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Formerly known as Thornbury & District Volunteer Link - Member of NCVO – Registered Charity No. 1004285

Annual Report 2017-2018

For the year ending 31 March 2018



Popular Pop-up makes welcome return!

opening Saturday 12 May - Saturday 19 May 10am-4pm
and Saturdays 26 May and 2, 9 and 16 June 10am-4pm

at 11 St Mary Shopping Centre, next door to TSB Bank.

We may also pop-up at other times so keep a look-out and pop in to our shop for a bargain.

Good quality pre-owned goods including clothes, furniture, books, jigsaws and bric-a-brac.

Call in and find out how you can volunteer and help your local community — hundreds of opportunities available. Share your time and expertise to help others and make new friends.

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Fascinating figures!

Last year Thornbury Volunteer Centre placed 80 volunteers into 87 volunteer placements with 55 local community organisations.,

We supported 53 community organisations and businesses through training, policy advice, workshops, one-to-one visits, health checks and best practice development.



Invites you to its

AGM

to be held in the
Hall and gardens of
Christ the King
RC Church

at 2.30pm

Wednesday 18 July.

Guest Speaker:
Jerry Dicker
Filnore Woods.

Everyone is welcome
to attend.

Please join us for
Afternoon tea.

RSVP to: *The Town Hall,
35, High Street,
Thornbury .*

mail@volunteer-thornbury.co.uk

Thornbury Volunteer Centre is a voluntary organisation run by volunteers with the aim of promoting all aspects of voluntary work in Thornbury and district. As a registered charity we fulfil the Charity Commission's aim of ensuring that all charities are of benefit to the public and the communities which they serve.

At our next AGM we will be adopting a new constitution which will better reflect the Charity Commission's views on best practice.

Copies of the constitution will be available at the AGM but are available in advance, please contact us to request a copy.

You can be assured that our name change and new constitution will not in any way alter our basic ethos: to act as the volunteer development agency for Thornbury and district, to promote, support and develop volunteering, to provide a service which matches volunteers with organisations that need voluntary help and to provide appropriate training, advice and support.

Privacy/Confidentiality

The General Data Protection Regulation (GDPR)

We are committed to maintaining your trust and confidence in us by protecting your sensitive data. You will all have been receiving emails and letters from organisations wanting you to agree to their sending you marketing and other emails.

The GDPR applies equally to the Centre and we will soon be emailing everyone in our mailing list asking for their specific agreement to our continuing to contact them. We are also amending our forms so they reflect this new requirement for consent.

Our new privacy policy will be on our website by 25 May at <https://www.volunteer-thornbury.co.uk/privacy.html> .

The Accounts

Copies of our audited accounts will be available at our AGM on Wednesday 18 July and then on request. Please telephone or email the office for your copy.

The Centre's reserves policy is to maintain its reserves at such a level as to ensure that as at the 1 April each year sufficient funds are available to maintain at least two year's activity broadly at the level of 2016/2017, thereby enabling – if necessary – an orderly winding up of the charity to be achieved. In setting the level of reserves the costs of any statutory redundancy payments or other legal payments for which the Centre might be liable have been taken into account.

Volunteer Co-ordinators

The Centre continues to operate with a team of volunteer co-ordinators who attend the office daily on a rota basis. This year we have welcomed new volunteer Chris Griffiths. The co-ordinators are the backbone of the Centre and donate their time on a regular basis. So to all past and current volunteers we offer our grateful thanks.

The Management Committee

The Management Committee has remained unchanged this year and meets bi-monthly, we would welcome any new volunteers, especially from disabled and minority groups. The Committee ensures that the Centre operates within the guidelines set by our constitution, the Charity Commission and NCVO.

The Office

Please call in to the office to see us weekday mornings between 10.30am-12 noon. We have a large display of current volunteering opportunities, both locally, regionally and nationally. We also hold information on residential volunteering opportunities in the UK.

Internet and Social Media

Our website is continually being re-designed and kept up to date with modern trends and advances by our wonderful webmaster, Michael Quinion. He ensures that our user-friendly, fully compatible and accessible website continues to raise our profile and that of volunteering in general with all our news and events being regularly updated. It links directly to the national volunteering database do-it.org and volunteers and organisations are able to register with us online.

Our Twitter following is continuing to grow rapidly and we now have 362 followers and this together with Facebook help to keep us in touch with all members of the community.

Our heartfelt thanks go to Michael Quinion for his patience and good humour whilst he keeps us up to date with modern technology.

Paid Workers

Kim Webb continues to be our only paid employee working 15 hours per week and funded by South Gloucestershire Council.

Publicity

We continue to enjoy a good relationship with the local media, with ongoing articles appearing in The Gazette, Thornbury Voice, local Community Magazines, local websites and Regional e-bulletins.

We have mounted static displays at a variety of venues throughout the year and given talks on volunteering.

Events

Throughout the year we hosted many events, all aimed at promoting and developing volunteering in Thornbury and district. Details of these events can be found elsewhere in this Report and details of all our events can be found on our website.

Published Material

“Sources of Help for Specific Needs in and around Thornbury” is currently being updated. This booklet lists over 300 voluntary, charitable and self-help organisations, both locally and nationally. We will let you know when it is ready for circulation.

Good Practice Guide: Prepared with the Volunteer Centre Partnership South Gloucestershire, offers advice and guidance to organisations which use volunteers.

Employer Supported Volunteering: Information and suggestions to guide employers in encouraging and assisting staff to volunteer in the local community.

These last 2 publications are available to download from our website.

About volunteering

Volunteering is about giving your time to a good cause. You don't get paid, but you do get the chance to use your talents, develop new skills, and experience the pleasure that comes from making a real difference to other people's lives, as well as your own.

Anyone can volunteer. Whatever your age, background or work experience, you will have a skill someone needs. No matter how busy you are, there will be something you can do. It can be trickier to find volunteer roles if you are under 16, but not impossible. Just ask us.

Grants and Donations

This year we must thank the following people and organisations for assisting us in our work.

Thornbury Town Council and **South Gloucestershire Council** for their continuing support in providing our core funding.

Sandra at **The Swan** in Thornbury for allowing us to be the Wednesday Quiz night “Charity of the Month” in May and November raising an incredible £1052.80!

Thornbury Lions Club for a donation of £250 to host the “Castle in the Community” student Award ceremony in May.

Magnox Socio-Economic Fund for a grant of £250 which enabled us to host a Personal Resilience and Stress Management workshop.

CVS South Gloucestershire for raising £240 by choosing us to be one of the six local good causes in South Gloucestershire.

Tesco Bags of Help for allowing us to be one of their in-store charities and raising £2000.

South Gloucestershire Council – Area Wide Grants awarded the Volunteer Centre Partnership South Gloucestershire £3000 to deliver quarterly forums for VSCE groups across South Gloucestershire.

PHOTOCOPYING

We offer A4 photocopying at 5p per copy to voluntary and community groups.

Call into the office weekday mornings.

Our year in pictures



Staff, pupils and representatives of local volunteer organisations at the Castle School Award ceremony May 2017.



Our Pop-up shop ran throughout June and raised valuable funds for the Centre and took volunteering onto the High Street and into the heart of the community.



Penny Baker from KRUNCH South West gave a highly informative and interesting talk on the valuable work they do with Thornbury young people at our AGM in July 2017.



Our Christmas volunteers' thank-you lunch was held in the Council Chamber of Thornbury Town Hall in December 2017

General Data Protection Regulation

Thornbury Town Mayor Helen Harrison and Thornbury Volunteer Centre hosted two workshops in February to tell local voluntary and community groups about the changes in the laws surrounding data protection which come in to force in May this year.

Brightman UK very kindly offered to put on free information sessions to local charitable and voluntary organisations that explained in more detail just what organisations needed to do to comply with the new laws. Both sessions were very well attended with representatives from more than 30 organisations. Our thanks to the Ship Inn, Alveston, for their generous use of the room and the refreshments.

GLOSS FM

YOUR LOCAL STATION

You may or may not have heard of GLOSS FM – they are the local not-for-profit radio station for Thornbury & District. They re-launched (after a 6 year break) in July 2017. You can Listen to the station here: www.glossfm.co.uk.

Currently they are web-only, but they've had a long battle with the Government regulator Ofcom to secure a permanent FM broadcast frequency. They've not got the FM frequency yet, but the support of Local MP Luke Hall, Thornbury Mayor and other stakeholders has got them a long way towards that goal.

It's a lot of hard work running a radio station on a tight budget. The presenting part is the tip of a large iceberg. They are constantly on the lookout for volunteers to help run the operation. Below is a list of their current opportunities– but please remember they welcome any support, so if you have ideas how else you can support the station, please get in touch!



Current Volunteering Opportunities

- **Fundraising** - e.g. applying for grants, driving "Friends of" scheme to individuals and businesses, attending events etc.
- **Treasurer** - to deal with all aspects of finance, maintain accurate records and annual accounts.
- **Community engagement** - advocating the station at a variety of forums - Round Table, Chamber of Commerce, Thornbury Arts, Thornbury in Bloom, etc. Ideally a volunteer with an excellent knowledge of Thornbury.
- **Publicity** - to submit regular articles to local publications, displaying posters, persuading local organisations to play the station on their premises, devising competitions to drive audience and social media.
- **Social Media guru** - to drive their online social media presence.
- **Local content generation** - to report on local weather, events, news etc. They have a slick way to easily contribute reports remotely – simply recording on a smartphone and uploading.
- **Local events and outside broadcasts** - to rock up with our "Pop-Up Studio" kit (or maybe a disco kit if anyone has one to lend) and run a real "OB". This requires a big commitment to "own".
- **Ad-hoc help** - to sign-up to their mail list and muck-in occasionally; help set up a gazebo, move furniture etc.

Interested? Then contact Thornbury Volunteer Centre for more information

TESCO Bags of Help

We're delighted to announce that we have been awarded £2000 from Tesco's Bags of Help community grant scheme.

To recognise our 30th anniversary this year we will be hosting four events aimed at encouraging new people to volunteer, whilst acknowledging the valuable contribution made to the local community by our existing volunteers.

We shall organise and host:

A "**Personal Resilience and Stress Management**" workshop to support potential new volunteers.

A series of **taster sessions** at local voluntary and community organisations, designed to give potential volunteers a flavour of the type of volunteering opportunities available in their local area.

A **summer networking event** for volunteer-involving organisations and volunteers.

An **Award ceremony and networking event** at the end of the year aimed at showcasing the work of our community's unsung heroes.

Kim Webb, our development co-ordinator, is naturally delighted with the result. "This is such good news for us and the community. As a very small local charity dedicated to promoting the benefits of volunteering to a wider audience we are always looking for ways to raise awareness in the local community and this grant will help us enormously."



Jigsaw Thornbury is in need of some help with administration tasks.

They are looking for persons who could offer 3 - 5 hours a week undertaking basic office duties, answering phones, distributing e-mails. They also need volunteers to help out on specific projects such as helping them to refine their data collection processes.

They are specifically looking for people with good computer skills, MS Word, Excel, Office 365, to work as part of a growing team of volunteers.

They offer a good working environment with lots of laughs and the occasional chocolate biscuit (not compulsory)!

Contact Thornbury Volunteer Centre for more information.



The Prison Advice and Care Trust (Pact) is a national charity that provides support to prisoners and their families.

They are looking for people who believe that every family of man or woman in prison is entitled to visit them, and that when doing so, the families should be treated in a respectful, non-judgmental, empathic way, encouraging a positive visit experience.

Volunteers are needed for a range of roles in HMP Eastwood Park, HMP Leyhill and HMP Bristol:

- **Visitor Centre** – meet and greet families, provide emotional support, serve refreshments and basic admin tasks. Visitors Centres are located within close proximity to the prison
 - **Catering** – within the Visits Hall (inside the prison gates) providing men and women in prison and their families the opportunity to eat together
 - **Play** – within the Visits Hall (inside the prison gates) engaging in play activities with children of all ages, allowing families space to talk. Times and locations of roles vary. Full training will be provided.
- All roles require DBS clearance and some roles require Prison Vetting Clearance.

The Alan Hudson Award 2018

The Alan Hudson Award for Volunteering Achievement celebrates the work of an individual or group who in the opinion of the Thornbury Volunteer Centre has made a valuable contribution to the local community.

The 2018 winner was Thornbury Foodbank.



Mair Vaughan and Chris Verey, Thornbury Foodbank (far left and right) receiving the Alan Hudson Award for Volunteering Achievement from Barbara Ray, Chair Thornbury Volunteer Centre (second from right) and Thornbury Town Mayor Helen Harrison (second from left).

On receiving the award, Thornbury organisers Mair Vaughan and Chris Verey thanked Thornbury Volunteer Centre for their recognition of the valuable contribution the Foodbank makes to the Thornbury and district community and how it is a sad reflection of modern life that Foodbanks are needed to help and support those less fortunate.

The Foodbank is based at the Thornbury Baptist Church, Gillingstool, Thornbury, BS35 2EG, and is open every Friday afternoon between 2pm and 4pm.

For more information, please call 01454 419118

Volunteer Managers' Network Meetings

These meetings are open to all Volunteer managers working in South Gloucestershire. They are friendly and informal gatherings where managers can share ideas and expertise and discuss any issues or concerns.

Our next meeting will be held on Wednesday 20 June at 10am at the offices of Brain Tumour Support, 29 High Street, Thornbury. BS35 2AR.

This meeting will be focussing on volunteer role descriptions and attendees are invited to bring any they may have to the meeting for sharing and discussing.

Please contact Kim Webb at Thornbury Volunteer Centre on mail@volunteer-thornbury.co.uk if you wish to attend.

Personal Resilience & Stress Management Workshop

On Wednesday 31 January 2018 we hosted a workshop on Personal Resilience and Stress Management. It was delivered by trainer Claire Greenwood of Broadleaf Training & Development.

The session looked at what personal resilience means, identified factors which support or weaken resilience and then demonstrated some techniques to help manage stress and support resilience.

The session was a good mix of discussion, dialogue and activities, looking at why some people appear more resilient than others, what causes stress, cognitive behavioural therapy, using the resilience prescription and ending with a session on mindfulness.

The session was well attended and everyone left feeling better able to cope with everyday challenges.

As a result of this success we will be running a second workshop on

Tuesday 4 September 2018

6.30-9.30pm

**Committee Room,
Armstrong Hall,**

Thornbury, BS35 2BJ.

**Please contact the Volunteer
Centre to book your place.**

This training has been supported by a grant from

TESCO Bags of Help

CURRENT VOLUNTEERING OPPORTUNITIES

Available through Thornbury Volunteer Centre

Befrienders/Sitters: several local organisations seek volunteers able to spare 1-2 hours a week either to befriend an older person or provide respite to a carer in their own homes.

Trustees: with a broad range of business, sports or life skills who can help the Senior Management team set strategic direction by operating and developing services and facilities at 6 leisure centres in South Gloucestershire.

Environment/Conservation: There are several local environmental groups who are seeking volunteers to help with a variety of tasks including general ground maintenance, planting, watering, clearing paths and much more.

Care Home Activity Helper: Able to visit local care home and help residents take part in a range of activities with support from staff. Must be friendly and sociable.

Office Assistant: You will support the office staff in a full range of administration activities to assist in the smooth running of a local charity. You will be the first point of contact for enquiries and act as front of house, greeting and directing visitors to the relevant person. You will also help employees with general administration tasks.

Group Activities: Are you able to undertake activities with a group of carers in their monthly meetings? In the past they have done many activities including crafts, flower arranging, physical activity and singing. They would love to hear from you if you have a hobby, skill or interesting talk to share with the group.

Luncheon Club Helpers: The Club meets every Tuesday between 10.45am-2pm. Guests are collected from their homes and taken to the Armstrong Hall where they are served lunch and socialise. Helpers are required to talk to the guests, serve tea, coffee and lunches, run the raffle and bingo. Only one session per month.

Horticultural Show Helpers: Volunteers needed to help prepare for horticultural shows, both before, during and after the event. This would include setting out tables and exhibits, making tea, stewarding etc. There are 2 shows each year in March and August. This year's summer show is on Saturday 11 August 2018.

School Governor: A local primary school is seeking a community governor who is committed to helping the school to function effectively and smoothly. An interest in education with time to attend monthly meetings.

Learning Rangers: Local Wildlife project is looking for volunteers to talk to guests about animals and conservation at enclosures all around the site. Must be enthusiastic, friendly and interested in conservation and wildlife.

Street based Youth work: You will be part of a small team aiming to build positive relationships with vulnerable teenagers through street-based contact. Workers head out in the evening in pairs, approximately twice a month. A Christian organisation who ask that any volunteers are sympathetic to their ethos.

Reading Buddy: Several local primary schools are looking for volunteers to listen to children read on a regular basis. 1-2 hours per week. DBS check is required.

Youth Club Helper: Help provide a creative and effective youth service for young people in Thornbury and South Gloucestershire. Volunteers are needed to mentor young people, provide general help in the youth club, and help with homework.

These are only a very small sample of the opportunities currently available.