is along the same side of the road as the Job Centre on Temple Street. See the shop front just before the traffic lights.

16 Temple Street, WV2 4AN ~ Telephone 01902 328890



Volunteer Centre
Stoke-on-Trent

The Dudson Centre, Hope Street, Hanley, Stoke on Trent ST1 5DD ~ Tel: 01782 683030

If you need help finding these volunteer Centres, please don't hesitate to ask your mentor to help you find these places or to help you find an opportunity.

Last but not least...

- Have your contact details changed recently, please let us know.... Email, Address, telephone number.... Anything... please let us know. Also can you let us know if you are volunteering or have been volunteering J
- Have you sent in your Action Plan... do you want copies of your action plan – send it in – do you need to UPDATE your Action Plan too?? Please contact us for arranging for an update too.
- Expenses – please don't sit on these for too long –at the end or beginning of a month, please send these in to us. ALWAYS remember to ask for and save your receipts.
- We have had a restructuring of the RIES Mentoring Service we operate since September 2009 – Kate Taylor is working as the Area Coordinator for Birmingham and Coventry and Ruth Hucklesby is the Area Coordinator for referrals from Wolverhampton RMC and Stoke on Trent.

The RIES Mentoring Service is part of the Refugee Integration and Employment Service (RIES) funded by the UKBA, delivered by Refugee Council and partners in East of England, London and the West Midlands.

For RIES Mentoring Service – West Midlands Contact:

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