



15 May 2019

Chief Executive's Comments:

Kicking off a season of events at Belfast Marathon!

['Time to Celebrate' Your Local Heros!](#)

[Volunteer Now Enterprises Ltd](#)

[Supporting Positive Mental Health & Resilience in Long-Term Volunteers](#)

[Philanthropy Fortnight 2019](#)

[Investing in Volunteers](#)

[Alliance for Useful Evidence Masterclass](#)

[Action Changes Things](#)

[Trustees' Annual Reporting Conference](#)

[Awards](#)

[Grants](#)

[FREE Volunteer Management Review](#)

Stop, Start, Continue

Is there anything you would like us to stop doing, start doing or continue doing? Think about what you might want to hear more about in VConnect or anything you want to see on our Training Calendar and [let us know](#).

Chief Executive's Comments:

Kicking off a season of events at Belfast Marathon

Volunteers make events happen every week - in every part of Northern Ireland. From local community auctions and car washes to much more high profile events like the Belfast Marathon. At the marathon over 400 volunteers were involved. In fact, to make the marathon work we needed over 2,000 hours of volunteer time. Volunteer Now has a team of dedicated event volunteers who undertake this role – they are brilliant and they do a great job whatever the weather!

Volunteer Now had a relay team this year for the first time and I could see as a participant the impact of the volunteers, helping to make sure we were in the right place, making sure we had the right information, giving out drinks, encouraging runners, organising the start and finish line. Without all of these people the marathon could not have happened and I know that they definitely increased my enjoyment of the event! I would also like to thank everyone for their kind donations to our marathon appeal, you are very generous.

Would you like to volunteer?

Check out our website to see thousands of volunteering opportunities. New opportunities added daily!

Looking for volunteers?

Register your organisation's volunteering opportunities FREE of charge – go to: www.volunteernow.co.uk

Volunteer Now Out & About

Find out where Volunteer Now staff will be visiting this month and discover events from across the sector here: www.volunteernow.co.uk/volunteering/event-volunteering

If you are planning to organise an event involving volunteers, take a look at the new [Events and Volunteering Toolkit](#), supported by Tourism NI, it covers the good practice in supporting event volunteering.

Over the next few months Volunteer Now will be supporting the Balmoral Show and The Open golf as well as a number of other smaller events. While we are looking forward to a busy summer we are always keen to hear from people who might want to get involved as a volunteer – for more details [click here](#).

Our events team are always happy to provide information and guidance to people supporting events volunteering so if you need more details, please do not hesitate to get in touch at events@volunteernow.co.uk

Denise Hayward

Chief Executive

'Time to Celebrate' Your Local Heros!

Volunteers' Week UK 1 – 7 June recognises the contribution volunteers make to our communities every day. In Northern Ireland, Volunteer Now takes the lead in promoting and encouraging volunteer involving organisations to celebrate their volunteers for all the hard work and commitment they offer.

Denise Hayward, CEO, Volunteer Now explains:

“There are currently over a quarter of a million volunteers in Northern Ireland who all play a vital role; from volunteer drivers to sports coaches, from hospital volunteers to those working in charity shops. Volunteers' Week offers the opportunity to shine the spotlight on these local people and give them the recognition and thanks they deserve.”

The theme for this year is 'Time to Celebrate' and Volunteer Now has a range of **FREE** merchandise to help with those celebrations. Groups can pick up promotional banners, balloons and bunting as well as a downloadable resource pack. To order please contact Sandra.Faulkner@volunteernow.co.uk or [click here](#).

Volunteer Now Enterprises Ltd

Volunteer Management:

Train the Trainers - **Belfast** (bit.ly/2J7YbRm)

Supporting Positive Mental Health & Resilience in Long-Term Volunteers - **Belfast** (bit.ly/2VkljwI)

The 3 R's: Recruit, Retain, Reward - **L'Derry** (bit.ly/2lft003) OR **Coleraine** (bit.ly/2P9P16n)

OR **Lisburn** (bit.ly/2livtw2) OR **Cookstown** (bit.ly/2ljAHl2)

Developing a Volunteer Programme - **Belfast** (bit.ly/2F2Mnvz)

Safeguarding:

Keeping Children Safe: Training for Staff & Volunteers - **Enniskillen** (bit.ly/2vU3Jp9)

Keeping Children Safe: Designated Officer Training - **Enniskillen** (bit.ly/2PXK4he)

Keeping Adults Safe: Adult Safeguarding Champion & Appointed Person Training - **Omagh** (bit.ly/2X8zCqB)

OR **Antrim** (bit.ly/2VGQqDP) OR **L'Derry** (bit.ly/2UW2IAD)

We have an expert team of staff who are committed to quality and effective customer relationships providing a service which is tailored just for you. We would love to hear from you about how we can help - you can email us on enterprise@volunteernow.co.uk, call 028 9023 2020 or tweet us [@VNEnterprise](https://twitter.com/VNEnterprise).

Supporting Positive Mental Health & Resilience in Long-Term Volunteers

19 June 2019

9.30am - 4.30pm (includes a light lunch)

Corrymeela Community, 83 University Street, Belfast, BT7 1HP

Long-term volunteers bring incredible gifts of time, energy and service to many community and voluntary organisations in Northern Ireland. Increasingly, however, some long-term volunteers come with a variety of mental health needs which can be difficult for organisations to know how to support.

Volunteer Now, in partnership with Corrymeela Community have organised this day-long training which will use the Community Resilience Model to provide organisations with practical knowledge that can be used by support staff, as well as by volunteers themselves, to increase resiliency and positive mental health.

The Community Resilience Model (CRM) has been used in over 20 countries to support individuals and communities impacted by stress, trauma and difficulties with mental health. The primary focus of CRM is to educate individuals about the biology of stress and anxiety, as well as teach simple biologically-based wellness skills which can help stabilize and re-set the nervous system. By helping people understand the impact of stress on the body and mind, and then learning how to work with their nervous system to foster resiliency, CRM provides a very practical, hands-on opportunity for people to build resiliency in their own lives and in those of their communities. CRM is being successfully used across a number of fields and sectors, including: international development, public health, reconciliation, community development, education, mental health, early years and policing and justice, with strong outcomes for both service providers and service recipients.

This training course will also provide you with practical skills to support volunteers based on the six wellness skills of the Community Resilience Model.

To find out more and book your place, please [click here](#).

Philanthropy Fortnight 2019

Philanthropy Fortnight 2019 will take place between 13-26 May 2019 and The Community Foundation, in partnership with Belfast Charitable Society and Fermanagh Trust, have put together a series of activities and promotions celebrating generosity throughout the fortnight.

As one of the most charitable and generous regions in the UK, Northern Ireland is set to celebrate all the positive impacts that philanthropy makes. Over 75% of us make donations to charity every year and Philanthropy Fortnight now in its seventh year, will tell the stories behind modern philanthropy in Northern Ireland. If you want to join in the celebrations and take part in the conversation on social media please use #PhilanthropyFortnight2019.

During the fortnight, each of the partner organisations will share what motivates people and businesses to be generous, the wide range of causes supported by philanthropy and the tangible difference it makes to our community.

Join The Community Foundation on 12 June 2019 in the Skainos Centre, Belfast for the start of their conversation about Deepening Democracy in Northern Ireland and their new strategy for Community Voice. They'll be sharing their idea for a new Civic Innovation Programme and getting input on how it should work in order to achieve its aim of enabling a deeper democracy to emerge in Northern Ireland.

For more information, please [click here](#).

Investing in Volunteers

Congratulations and well done to [Cruse Bereavement Care \(NI\)](#) who have successfully renewed their Investing in Volunteers Award! To find out more about Investing in Volunteers in Northern Ireland, please [click here](#).

Alliance for Useful Evidence Masterclass

23 May 2019

Centre for Evidence & Social Innovation Building, 2-8 Fitzwilliam Street, Belfast

This Masterclass is an immersive learning experience for decision-makers in the third sector who want to confront the challenges of using evidence in their work and become more confident users of research. The tailored Masterclass will draw on local examples relevant to the third sector in Northern Ireland and will involve some co-creation in the classroom to meet the needs of participants. You will deepen your understanding of research evidence and be able to use it more confidently in your role - whether in strategic decision making, programme development, applying for funding or explaining your work to stakeholders.

To find out more and to save a place for yourself, contact Charlotte Kincaid on c.kincaid@qub.ac.uk.

Action Changes Things

Social Justice & Activism Conference

Whether you're a seasoned activist or a novice who's hungry for change, Action Changes Things will support you in your crusade for social justice.

Taking place in **Crumlin Road Gaol** on **Wednesday 29 May**, this social justice and activism conference is bringing together expert organisations/academics to share their successes and learnings in activism.

Hot lunch and a tour of Crumlin Road Gaol is provided. [Click here](#) for a full agenda and to book online.

Trustees' Annual Reporting Conference

4 June 2019 - 10am-1pm

NICVA, 61 Duncairn Gardens, Belfast

The preparation of the Trustees' Annual Report, and transmission of it to the Charity Commission, is a legal requirement for all registered charities but it doesn't have to be a tick box exercise...

The Trustees' Annual Report (TAR) must include information on how a charity has fulfilled its charitable purposes and other specific information. It is an opportunity for charities to demonstrate, not just to the Charity

Commission, but to its members, beneficiaries, donors, funders and other stakeholders how they are making a difference to the very people that they are there to help.

NICVA have organised this conference and it will give participants the opportunity to hear about:

- The legal requirements for content and reporting to regulators
- What happens if you don't report properly, including serious incident reporting
- Using inspiring impact for public benefit reporting
- Getting your reserves policy right
- What funders look for on the charity register
- Developing a governance planning framework

To find out more and to book your place, please [click here](#).

Awards

- **Ecclesiastical Movement for Good Awards.** From 23 April to 17 May members of the public can nominate a cause close to their hearts to receive one of 500 £1,000 awards. From 17 June to 26 July charities with an income of less than £5million can apply to receive one of ten £50,000 grants intended to support longer-term project funding. [More info](#).
 - **Social Enterprise NI Awards 2019.** Nominations are now open and there are 13 categories for the awards this year. To find out more and download the application form, please [click here](#).
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Grants

- **Live Here Love Here Small Grants Scheme.** Grants are available from £500 to £5,000 to volunteer and community groups, all school and third level education organisations, youth groups and sports clubs undertaking civic pride projects throughout Northern Ireland. Closing date 29 May 2019. [More info](#).
 - **Community Development Training Bursary (Lisburn & Castlereagh City Council).** This Bursary is designed to support community/voluntary group members to apply for financial assistance of up to £1,000 towards costs associated with further educational studies that contribute to community development. Closing date 14 June 2019. [More info](#).
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FREE Volunteer Management Review

- Would you like a FREE volunteer management review to see how you are managing your volunteers?
- Are you an organisation with an annual income of under £100,000?
- Are you based in Belfast, Fermanagh, Newry & Mourne, Armagh, Dungannon, Downpatrick, North Down, Ards, Lisburn, Castlereagh, Newtownabbey, Antrim, Carrickfergus, Ballymena or Larne?
- Would you like to get one step closer to achieving the Investing in Volunteers Quality Standard?

Volunteer Now are currently offering a limited number of free volunteer management reviews to organisations in relation to their volunteer management practice. By using the Investing in Volunteers framework, a member of staff from Volunteer Now will benchmark your organisation against the standard and provide you with a development plan clearly outlining any areas for improvement/gaps in practice and signposting to where you could get help to address them.

You can use your review to plan your development and improve your volunteer management practice. It also

means that, if you wish, you are one step closer to achieving the Investing in Volunteers award. If you choose to address your development plan within six months of a review, we will offer to assess you for the Award at a reduced rate!

If you are interested in finding out more, please contact Sandra Faulkner on 028 9023 2020 or sandra.faulkner@volunteernow.co.uk. If you would like a review but don't fit the criteria for a free check, please contact a member of the Enterprise team on 028 9023 2020 or enterprise@volunteernow.co.uk. For more information on Investing in Volunteers, please go to bit.ly/1USu0JA.

Membership

Membership of Volunteer Now is open to all organisations and individuals with an interest in volunteering. There is no fee. By becoming a member you add your voice to support volunteering. Sign up for FREE membership at www.volunteernow.co.uk/members.

Submit your Article

If you have volunteering related news, events, publications etc. to share, email training@volunteernow.co.uk

VTraining

Volunteer Now also publish a free enewsletter called VTraining that includes all Volunteer Now training courses and workshops. To subscribe, please email training@volunteernow.co.uk

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Supported by the Northern Ireland Executive through the Department for Communities.

Volunteer Now delivers services across Northern Ireland. We have offices in Belfast, Broughshane, Enniskillen and Newry. Main Office: 34 Shaftesbury Square, Belfast, BT2 7DB. T: 028 9023 2020

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