

The Benefits of Volunteering

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Giving to others can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

Let's hear from our Volunteers

"I find I get far more out of a few hours of volunteer work than I do in 40-50 hours in my paid career."

"I was very apprehensive but decided to give it a go. I thoroughly enjoy my volunteering and have made many new friends. My confidence has increased so much that I now feel ready to get a part time job "

"Volunteering has been good for my health and well-being, sense of purpose and usefulness and, as an older person, it has also contributed to my self-confidence and self-belief at a significant juncture in my life. "

"It has helped me interact and socialise with others who are like me and I have developed and learned how to do things I was uncomfortable with at first and can now do on a regular basis."

"I feel so fulfilled by my volunteering and get a sense of achievement by helping others, just 1 hour a week makes such a difference"



Volunteering is flexible and we can find an opportunity that is the right fit for you!

Check out our current opportunities on Facebook or on www.volunteerscotland.net

Or phone us on 0141 578 6680 to chat about your options.

Volunteering Opportunities 2020

If interested in any of the volunteering opportunities

Contact Lorraine on 0141 578 6680 or email info@edva.org or check out our opportunities on www.volunteerscotland.net

Why not make a New Year Resolution to Volunteer?

Aye Can Dae Activities provide an inclusive and holistic programme for adults with additional support needs. They provide fun, friendly and fabulous workshops across Greater Glasgow and require a volunteer to help spread the word via Social Media. They provide the following activities



Mondays 11am -2pm—Exercise in Disguise and Inclusive Music

Wednesdays 1-3pm is Oor Wee Tea Dance

SOCIAL MEDIA VOLUNTEER

Aye Can Dae Activities are looking for volunteers to join their team at an exciting time. They have just started to develop a presence online through their Facebook page and Twitter. A social media volunteer would assist the team to keep their social media up to date on a regular basis, develop and post relevant and engaging content and encourage others to share and comment.

TEA DANCE FACILITATOR IN KIRKINTILLOCH

This is a fantastic new opportunity with Aye Can Dae. You will help set up the hall, set the tables with actual tea sets and cute tableware to add to the atmosphere. The team are looking for a motivated individual to assist with setting up and tidying afterwards. You should be a sociable person, be able to interact with adults who have additional support needs with respect and dignity. No previous experience is necessary as an induction process will be provided.

British Heart Foundation

Tesco Heart Stars Volunteers

We need you to volunteer at our big Tesco Heart Stars weekend to raise funds to help beat heartbreak forever. Can you lend us 2 hours of your time to collect in your local store? This February we have an amazing opportunity to collect in all Tesco Stores across Scotland, to raise money for the British Heart Foundation and help local people.

We are looking for cash-collecting, bucket-brandishing stars to give two hours of their time on Friday 7th or Saturday 8th February 2020 to raise as much money as possible to help beat heartbreak forever?

Travel Details In your local Tesco Store

Interested call our office now on 0141 578 6680

Volunteering Opportunities 2020

Volunteer Convener



In East Dunbartonshire we are looking for a volunteer Area Convener to become part of the Children's Hearings Scotland volunteer community.

Area Conveners lead their local Area Support Teams, which provide support and guidance to children's Panel Members on a local level.

You would become a vital part of the children's hearings system, Scotland's unique care and justice system for infants, children and young people in need of care, protection and support. Panel Members sit on children's hearings to make important decisions for these young people and they need your support locally!

Your responsibilities will include: chairing Area Support Team meetings and sub-groups; developing and implementing plans for your area; working with local partners and participating in joint meetings; communicating with Panel Members; leading national improvements and changes to the hearing system at a local level; always making sure the views of young people locally are listened to within the hearings system.

We're looking for someone who is enthusiastic and committed to making a positive difference to children and young people across Scotland; a strong communicator, and team worker; and be able to demonstrate a strong commitment to and understanding of the values and principles of Children's Hearings Scotland.

Tech Buddy

Carers Link East Dunbartonshire



A new exciting volunteer role to support unpaid carers in East Dunbartonshire to gain confidence in using smart technologies, computers and other new technologies.

The Switched On project is designed to empower unpaid carers by teaching them how to use new technologies to improve their lives. This is an exciting and fun project that will improve your teaching skills and understanding of technology. Your role is to visit carers in their own homes, identify and deliver training that the carer needs. This will be conducted over a limited number of sessions.

Travel Details

Across East Dunbartonshire – In the carer's home or agreed venue.

If interested in any of these opportunities give us a call on 0141 578 6680

Health & Wellbeing in 2020

Football training and league games with Clyde Community Foundation coaches



**Monday 20th January
at 1pm**

**Kirkintilloch Leisure
Centre**

The Clyde Community Coaches are providing free football training for 1 hour every Monday at the Kirky Leisure Centre from 1pm .

This is a drop session so please spread the word and invite anyone who might be interested in coming along, and learning new skills. There could also be the potential to join a local football league and play in tournaments.

Please wear suitable footwear and bring along a bottle of water.

No need to book just turn up for further info please contact Tom 01236 263 309



Boxercise!

Come along to our group exercise class in Hillhead Community Centre for a safe, effective & fun all over work-out. Using simple boxing based techniques, within a supportive and friendly group!

Benefits of Boxercise:

- Increases fitness, stamina & confidence
- Boosts self-esteem & discipline
- Lowers stress & anxiety
- Burns on average 500 calories per class

Key Information:

- Bring water, dress for exercise & conditions
- All equipment provided
- Suited to any fitness level
- Health Questionnaire to complete prior to start
- Registered, insured, PVG checked instructor

Location:

Hillhead Community Centre
Every Saturday 11am - 12pm

Price:
£5



“The boxercise class was great fun with positive people looking to improve their fitness”

Joni Mitchell EDVA

Third Sector Networks

Happy New Year to all our third sector networkers.

Our first network of the New Year will be our
“Older Persons Services Network” taking place on
Friday 31st January 10.30am-12 noon
at our Office in Kirkintilloch.



We have a packed agenda and if you have not attended previously it's a fantastic opportunity to network and meet likeminded organisations within East Dunbartonshire.

AGENDA

- * Joni Mitchell EDVA – Welcomes
- * Andrew Frizzell & Catherine Buchanan – Befriending Team options/referral process
- * Liz Baillie Cue & Review – Print Speaking to the Blind
- * Contact Point's services to help reduce social isolation (speaker TBC)
- * Constable Chris Murphy Police Scotland – New Bogus Crime Team
- * Clair Hegarty – Carer's Link – Referral process health professionals
- * Round the table updates (time permitting)

Please feel free to stay after 12 and grab an extra cup of tea/coffee and take advantage of the networking opportunity.

Dates for Your Diary – Third Sector Networks

- **Volunteer Managers Network—Friday 21st February 12noon -1.30pm**
- **Children & Young People - Thursday 27th February 10.30am-12 noon**
 - **Health & Wellbeing - Thursday 19th March 10.30am-12 noon**

Above meetings will take place at in our Office in Kirkintilloch

If you would like to attend or present your organisation

**call Joni Mitchell, Partnership Development Officer on 0141 578 6680 or email
joni.mitchell@edva.org.uk**

Community

8 January, 12 February
11 March, 8 April,
13 May, 10 June,
8 July, 12 August,
9 September, 14 October,
11 November, 9 December

Ceartas Advocacy Playlist For Life "Cuppa Time"

WE CAN HELP YOU COMPILE YOUR "PLAYLIST FOR LIFE"

'PLAYLIST FOR LIFE' IS ALL THE SONGS OR PIECES OF MUSIC
WHICH MAKE UP THE SOUNDTRACK OF YOUR LIFE...

Every second Wednesday
2-3.30
10 Donaldson Place
Kirkintilloch, G66 1XF
Tel: 0141 775 0433



Community

STAND INTERNATIONAL – A Christmas Story

Our Christmas Day Festive Lunch 2019 at Smith's Hotel in Kirkintilloch was an overall success again. STAND International would like to thank everybody involved in making this day a joy to be a part of for all our participants that attended and a big thanks to East Dunbartonshire Health and Social Care Partnership for donating all the great gifts that we were able to give out to all the adults and kids who were really happy with their presents. Also a big thanks to all our volunteers who helped to provide transport, entertainment and most of all their gave their time up on Christmas



Day to benefit others. Last but not least I would like to thank Smiths Hotel for providing the venue, preparing the meals and over-all there hospitality.



**Thanks From
STAND INTERNATIONAL**

Are you looking to make a difference and at the same time become a different person?

STAND International are recruiting volunteers for 2020 who are socially or economically disadvantaged to travel abroad to do some volunteering work. We take groups of between 8 – 15 people with team leaders & mentors and provide short term volunteering opportunities for them to travel from Scotland to a different country.

The placement is 2 weeks where we assist in either renovation/construction work or children's/ disability camp. Volunteers can expect to learn a whole range of new skills in construction, team building, and working with kids and adults with learning/physical disabilities which will contribute to their own personal development while experiencing different cultures. The majority of the costs are covered by our funders however volunteers are expected to do some fundraising towards the trip.

Training & Support

As well as full pre departure training volunteers are supported for up to 3 months on return to Scotland to ensure they harness their new found learning into either further training, employment or volunteering opportunities in Scotland.

Mentors

Mentors accompany the volunteers on the 2 week placement abroad and provide pre and post trip support. Mentors are also expected to fundraise towards the trip.

The age range for our volunteering trips is 16 years upwards.

If you are interested phone STAND on 0131 555 9102 or
Email steven.ferguson@standinternational.org 16 – 28 years
morag.crichton@standinternational.org 29 years and over.

Social Enterprise

BIG RED PHONE BOX

A proposal to build a 55m-tall phone box in Kirkintilloch has won a competition seeking innovative concepts for Scottish towns.

Kirkintilloch has been named the winner of the Future Town Design Competition after securing more than half of the public votes for its 'Big Red Phone Box' project.

The proposer of the design, John Dickson, said that Kirkintilloch's 'USP' is that it is where the iconic red telephone boxes and GPO post boxes were manufactured until the late 1980s. "We have real heritage that we should exploit," he said. "I propose that we should build a scaled-up version of the K6 Red Telephone Box, the most recognisable design".

It should be anything up to 55m high - 20 times normal size, he suggested, and should be sited in Luggie Park, next to where they were built. A similar scaled-up version of a GPO Post Box could be nearby.

John Dickson, who submitted the entry, said: "I'm delighted that my vision for Kirkintilloch's future as a unique destination has been overwhelmingly voted for by the people of Kirkintilloch and beyond. Kirky's Giant Phone Box has captured the imagination of people who now know the prospect exists to transform our town centre towards a bustling and exciting future." He said that new jobs and businesses would be created "to cater to folk who'll be attracted to a colossal testimony to our industrial heritage". He added that he is looking forward to discussing the practicalities with elected representatives, and professionals with the expertise to build it.



EDVA is delighted to assist in this exciting venture.

If you would like support/advice about setting up a social enterprise contact

**graham.branscombe@edva.org or
phone 0141 578 6680**

Our Befriending Service & Lunch Clubs

Bishopbriggs



The Golden Girls and guys from the Dominos Group were glad to get back to their respective groups this month. One of our group members told me "It can be a lonely time over Christmas and it is good to get out and about again". As usual, the groups Andrew runs are full of fun and laughter and everyone especially enjoys the tea and cake break which allows everyone a good natter and catch up.

We have a couple of bookings with the Seagull Trust for May which is giving everyone something to look forward to.

If you would like to find out more please contact Andrew

Frizzell on Andrew.frizzell@edva.org or call 0141 345 0432

Chatterbox & Wellbeing Group

The Befriending Team's Chatterbox Group met in Kirkintilloch on Wednesday 15th January for the first meeting of the year. Catherine Buchanan works with the group to reduce loneliness and everyone was given a small diary and asked to note down all upcoming events in order that they don't miss out in all the planned outings. This group is a valuable resource for people and it's a great opportunity to share hints and tips. For example, have an overnight bag at home with a note of your prescriptions and some essentials, if anything was to happen someone could collect this for you. It's important to look after your health and wellbeing during the winter months, keeping warm and active when possible.

If you're interested please contact Catherine.buchanan@edva.org or call 0141 345 0432



Christmas in February

We are currently preparing for our big Christmas in February event on Sunday 23rd February in Smiths Hotel and planning ahead for a summer outing in June. These events are available to our befriendees and volunteers.

Call 0141 345 0432 for information about volunteering with us



Milngavie & Bearsden Befrienders

We will be starting a new Newspaper Group on the last Friday of the month from 13:30pm to 15:30 pm at the St. Joseph's Church hall. It will focus more on current events and issues appearing in various media e.g. local magazines, etc...

The new Volunteer Forum for volunteers who live in the Bearsden/Milngavie area will probably have their 2nd meeting later in February. The date is still to be agreed but it may well be again at the Burnbrae Hotel. The first meeting seemed to be welcomed by the small group of volunteers who came along and we are hoping this will grow and become a useful social event for local volunteers to meet.

If you're interested in volunteering in Bearsden & Milngavie get in touch with brian.mcdermott@edva.org

We have rooms available for the Third Sector to hire at our office

Our meeting rooms are bright, versatile, multi-purpose and have disabled access.

We offer state of the art multimedia SMART equipment and flip charts and pens are free of charge. We acknowledge that hire of meeting rooms should be as affordable as possible therefore our hire costs have been kept to a minimum.

To book a room call **0141 578 6680** or email **info@edva.org**



Room	Hire Period	Standard Pay Rate	Voluntary Sector Rate	EDVA Membership Rate
Board Room	Hourly	£7	£5	£4
	Daily	£35	£30	£24
Training Room	Hourly	£13	£10	£8
	Daily	£80	£65	£52
Conference Room	Hourly	£17	£15	£12
	Daily	£100	£75	£60

EDVA (East Dunbartonshire Voluntary Action) T: 0141 578 6680 E: info@edva.org

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This document can be made available in different format if required.

Just contact us through any of the above.

Registered Scottish Charity No. SC042983