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JULY 2022

Tribute to Helen Beggs

Denise Hayward, CEO, Volunteer Now

Everyone in Volunteer Now is deeply saddened at the recent passing of our dear friend and colleague Helen Beggs. Helen worked for Volunteer Now for 16 years, spending all that time within the Our Duty to Care Team. Many of you will know that Helen's area of work focused on keeping children and adults safe, helping hundreds of organisations and individuals over the years to improve their safeguarding practice. Helen was always at hand to answer their queries and share her expertise. She developed and delivered countless training sessions throughout Ireland, including our train the trainer courses which she led on in recent years. Helen took her work extremely seriously and was very passionate about it. It was clear that she wanted to make a difference. Helen worked so hard, was professional at all times and she was highly regarded by all who knew her. She was an amazing trainer, organisations often requesting that she would be the trainer to deliver their course. She really enjoyed the train the trainer courses and helped so many individuals to learn and achieve their accreditation.

Volunteer Now, the Belfast Trust Keeping Safe Initiative and South Eastern Trust Keeping Safe Initiative have received so many messages from trainers commenting on how supportive Helen was to them, and how nothing was too much trouble for her. And we all know that she loved a laugh and was very witty, making the courses enjoyable even though the topic was a sensitive one.

Many an afternoon she would be heading out of the office with her batch of training packs for the next day, looking forward to meeting another group of participants, and thinking about what the session might bring. She loved to be organised and as a result was always well prepared, often having a 'back up plan' in case anything went wrong. Helen really enjoyed being a trainer, she loved being out and about meeting new people, and learning new things that she could bring back and share with the team. She made such a contribution to Volunteer Now and was a real team player, always stepping forward to help when she could. Helen also volunteered for many of our volunteering campaigns and events, with one of the most recent being the meeter and greeter role in the vaccination centres. There is no doubt that those going along would have felt reassured by her warm smile and calm presence. She had so much to offer.

Helen was very fair - she didn't like injustice of any kind and was not afraid to stand up for what she believed in. This was very inspiring. Helen made such an impact on those she worked with.

Helen developed many friendships in Volunteer Now, she regularly checked in on people and asked how their loved ones were doing. At times she would have asked how their pets were doing too! She loved animals. She was extremely kind and was a great listener, always interested to hear what people had to say. We loved hearing all of Helen's stories too. It was very clear that she was immensely proud of her family, she talked about them all the time. We enjoyed hearing all about their adventures. We loved hearing about her dogs too – the best looked after dogs in the country!

her chats, and miss the laughs but when we think of her, we will have fond memories. She touched so many lives and her legacy will live on. Rest in Peace Helen.

We are keeping Helen's family in our thoughts and prayers during this very difficult time.



Online Training

- Thinking of Myself as a Leader
- Leadership & Why it Matters
- Inclusion, Equity & Equality 1: Image & Nurture
- Inclusion, Equity & Equality 2: Communication & Leadership

[View Training Calendar](#)

Charities call on chancellor to tackle fuel costs crisis



Soaring inflation puts volunteer-run transport services at risk, say campaigners

A coalition of eleven charities is calling on the new Chancellor of the Exchequer to tackle the spiraling fuel cost crisis which is damaging the voluntary sector across the UK.

The campaign is led by the [Community Transport Association](#) (CTA) - which represents over 1,200 local charities and community groups across the UK who provide accessible, inclusive transport services - and highlights the impact of record petrol and diesel prices on organisations and volunteers.

The letter asks Nadhim Zahawi MP, newly appointed as Chancellor, to increase the [Approved Mileage Allowance Payment](#) (AMAP) - which is the maximum level at which volunteer drivers can be reimbursed without any impact on their tax obligations or benefit entitlements - to reflect inflation in his Autumn budget this October.

[Read More](#)



Working together to create a fair world for young people



UK YOUTH

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Co-Op partners with UK Youth to give young people a voice through social action in Scotland & Northern Ireland

A new partnership between Co-Op and UK Youth will see young people in Scotland & Northern Ireland be given opportunities to make a difference through social action in local communities through the #iwill movement. The #iwill movement is a collaboration of over 1,000 organisations and 700 young #iwill Ambassadors & Champions from across the UK, supported by charities UK Youth & Volunteering Matters.

The £250,000 investment from Co-Op, funded by Co-Op members through the [Co-Op Community Partnerships Fund](#), will be used to recruit, train and support new #iwill Ambassadors across the nations. The 10-25 year olds will work together to make a difference in their communities through social action.

Ambassadors will receive training and mentoring, supporting them to drive change at a local, national and UK-wide level. In addition, 150 new #iwill Champions will be recruited, who will help spread the word and develop their own social action initiatives. more than 2,000 young people in Scotland and Northern Ireland will benefit from Co-Op's investment in #iwill.

[Read More](#)



Helpforce Champions Awards 2022

The Helpforce Champions Awards 2022 is now open for nominations! They are the perfect way to celebrate the contribution made by volunteers in health and care across the UK.

Helpforce Champions Awards 2022 is a chance to shine a light on those who give their time to help staff in the NHS and voluntary and community organisations, and support patients and their families and carers. For this year, when you nominate a volunteer or a team, regardless of the outcomes, their stories will still be shared on [Helpforce's Wall of Fame](#) as a way of thanking nominees, sharing their volunteer stories and inspiring others to volunteer. Also this year following a review, they have made some changes to try and make the competition as varied and inclusive as possible. You can see last year's winners and those

The winners will be invited to a special awards ceremony in London in November (details TBC). Closing date is 31 August 2022 at 10am. Click below to find out more and make your nomination.

Nominate Someone Special



Leadership Sessions in August

We have two Leadership Sessions scheduled for August:

- [Thinking of Myself as a Leader](#)
10 Aug | 10am-1pm
- [Leadership & Why it Matters](#)
11 Aug | 10am-1pm

To find out more about each course and enroll, please click on the relevant session above.

Mid & East Antrim Coast Half Marathon

Now in its third year, it has been awarded the prestigious **World Athletics Label - Elite** status, making it one of the best road races in the world!

Starting & finishing in Larne town, with a global viewship set to tune in live on the day, it's a great opportunity to showcase the best of the Antrim Coast Road to both participants and visitors, with some of the best runners in the world taking part.



Be part of our superb team of Event Ambassadors during the August Bank Holiday Weekend (27-28 Aug) and have a great time by supporting runners and spectators along the route, at water & energy stations and at the start and finish lines. We have 13.1 miles worth of volunteer opportunities available to suit all (groups and families are welcome)!

Find Out More



King George VI Youth Awards

The King George VI Youth Awards Panel is now accepting applications for youth work activities with young people aged 14-21. Your group must be based in Northern Ireland and your project must be part of a curriculum based youth work programme.

Applications are also accepted from individual young people. The maximum grant available is £500.

Click below to find out more.

Find Out More

Free Capacity Building Training Courses

#Volunteer Now are delivering a range of FREE capacity building training courses to groups based in the Belfast City Council area. Each course is being delivered face-to-face and online. Courses available are:

- The Code of Good Governance Healthcheck
- Leading the Way - Governance
- Managing Change
- Risk Management
- The New Environment: Recruit, Retain, Reward Volunteers
- Digital Inclusion





Introducing: Wenda Gray *Volunteering Support Officer*

Hi, I'm Wenda, I live in the Co Antrim area and I have 4 children and 6 grandchildren. I have been working for Volunteer Now since 2009 and my role as Volunteering Support Officer covers the Mid & East Antrim and Antrim & Newtownabbey areas.

My role is to support volunteer involving organisations with good practice in volunteer management such as volunteer recruitment, promoting their volunteering opportunities, provision of training and access to a wide range of publications.

If you are a group that needs my help or an individual looking for a volunteering opportunity, then please drop me an email by clicking the button below or give me a call on 07850 851811.

[Contact Wenda](#)

Member Spotlight *Samaritans*

The Samaritans are there, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

24 July (24/7) is Samaritans Awareness Day, because they are there to listen 24/7. Keep an eye out for their Talk to Us campaign to remind people that they are there for anyone who needs someone to listen.



[Samaritans](#)



Publication of the Month *Developing a Volunteer Policy*

This short publication has been developed to aid organisations through the journey of writing a volunteer policy, suggesting key steps and points to be considered throughout.

It is important to remember that even if you already have a volunteer policy, this should be reviewed regularly!

[Download](#)



New Members

Welcome to our newest organisational members: [Grow NI](#), [Beat - Eating Disorder Charity](#), [Friends of Moorfields](#), [Harmony Community Trust](#), [Moving On Up](#) and [Southwater Youth Project](#). This brings our organisational members total to 984!

[Become A Member](#)

ONLINE COURSES

All you need to know about volunteer management in 8 hours of learning



Flexible, accessible training

Did you know you can learn all you need to know about volunteer management in just 8 hours with our online courses? You can complete these anytime, anywhere & on any device! Click below to find out more.

[Find Out More](#)



Volunteer Wellbeing: What Works & Who Benefits?

Volunteer Now has always promoted the benefits of volunteering, not least to volunteers' own health!

In Northern Ireland, the most recent research (Continuous Household Survey 2019/20) shows that the most commonly cited benefit as a result of volunteering was it *"makes me feel better about myself"*. A review carried out in 2020 for the What Works Centre for Wellbeing and Spirit of 2012, has explored 158 studies about volunteers and their wellbeing. Focusing on adult formal volunteers, it has highlighted the key factors involved in improving wellbeing through volunteering. It found high quality evidence that volunteering is positively linked to enhanced wellbeing, including improved life satisfaction, increased happiness and decreases in symptoms of depression. This clearly is important information for those designing, delivering and managing volunteer activities.

We were delighted that **Dr Jurgen Grotz**, Senior Research Fellow, Director of the Institute for Volunteering Research, who was involved in the review joined us in December 2020 to tell us more about the findings and how we can learn from them.

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