

Volunteering at Leisure

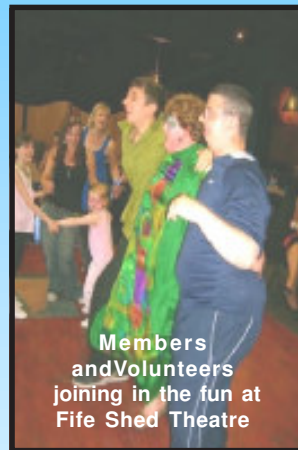
“Leisure - freedom to choose a pastime or enjoyable activity”

The leisure industry is ever-increasing and with it are leisure-related work opportunities, paid and unpaid. Around 75,000 volunteers were involved in the Beijing Olympic Games. Imagine the cost of running such an event purely with paid workers!

The beauty of volunteering in leisure pursuits is that it allows you to combine an activity you enjoy with helping others. Where would all the budding Ranulph Fiennes be without the assistance of the Mountain Rescue Service - run and funded through the efforts of volunteers?

For some people, leisure means working in the garden, helping the environment, getting involved in sports. For others it means sitting on a committee, helping with adult literacy, walking a neighbour's dog, campaigning or fundraising. It is their choice.

Volunteering has been defined as “the commitment of time and energy for the benefit of the community, undertaken by choice and without financial gain.” In addition, volunteering offers the chance to use skills and interests in a different way. Take a look inside for some examples of the great variety of volunteering in leisure.



Members
and Volunteers
joining in the fun at
Fife Shed Theatre



It's A Wonderful Fife!

Presenter:
Simon Ward

The Volunteer Centre Fife 'Volunteer of the Year Award' evening takes place on Thursday 27th November in the Victoria Hotel, Kirkcaldy.

Look out for nomination forms coming through the post soon.

*In praise of volunteers
Give thanks to all those
volunteers*

Who, in this world of ours, Give
up, sometimes for many years,
Their precious leisure hours.
Their services are freely given.
And often with a smile.

They are by their good nature
driven

To go that extra mile
*Submitted by Teri Perry,
courtesy of the Sunday Post
24.8.08*

Employer-Supported Volunteering - VC Fife-style!

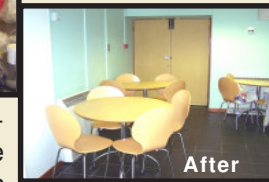
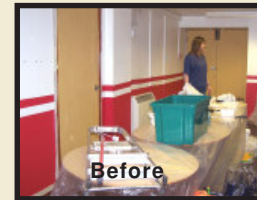
Volunteer Centre Fife marked Volunteers' Week 2008 by taking on three very different challenges under the Employer-Supported Volunteering (ESV) initiative. Staff moved out of their offices and out of their comfort zones. At the end of the 3-Day Challenge, all agreed it had been a very worthwhile exercise, promoting team-working, developing and discovering new skills and helping local communities at the same time. For more information on ESV please visit our website or call Cerys on 01383 732136.

The **Conservation Challenge** involved VC Fife staff donning waterproofs and protective gloves to work with BTCV and Fife Coast & Countryside Trust to clear an area of woodland behind St Margaret's and Commercial Primary Schools, Dunfermline.



Ranger, Lyn Strachan, who has been working with the primaries to develop the area as a resource for the schools, said "The area was a mess with a lot of litter so it was great to have a team of volunteers to help with the initial clean up."

Home4Good Resource Centre (Frontline Fife) in Leven was the venue for the **Painting Challenge** - redecorating the reception and drop-in areas. Frontline Fife is the largest voluntary homeless service in Fife offering both independent, free housing advice and housing support.



Liz Allan, Centre Co-ordinator, said "The Centre relies on volunteers and they play a huge part in the service we provide. It's great that we could involve more volunteers on a one-off basis through this team challenge. The job the team did was greatly appreciated."



The Citizen Advocacy Development Project presented VC Fife with a **Marketing Challenge**. The project, which aims to develop an Advocacy Project for adults with learning difficulties in North East Fife, asked VC Fife to put together a marketing strategy focusing on how to raise awareness of the project in North East Fife and how to recruit advocates. The day was spent developing a general marketing strategy, producing a time-line for it and designing a potential flyer for attracting volunteers.

The committee was delighted with the outcome with Liane Cumming, Citizen Advocacy Development Worker, saying "Thanks very much for the hard work, thoughts and ideas that were produced by everyone."

LINK Adolescent Befriending Project

LINK, a befriending project for young people aged 12-18 years with mental health issues, has been running successfully for the past five years in Levenmouth and East Fife.

Part of its success is down to its great team of volunteers, which at the moment numbers 16, from all walks of life and backgrounds.

Volunteers work with young people on a one-to-one basis and encourage them to get out and about in their local community and to be active through social and leisure activities. These can range from going to the cinema, yoga or bowling to stunt-kiting, ice skating or go-karting. The main objective is choosing an activity which is enjoyable for both people and which provides an opportunity to try new experiences in a non-threatening way.

Both the volunteer and young person benefit from the experience of befriending: the volunteer has an opportunity for personal development and also experiences new opportunities, whilst the young person builds their self-confidence, esteem and resilience.

To recognise and reward the great work of the volunteers and also as a way to bring all of the volunteers and young people together, LINK organises social events including a Christmas meal, summer BBQ and bowling trips. These are enjoyed by everyone and are a great opportunity to make friends.

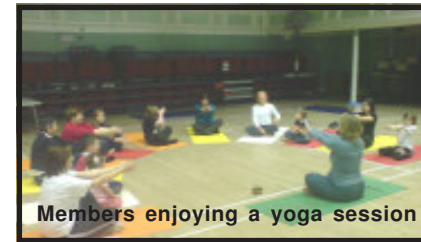
Jane Maciver, who manages the project and the volunteers, is extremely grateful to all of her volunteers for the work that they do.



The summer barbecue

Youth Club with a Difference!

The ENABLE Kirkcaldy Youth Club appears to be like any other group of young people. They catch up on gossip, listen to music and try out new activities. Unlike some other groups, however, this one is a model example of integration and inclusion.



Members enjoying a yoga session

Trudy Doidge, Manager of Operations and Development for Fife, was involved in designing the project. "We've taken the whole idea of inclusion and turned it on its head. Rather than begging other groups to accept children with learning disabilities, we've invited mainstream groups to join us, and with great success. We've had yoga clubs and baton twirlers and we're planning to meet up with cubs and scouts and football groups. It's great because it gives the young people a chance to meet others their age. It also allows mainstream children to open their minds and see what we're up to here.

We've come a long way in making sure children can be integrated at school. The big discrepancy is when they try to get involved with the fun things in life which aren't seen as a necessity. It's difficult to find the funding for extra support.

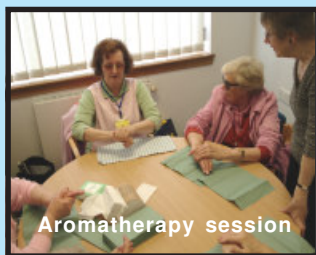
The Youth Club has been a great success. We've seen some great friendships develop and the confidence of some of the young people has come along in leaps and bounds."

If you would like to volunteer at the youth club, contact Trudy on 01592 659295 or trudy.doidge@enable.org.uk

Fife Society for the Blind

“Our Vision is Your Vision”

Fife Society for the Blind (FSB) is an independent charity which works with around 2,000 visually-impaired people in the Kingdom. The charity relies on the work of volunteers to provide a service to the blind population of Fife.



Recently the Society held their annual Open Days in Newport, St. Andrews and Kirkcaldy. These were very successful and allowed members of the public and clients of the service the chance to discover some of the services offered by FSB. The events included live cookery demonstrations for people with sight loss, displays of various forms of lenses to enlarge written text and a very popular aromatherapy session, which was run by a member of the Society, who herself volunteered her talents for the day!



For more information call 01592 583272 or visit the website at www.fsbinsight.co.uk

Forth & Tay Disabled Ramblers

Forth & Tay Disabled Ramblers (FTDR) organises rambles into the countryside for disabled people. Mostly members use mobility scooters although some walk the routes which range between 3 and 6 miles. Current members range in age from forty up to ninety.

None of these activities could take place without assistance from able-bodied volunteers. Some act as minibus escorts whilst others load up the vans and deliver the fleet of scooters to the venue. They also accompany members on the walks, assisting where necessary. Four volunteers are trustees of the group and their input and experience is invaluable. In addition, there are eight disabled trustees who fulfil a number of valuable roles.

Over the past seven years many volunteers have undergone training to equip them for their respective role: Moving & Handling to prevent injury whilst moving equipment or assisting members; First Aid training to ensure there are always qualified First Aiders on each walk. Other training includes Access Auditing, Risk Assessment, Governance, Sensory Awareness, Sighted Guiding, Managing & Supporting Volunteers, Fundraising, IT including Powerpoint presentation, and Website Management.



Although FTDR cannot afford to lose volunteers it is reassuring to see them move on to employment having gained the opportunity to acquire a reference and work-related skills. Several volunteers have moved on in this way whilst others have gained employment and managed to stay on with the group. For more information call 01333 320864.

Fife Shed Theatre Company

Fife Shed Theatre Company, based in Kirkcaldy, is a registered charity and Inclusive Theatre Company. It is a leisure resource and an active mixed Professional and Amateur Theatre Experience run by a team of volunteers who are dedicated and passionate about inclusive theatre. Currently they have around 44 members from 7 years upwards and new members are welcome in all parts of the Company.

Skills for Life

Creative engagement is real for all members and the communication skills they share are invaluable in work and play every day. They accept and enable all to share their dreams. Their method depends upon the enthusiasm and commitment of their fabulous volunteers helping integrate people who might otherwise find being incorporated into such a demanding leisure activity exceedingly difficult.



All Ages, All Abilities

Fife Shed encourages talent and ability in all areas which helps to make theatre happen. The Adult Company is currently a 14-strong, mixed ability team of wonderful people who are encouraged to volunteer to help the Children's Theatre and the Youth Theatre. Members of Youth Theatre also act as volunteer helpers in the Children's Theatre. In weekly workshops members learn theatre skills and improvisation, which develop confidence. All three areas of the company rehearse weekly and perform together when possible.

Working Together

The current Fife Shed Team is pulling out all the stops and engaging in creative thinking, as well as filling in grant applications and encouraging parents and local communities to help Fife Shed to thrive. They are the only Shed in Scotland and their existence is being severely threatened by lack of funds.

Classes take place at Adam Smith College, St Brycedale Campus, Kirkcaldy at 5.30pm on Mondays for Children, at 7.15pm on Mondays for the Youth Theatre and at 7pm on Tuesdays for Adults. If you are interested in joining the team, please contact Rebecca Simpson at Volunteer Centre Fife, on 01592 645540 or rebecca.simpson@volunteeringfife.org



Enjoying the Great Outdoors

Naturally Making a Difference @ The Ecology Centre, Kinghorn

"When gardeners garden, it is not just plants that grow, but the gardeners themselves"

The Ecology Centre's *Naturally Making a Difference* project produces fruit and vegetables, wild flowers, herbs and native trees. Mostly it aims to help people grow by gaining new knowledge and practical skills, building social relationships, increasing confidence and self-esteem and working as part of a team.

The project provides an opportunity for people with mental health problems, physical disabilities and learning difficulties to be part of a mixed ability volunteer team, working on outdoor tasks in the gardens and grounds by the loch side. Volunteers, who are given training and guidance, can gain valuable skills whilst working with a range of different people who require varying degrees of care.

Having a mixed ability team of volunteers, clients and carers makes for a very interesting and sociable group with an inclusive atmosphere. Volunteers not only assist The Ecology Centre with carrying out tasks on the site, but also assist each other in completing the tasks, learning new skills or achieving a result. Being part of the team at The Ecology Centre changes people's lives.



If you are interested in joining, please come along for a tour and a chat. Contact Elspeth Killin on 01592 891567 or e-mail Elspeth@theecologycentre.org

If You Go Down To The Woods Today...



At the recent Nancy Ovens Awards for Play in Glasgow the **Secret Garden Outdoor Nursery** was presented with the Outstanding Contribution to Play Award 2008.

The Secret Garden opened its invisible doors in East Fife in September, as the UK's first all outdoor nursery. Incorporating the bountiful supply of natural resources available in the local woodland, park and farmyard, outdoor play at the Secret Garden in Fife involves spending seven hours outdoors.

Children are busily engaged in play: constructing, building, imagining and creating. They are active, enthusiastic and energetic in their use of the myriad materials they find in the natural environment. They learn to identify trees, plants and animal species while being encouraged to play and imagine independently in a natural, free and spacious environment.

Appropriately-trained staff and volunteers have the experience to provide a safe environment for children to adventure and explore. In addition to having practical skills, staff are aware of the value of supporting and encouraging each child without intruding on their natural development.

To find out more, including volunteer and workshop information, please contact Morven Cuthbertson, Admin Manager, by telephone on 07525 175641 or via e-mail to: enquiries@secretgardenoutdoor-nursery.co.uk

Putting Funds to Good Use

Jamie Hogg Shield Trust

The Jamie Hogg Shield Trust is a 5-a-side football tournament for homeless projects from across Fife. It aims to encourage people to take part in physical activity and to interact with others.

The project was set up in 2002 in honour of Jamie Hogg, a keen footballer from Methilhill, who died tragically in a road accident. Jamie's mother donated all of the money collected at his funeral to homelessness charity Cornerstone and this enabled the football league to be established. His mother regards it as a fitting and wonderful tribute to her son.

The Trust is managed by Jim Henderson, a full-time volunteer for Frontline Fife in Leven, a project that works with homeless people. Jim has been managing the tournament on a voluntary basis since it started. Over the years he has seen it grow from strength to strength and is always delighted with the number of projects entering teams. Some of the teams in this year's tournament include Home4Good, Link Living, Kennoway Youth Club, Bethany Trust and Gilven House.

Jim owes the successful running of the tournament to all of the projects that enter, as they are always keen and fair players. Jim has also had extra help this year with the running of the tournament from Rebecca Simpson, Volunteer Development Co-ordinator for Volunteer Centre Fife, who has recently joined the board.

The league is being played at Kirkland High School and is run on Wednesday evenings. For more information about the Jamie Hogg Shield Trust and to see the fixtures please go to the website- www.jamiehoggshield.org.uk



The Order of St John

The Order of St John in Fife is primarily a fund-raising organisation, which supports four main charities - Disability Sports Fife, the Madeleine Steel Trust, Fife hospitals/hospices and the Eye Hospital in Jerusalem. In the past four years the Order in Fife has allocated in excess of £31,000 to the above charities.

Funds are raised in several ways, including donations and bequests but the main source of income is by fund raising events, such as street collections, collections in stores, and having stalls at fetes and galas etc.



In Scotland generally, the main fund-raising recipients are related to rescue services, particularly Mountain Rescue. Over the past 10 years £2.3 million have been raised and allocated to these services.

To raise funds the Order needs many willing helpers. These helpers may not necessarily be members of the Order, but are people who are interested in the work of the organisation, and are willing to give of their time to help raise funds. For further information please contact the Area Secretary at 01334 477085.

Keeping You Informed

Volunteering Outcomes – A National Dialogue

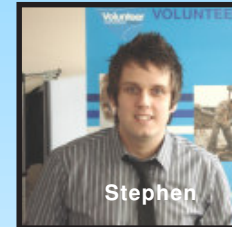
This summer the Volunteer Centre Network, in conjunction with Volunteer Development Scotland, ran a series of workshops focusing on the importance of volunteering and the new Scottish National and local Government outcomes. As part of this National Dialogue, Volunteer Centre Fife hosted two events – one for volunteer-involving organisations and the second for volunteers themselves.

We were delighted that 27 organisations attended and engaged in a full debate around questions such as a vision for volunteering in Scotland, organisations' volunteering issues and challenges and measuring the impact of volunteering and how it impacts on the achievement of the Government's desired outcomes.

We would like to thank all organisations and volunteers that attended the sessions. We are now waiting for the report from all the Dialogues across Scotland and will forward the findings as soon as we have them.

New face at Volunteer Centre Fife Cupar office

Stephen Adamson is the new Volunteer Development Co-ordinator for East Fife, based in the Cupar office. Stephen previously worked at the Blind School in Edinburgh and is a member of Fife Children's Panel. For assistance and advice on volunteering and the voluntary sector in East Fife, please contact Stephen by phoning 01334 659134, or by e-mailing stephen.adamson@volunteeringfife.org



All Round Care Project

Support to West Fife volunteers experiencing mental health difficulties or long-term ill health.

Tel: 01383 732136

Training Co-ordinator

For all your training needs

Tel: 01592 223877

mary.ray@volunteeringfife.org

alison.wilson@volunteeringfife.org

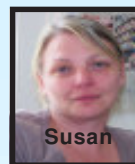
MV Award Scheme

for young volunteers

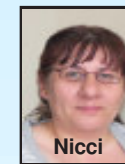
Tel: 07725 703299

youth@volunteeringfife.org

Give Something Back



Give Something Back is a project in the Regeneration areas of West Fife which offers support to people thinking about volunteering in the local area, providing individually-tailored support where required. If you are interested in finding out more about the project, contact the co-ordinators, Susan Wilson and Nicci McDougall. They will be happy to answer your questions. Tel: 01383 732136, e-mail: gsb@volunteeringfife.org



www.volunteeringfife.org

For info on every aspect of volunteering - advice about benefits, expenses, Disclosures, preparing to volunteer, links to other voluntary organisations, information on volunteering opportunities throughout Fife