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Member of NCVO National Council for Voluntary Organisations – Registered Charity No. 1004285

## Newsletter November 2017

# TESCO Bags of Help

## We need your votes to bag a share of bag fund

**Thornbury Volunteer Centre is bidding to bag a massive cash boost from the Tesco Bags of Help initiative.**

Tesco teamed up with Groundwork to create this community funding scheme, which sees grants of £4,000, £2,000 and £1,000 awarded to local community projects. The money is raised from carrier bag sales in Tesco stores. The Bags of Help project has already delivered more than £36 million to almost 8,000 projects up and down the UK.

Each time customers shop in the Thornbury Tesco store throughout November and December, they will be given a token at the checkout. With it they can cast a vote for which of the three causes should be awarded the largest grant.

Because we're one of the three finalists, we already know we shall receive at least the smallest grant. But — like all voluntary bodies in these straitened times — we know we can do so much more if shoppers choose us for first or second place.

This unexpected but very welcome windfall comes at a significant moment in our history. Next year is our 30th anniversary and we were already planning several initiatives to connect volunteers with local organisations that offer volunteering places.

## Building on 30 years of championing volunteering

Next year will be our 30th anniversary.

We plan to host a series of events to acknowledge the contribution of existing volunteers to our local communities and to encourage more local people to volunteer. These events are made possible by the generous grant from the Tesco Bags of Help scheme.

Our first event will provide training aimed at supporting and developing new volunteers. We shall follow this up with a series of volunteer taster sessions at local community organisations.

In the summer we will hold a networking event for organisations and volunteers — perhaps in the form of a garden party — in which they will be able to share ideas, experiences, and good practice. The event will also give both organisations and volunteers the opportunity to meet like-minded individuals.

At the end of the year we will host a further networking event combined with an awards ceremony aimed at showing our appreciation to everyone in our community who unselfishly and without thought of reward offer their time and knowledge to help others.

**Merry Christmas and a Happy Volunteering New Year to all our volunteers and friends.**



## Personal Resilience and Stress Management Training

Wednesday 31 January 2018

10am-12.30pm Council Chamber Thornbury Town Hall, BS35 2AR

This training session will provide some tools to help you feel less stressed and has transferable techniques designed to help participants feel more relaxed in all aspects of life.

The training covers the following areas:

- Identifying the causes of stress
- How to increase your personal resilience
- A range of strategies and approaches
- Mindfulness
- Imagery and positive affirmations

It is suitable for all ages and for anyone experiencing stress. Please contact Kim Webb on [mail@volunteer-thornbury.co.uk](mailto:mail@volunteer-thornbury.co.uk) for further information or to make a booking.

This training has been supported by a grant from the Magnox Socio-economic Scheme.



## Pop-Up Shop raises valuable funds for the Volunteer Centre

This year saw our shop return to the former Store Twenty One in the St Mary Centre and we opened our doors on Saturday 27 May to coincide with Volunteer's Week. We were busy for the whole of that week with bric-a-brac being by far the most popular sale items.

This year however, we were donated many unusual items which drew a lot of attention from our customers; these included a cast iron Victorian Fireplace, an antique wood tea caddy and a Russian Samovar, all of which were quickly snapped up.

We would like to pass on our very grateful thanks to everyone who helped set up/take down the shop, who donated items to the shop, to other town traders for lending us shop fittings and making us feel so welcome and to our customers for making the shop the success it was. An enormous thank you also to the St Mary Centre team for allowing us to have our shop and for their support before, during and after.



Visit us at the Thornbury  
Christmas Lights Switch-on  
Tuesday 21 November from 5pm.

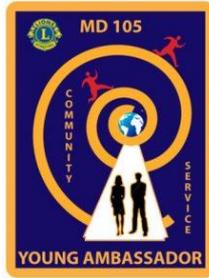
Take a chance on our  
Chocolate Tombola and  
browse our wonderful  
selection of Christmas  
and greeting cards.



**Trustee Board Event:**  
**Thursday 16th November 6pm – 7.30pm**  
**Carers Support Centre, Bristol, BS16 2QQ**

You are invited to a 'Get Involved' event taking place during National Trustees Week, where you can meet some of current trustees, find out what's involved and how you can apply. There are a minimum of six trustee meetings a year with the possibility of some additional meetings. This commitment is likely to be a maximum of one day per month on average, dependent on the role.

All welcome – call 0117 939 2562 to book a place, or just turn up.



## Lions Young Ambassador of 21st Century 2018

**Young Ambassador** is a scheme that recognises a select number of exceptional young people (age 15-18) each year who have demonstrated an outstanding level of commitment to a not-for-profit organisation.

The aim of the scheme, which operates throughout Europe, is to recognise, encourage and support young people who are actively involved in the welfare of the community, supporting the best of Lions' ideals.

In previous years, candidates have been involved in helping young and older people, disabled, able-bodied and disadvantaged and have organised projects in conservation, crime prevention, promoting healthier lifestyles, hospital radio and other initiatives.

To be eligible, candidates must have reached their 15th birthday, but not their 19th birthday, on or before 30th June in the year in which the Final is to be held.

Last year Thornbury candidate, Castle School student Lizzie O'Brien won the 2017 District Final. Lizzie is a shining example of how a young person can make a difference to their local community as she divides her time between playing in the Castle School Panache Steel Band, befriending residents at Alexandra Care Home and playing host to Sunday afternoon tea parties for Contact the Elderly. She donated her prize of a £500 bursary to charities in her local community.

Lizzie went forward to represent the District in the National final where she came second, an amazing achievement.

So if you know of a young person aged between 15-18 years who may be suitable please contact Thornbury Volunteer Centre.

## A round up of the year so far

### Quiz nights at the Swan

Sandra Davies of the Swan Inn runs a marvellous scheme by which every month a local charity benefits from the entry fees and raffle profit collected on the regular Wednesday quiz nights. We were very fortunate to have been chosen as the charity to benefit during May this year. We raised £345.50, an excellent boost to our funds. And one of our teams actually won one week!

### AGM 2017

We held our AGM on Wednesday 5 July. Our guest speaker was Penny Baker from KRUNCH South West who gave a highly informative and interesting talk on the valuable work they do with Thornbury young people. With very limited staff and funds KRUNCH South West run two Youth Clubs in the town, offer one-to-one mentoring for young people in need of support, run workshops and courses in everything from childcare to catering and offer day trips and residential breaks. They are always on the lookout for more volunteers to join their team.



**Helping the homeless at Christmas & throughout the year.**  
We welcome donations of practical gifts - new clothing, non-perishable food and money.

**Volunteers also needed over the festive period. Contact 0117 924 4444**

# Current volunteering opportunities

**Trustees.** Do you have an interest in health and sport? If so Trustees are needed to help shape the future of the Active Leisure and Lifestyle Centres in South Gloucestershire. Regular meetings, 2 hours each.

**Street based Youth work.** Friday evenings, 5 hours per month. You will be part of a small team aiming to build positive relationships with vulnerable teenagers through street-based contact in Thornbury. Some training will be given in youth work and safeguarding and a worker's safety is paramount. They are a Christian organisation and ask that any volunteers are sympathetic to their ethos.

**Resettlement Support.** Operating within HMP Eastwood Park to ensure all custodial offenders have a resettlement plan both on arrival and at least 12 weeks prior to their release. Group-work delivery providing advice, information and support relating to various issues.

**Companion.** 2 hours per week. A female service user in a learning disability home in Almondsbury would like a volunteer to visit and support her with activities inside and outside of the home and have someone to talk to and keep her company. Induction training and ongoing support provided. The volunteer will need to go through a DBS check.

**Administrators.** Opportunity available: Monday and Friday afternoons and all day Wednesdays. Volunteers needed in a Thornbury based charity to offer administration support to the volunteering team. Duties to include answering the telephone, photocopying, filing and some computer work.

**Booking Secretary.** 2 hours per week, working from home. St. Mary's Church Hall is in desperate need of a volunteer to: take bookings for the church hall, maintain the church hall diary, arrange for the collection and return of hall keys for casual bookings, collect deposits and take full payments for casual bookings, attend church hall committee meetings (max 4 per year). IT literacy is essential and a dedicated mobile phone is provided.

**SEN Lending Library volunteer.** Last Saturday morning of each month. Volunteers who are comfortable working with children with special educational needs, their siblings and parents are needed to fill a number of roles during the 2 hour Lending Library session. Tasks could include admin, making teas & coffees, playing with the children, collecting items from storage and chatting to parents. Volunteers would be subject to DBS checks and safeguarding training.

**Programme Editor.** Thornbury Eisteddfod needs volunteers to help put together the annual programme of events and help with taking and sorting class entries. Mainly working from home but some attendance at meetings required. Must be computer literate and available in Jan/Feb.

**Duke of Edinburgh Helpers.** Thursdays 7.30-8.30pm term time only. Volunteers could support young people at the weekly meetings with the planning of their physical, volunteering and skill sections and also help with expedition training. Help with administration and finance also required.

**Friends of Brain Tumour Support.** 2 hours per week. Volunteers will work together with other members of the group to source and create fundraising opportunities for Brain Tumour Support, liaising with the Fundraising Coordinator and Volunteer Coordinator. You will also work to raise awareness of the charity through all that you do. Must be computer literate.

For further information on any of the above opportunities, please contact the Volunteer Centre on **01454 413392** or email [mail@volunteer-thornbury.co.uk](mailto:mail@volunteer-thornbury.co.uk) These are only a small sample of the opportunities currently available, call into the office or visit our website for a more comprehensive list.