

Community Action: Bedfordshire Volunteer Management Newsletter

25th November 2020

Included in this newsletter:

- Covid-19 volunteering update
- Festive volunteering
- Volunteering opportunities
- Publications and reports
- Training, events and additional information (*VCS job vacancies*)



Community Action: Bedfordshire is the Accredited Volunteer Centre for Central Bedfordshire and Luton.

www.cabeds.org.uk | volunteer@cabeds.org.uk | [Facebook](#) | [Twitter](#) | [@CABedfordshire](#)

Covid-19 Volunteering update

Latest Government Guidance

New [GOV.UK](#) guidance aimed at organisations and groups helping them to understand how to involve volunteers safely and effectively during COVID-19 is now live and can be accessed [here](#).

This guidance complements other [GOV.UK](#) guidance on [volunteering](#) and [helping others safely](#) during the pandemic, which are aimed at potential and existing volunteers.

Local restriction tiers: what you need to know

[Click here](#) to view Government guidance, published 23 November 2020 which sets out the local restriction tier system that will be in place from **Wednesday 2 December**, including what you can and cannot do in each tier.

There are 3 tiers for local restrictions:

- [Tier 1: Medium alert](#)
- [Tier 2: High alert](#)
- [Tier 3: Very High alert](#)

On Thursday 26 November the government will announce which areas are in which tier. You will be able to use the postcode checker to find out the restrictions in your area or an area you plan to visit. The NHS COVID-19 app will be updated on 2 December.

NVCO Latest updates to our coronavirus guidance

NCVO have updated these sections of guidance to reflect the latest restrictions:

- [Prevention and social distancing](#)
- [Volunteering and national lockdown restrictions](#)
- [NCVO KnowHow – Coronavirus](#)

Local Information

Keep up to date with specific guidance on what is happening in your local area here:

[Luton Council](#)

[Central Bedfordshire Council](#)

Festive Volunteering

Please get in touch and let us know if you are looking for volunteers to support your projects during the festive period.

Every year we receive enquiries from people wanting to volunteer over the festive period. We appreciate that festive celebrations, projects and activities are going to look little different this year, but please do contact us if you are able to take on new volunteers or would like us to help promote your opportunities and projects.

volunteer@cabeds.org.uk | 07584 687657



Volunteering opportunities

Please share these opportunities with colleagues, volunteers & your networks!

Please share the following opportunities with your volunteers, these roles are flexible and can fit around existing volunteering commitments. These opportunities may also be of interest to Volunteer Managers or those already working in the VCS.

Community Champions

The Community Champion roles are open to everyone, all ages and backgrounds to reflect the diversity of the population. The aim is for volunteers to share key public health messages with friends, family and their own networks and communities in whatever way works best.

This is a great way to make a difference to your local community – please share with colleagues, partners, service users and volunteers!

Luton Council – Covid-19 Community Champions

“Luton’s volunteers and community groups have been exceptional throughout the coronavirus crisis in supporting each other and helping people in need.

So many countless acts of love, care and kindness are what makes us all so proud to live and work in this wonderful town.

To build on this we are looking for Covid-19 community champions from a wide range of backgrounds, cultures, faiths, ages and interests to reflect the diversity of Luton, who can help pass on important public health messages and keep people safe from this deadly disease.” **Councillor Khtija Malik**

[Click here](#) to find out more and sign up!



Central Bedfordshire Council – Community Champions

We are calling on people throughout Central Bedfordshire to help us to reach their friends, family, neighbours, colleagues and thousands of other local people, with trusted information and advice related to COVID-19. Sign up and join our existing network of 197 community champions.

We know there are a lot of myths that need busting and questions people are asking when it comes to COVID-19 and we need to know what they are. Which is why we are asking as many of you as possible to please sign up, reach out and help keep Central Bedfordshire safe. Anyone interested in joining our network of 197 Community Champions should visit and register [here](#).

Promoting your volunteer opportunities

If you are looking for volunteers in Central Bedfordshire or Luton, please contact Kay or Karen with details of your requirements on volunteer@cabeds.org.uk.

Karen Hall – Volunteering Adviser

Kay Henderson – Volunteer Centre Manager

Updating your volunteer roles on Volunteer Connect

Please keep in touch and keep your roles update on Volunteer Connect. [Click here](#) to log in, review and manage your organisation profile and opportunities on Volunteer Connect.

If you have any questions about Volunteer Connect, please contact Kay and Karen at: volunteer@cabeds.org.uk

Publications and Reports

Groundwork UK: Community Groups in a Crisis – insights from the first six months of the Covid-19 pandemic – November 2020

The common conclusion is that: “the pandemic has been highly disruptive for community groups. Almost all survey respondents had been forced to make changes to their activities because of Covid-19. Almost two-thirds had decreased or closed services (62%), just under a third had changed or adapted their services (30%), around one in twenty had increased their services (6%), and just 1% had made no changes” [click here](#) to view the report.

Impact of volunteering on volunteer wellbeing

The [What Works Centre for Wellbeing](#), in partnership with [Spirit of 2012](#), have published a review, [Volunteer Wellbeing: what works and who benefits?](#)

The review considers the key factors involved in improving wellbeing through volunteering. It found that volunteering is linked to enhanced wellbeing, including improved life satisfaction, increased happiness and decreases in symptoms of depression. Social connections, self-efficacy and sense of purpose are key pathways to wellbeing through volunteering. Older people, people from lower socio-economic groups, people who are unemployed, people who have chronic ill health and people with lower levels of wellbeing gain more from volunteering than others. But the groups who benefit most may not be able to volunteer.

You could use the review to help you design and develop volunteering programmes with wellbeing in mind – the What Works Centre suggest [particular things to think about](#). You could also look at the [Theory of Change \(pdf\)](#) developed from the evidence to help you understand how and why volunteering can lead to changes in wellbeing for volunteers.

The Centre for Ageing Better

Helping out: taking an inclusive approach to engaging older volunteers

Drawing on what has been learned during the pandemic [this guide](#) presents five ways to diversify your volunteer base and enable voluntary organisations to mobilise a more diverse range of people age 50+.

University of East Anglia

Voluntary Action and Covid-19 – What we can learn and how we can recover

Experts from the UEA Institute for Volunteering Research are part of a major project into the role of voluntary action in the Covid-19 pandemic. They will work with the voluntary sector to explore the challenges, what worked well and make recommendations to inform planning for future crises. The research will compare the volunteering response in each of the UK’s four nations, sharing positive examples with the aim of shaping future policy and supporting the UK’s economic and social recovery.

[Click here](#) to view the article.

Big inspiration from small charities

As part of NCVO's work with [Inspiring Impact](#), people from small organisations across England have talked to NCVO about the challenges of covid-19 and how they are adapting to better understand the difference they are making. Shehnaaz Latif has [written a blog](#) about what NCVO learned about small organisations and their impact practice during the pandemic. The organisations interviewed told NCVO about the importance of not waiting to get their data collection perfect, about how community relationships had helped them collect data on emerging user needs, and about how they had used digital tools to collect data in creative ways.

The conversations have now been published by Inspiring Impact as practical impact stories and a quick 'top tips' guide. We hope they give you some ideas for how you can make small changes to better understand your impact. [Learn more here.](#)

The MoVE project

The MoVE project is a collaboration between the Universities of Sheffield, Hull and Leeds. Over the course of 18 months, the research focussed on how volunteers have been mobilised in response to the Coronavirus, and what the pandemic can teach us about enabling social action, during the crisis and beyond. [Click here](#) to read the findings.

2020 Community Life Recontact Survey

A summary of headline findings from the 2020 Community Life Recontact Survey, independently conducted and authored by Kantar on behalf of DCMS. Findings from this survey cover public beliefs and behaviours related to local community and volunteering for adults (aged 16+) in England during March to July 2020. [Click here](#) to view.

VSSN Covid-19 and Voluntary Action: Research repository

The Voluntary Sector Studies Network (VSSN) promotes understanding of the UK voluntary sector through research and provides a voice and a meeting place for voluntary sector researchers in the UK. As part of VSSN's goal to help maximise the visibility and impact of Voluntary Sector focussed research, we are collating research projects which focus on Voluntary and Community Sector and volunteering responses to, recovery from and implications of the COVID-19 pandemic. If you would like your project to be visible on our webpage, please fill in the form [here](#). It would be great to hear about projects in development as well as those in progress, as this should help to reduce any risk of duplication and open up possibilities of collaboration.

National Barometer Survey

This project, led by Nottingham Trent University in partnership with NCVO, has been set up to examine and explore the impact of COVID-19 on the sector in real-time and is specifically interested in looking at how the pandemic is impacting voluntary organisations' working practices and operations, their responses, learning and resilience. Each round of the survey is expected to open and close around the same time each month until November 2021 To find out more please click [here](#). The first monthly findings can be viewed [here](#).

Training, Events & Additional Information

NHS Volunteer Responders: Webinars

The second round of recruitment is well underway for NHS Volunteer Responders, partnership between Royal Voluntary Service, Good Sam app and NHS England/Improvement. These webinars will familiarise you with the programme and how it is adapting to meet the needs of those who require support due to Covid-19. This is a great place to ask questions, especially if you wish to refer volunteers or want to know how work in partnership with the service. All webinars will be held on Microsoft Teams.

Thursday 26 November, 10.30 – 11.30 – [Join Microsoft Teams Meeting](#)

Thursday 10 December, 10:30 – 11.30 – [Join Microsoft Teams Meeting](#)

AVM - Engaging Younger People: Tapping into the energy of under 25s – 10 December

Do you struggle to recruit younger volunteers? Are you keen to make progress in this area but aren't sure where to start? If so, this event is for you! Join us to discuss how we can make sure younger volunteers are part of our organisations' futures. Tickets are £40, but AVM members are eligible for a discount of £15 on tickets for this event. To access your members' discount enter the code **avm-member-yp20** when you checkout.

[Click here](#) to purchase your ticket.

VOCyph Forum 2020 – 26 November

This is your chance to stop for a short while and reflect on the challenges, successes and future needs as the remarkable year that was 2020 approaches an end. We will meet online, for just an hour, and use breakout groups to share our experiences, support and learn from one another feeding back to the group as a whole. The event is for staff and volunteers from voluntary sector organisations delivering services in Bedford Borough or Central Bedfordshire, [book here](#).

Online Training

NCVO Online training

NCVO have taken some of their most popular courses online. The one-day online training courses run from 10am – 15pm. You can now book NCVO training courses in an interactive online setting. [Find a course today](#) for as little as £46.

- [Safeguarding Essentials in Charities](#): 8 December 2020
- [Good Practice in Volunteer Management](#): 16 December 2020
- [Roles and duties of Trustees](#): The course is designed to take approximately half a day to complete in full, including exercises. You can complete the course at your own pace within your access period (30 days) and can pause at any point and come back to where you left off as your progress will be saved.

Fundraising Regulator – Trustees Responsibilities – watch again webinar

This webinar may be especially helpful for people who are considering applying to become a charity trustee, or who have been newly appointed as a trustee, as an introduction to the fundraising standards and trustee responsibilities with regards to fundraising. Charities are welcome to use this material as part of their board induction and training [Click here to watch again](#).

Getting on Board - Free guide: How to Become a Charity Trustee

On 2 November, Getting On Board is launched a new, free guide which covers everything you need to know about how to become a charity trustee, including: tips and stories from real trustees, so if you are curious about becoming a charity trustee it might be worth taking a look. Click [here](#) to sign up to receive a copy.

Learning Hub – Helpforce for volunteer managers and volunteers to access

In collaboration with Health Education England (HEE) and the NHS, Helpforce have developed new national standards for volunteering to connect those involved in health & care volunteering with training and education opportunities. [Click here to find out more](#).

The National Volunteer Certificate – for volunteers

With our partners e-Learning for Healthcare, we have developed e-learning sessions for all volunteers wishing to take the new National Volunteer Certificate.

Free resources for volunteer leaders

[Join now](#) to access the latest training to develop your career and stay up to date with the fantastic resources available. They will help you lead and train volunteers who sign up to help in health and care. You will find hundreds of courses, from keeping volunteers safe, to working with apprenticeships, and more, for you volunteer managers who know the difference a team of volunteers can make.

Charity Digital – How to use Zoom

For more information from Charity Digital on the main features of the video conferencing tool Zoom and some key tips and tricks for charities to use on Zoom to keep in touch with staff, beneficiaries and stakeholder [click here](#).

Boing Coaching Courses

Boing's aim is to develop physically literate and active children, through exciting PLAYGAMES. Their mission is to get over 1 million children Boing-ing by 2024, and you could be a part of that by joining their FREE coach/volunteer education courses.



Delivered in partnership with Sport England, BOING are offering the following 2 courses:

- A half day course to develop coaches and volunteers who work with children and to use the Boing principles and free resources to get the kids they work with more active and physically literate. It supports people to develop their coaching practice and empower them to incorporate Boing and the power of play into the great work they already do in their community groups and sports clubs
- An online course dedicated to supporting coaches and volunteers who work with kids to make their sessions more active, more inclusive and more playful than ever! This blended course has videos to watch and tasks to complete in your own time and also includes a live and online session to explore how you can incorporate the power of play into the great work you do in your community groups and sports clubs.

For more information about the courses and to register [click here](#).

Healthwatch Luton - Online engagement forum: Carers

Are you a Carer? Join our online engagement forum on microsoft teams on Tuesday 26th January 1pm-2pm to share how your experience has been during the pandemic.



Do you know anyone who might benefit from a little bit of help tidying or cleaning up their home?

We have recently been approached by Flying Saucer TV who are looking for people to take part in a hit transformational Channel 5 TV cleaning/decluttering series. To find out more please email:

cleaning@flyingsaucertv.com

THE HIT CLEANING SHOW IS BACK!!!



NEED **HELP TO CLEAN**
UP YOUR HOME?

WANT LOTS OF TIPS AND TRICKS
TO KEEP IT SPOTLESS?

IF **YOU** HAVE A HOUSE YOU NEED
EXPERT HELP TO CLEAN...

WE WANT TO HEAR FROM YOU!
NEW SERIES FILMING DEC 2020 – FEB 2021

EMAIL US FOR HELP!

CLEANING@FLYINGSAUCERTV.COM



Leighton Linlade Town Council – Charity Christmas Market stalls

As part of our preparations for Christmas within Leighton-Linslade, we are holding a Charity Christmas Market on Sunday 6th December between 11am & 3pm.

We are planning a large selection of charity stalls throughout the high street allowing the public to shop and browse the high street and your stalls safely. A perfect place for people looking for a unique gift, or something more personal for a loved one at Christmas time.

The event will take place from 11am until 3pm, with access to the site from 8.30am for set up.



Please find attached a copy of the Registration form. Risk Assessments can be completed in your own format – the attached is a suggested guide and a copy of the terms and conditions are also attached. Please note, you must include your Covid-19 mitigation measures. All risk assessments will be reviewed to ensure the mitigation measures are adequate and within government guidelines. Where they are not listed, do not comply with government guidelines or not adhered to on the day, you will not be allowed to trade.

We are asking for all payments to be made 2 weeks before the Charity Christmas Market so please do not send any monies now, we will send payment details in due course. The cost of a 3m x 3m pitch which includes a gazebo and two tables is £12.

Please note; there are limited trading opportunities, therefore we will accept bookings on a first come first serve basis.

- Charities, Not for Profit or Community Groups wishing to raise awareness of their work are asked to provide goods for members of the public to purchase or quality white elephant goods to qualify as a trading charity stall.

If you have any questions, or to request a registration and risk assessment form contact:

eventsteam@leightonlinslade-tc.gov.uk or tel: 01525 631918

Job vacancies

Voluntary and Community Sector Job Vacancies

Leighton-Linslade Homeless Service - Support Worker F/T Salary £19,000 - £20,500 pa – the role will include working with our client group who we value as guests at Black Horse House. Interpersonal skills will be necessary to work with a wide range of people. The ability to effectively and professionally face difficult and challenging behaviour will be essential. For more information and to apply [click here](#).

Bedford Women's Centre - Senior Domestic Abuse Practitioner - Part-time (20-30 hrs), £23,541-£25,481 pro rata. We are looking for an experienced practitioner to work in our busy team. You will be able to deliver and coordinate training programmes, and work in a trauma responsive way with female survivors, deal with reporting and managing feedback, and provide general support to service users. You will require excellent interpersonal skills. A good knowledge of women's issues and Domestic Abuse programmes is essential. Closing date 26th November. For more details and to apply [click here](#).

Bedford Women's Centre - Domestic Abuse Support Worker - part-time (16-25 hrs), £18,562-£19,698 pro rata. We are looking for a motivated woman, with an interest in women's issues and Domestic Abuse to work in our busy team. You will be able to support delivery of training programmes, and work in a trauma responsive way

with female survivors. You will be reporting and recording data and feedback and provide general support to the DA practitioner lead. A willingness to work closely with women from all backgrounds is essential.

Closing date 26th November. For more information and to apply [click here](#).

YMCA - Housing Coach (Luton) - full-time, £21,000-£22,000. Be a part of the housing team, providing person centred support to residents aged 18-65 in our supported accommodation project in Luton. Closing date 27th November. For more details and to apply [click here](#).

YMCA - Resettlement Officer (Luton - full-time, permanent, £21,500-£23,500. A role for someone with direct experience in working with people fleeing domestic abuse, and/or resettlement. We are looking for someone with extensive experience of the processes involved, preferably working directly with "no recourse for public funds" clients. Car driver with access to own vehicle is essential. Closing date 30th November. For more details [click here](#).

Turning Point – CBT Team Leader, full-time, permanent, £43,500. We are looking to recruit a High Intensity Step 3 Team Leader, with a qualification in CBT; you'll be a trained accredited therapist. Alongside vast experience of working within mental health, you'll also have experience of leading and managing teams with a proven ability to develop good therapeutic relationships with clients and working relationships with your colleagues. Closing date 3rd December. For more information and to apply [click here](#).

NOAH Enterprise - Work Experience and Volunteer Training Coordinator - full-time, permanent, £24,000. New position working within our social enterprise as part of the Academy delivery team, to provide structured training and support for our volunteers and clients Working as part of a strong team across NOAH you will be supporting people in moving away from homelessness and into sustainable living through employment, as part of your role you will develop and deliver on the job and off the job training to disadvantaged groups and individuals. Closing date 4th December. For more information and to apply [click here](#).

Level Trust (Luton) - Youth and Schools Project Manager - part-time/full-time (32-40 hrs), contract, £25,000 - £28,000 pro rata, Key duties include: Project Management of our holiday club for 8-12 year olds; Running young leaders groups across High Schools; Overseeing the delivery of free shoes, coats and learning resources to children and young people in need; Managing relationships with key staff across our partner schools, organisations and community; Supporting the development of our training centre. Closing date 4th January. For more information and to apply [click here](#).

Level Trust (Luton) - Administration Manager, Level Trust - permanent, part-time (24 hrs), £21,000 - £24,000. Join the office team to support the charity in financial administration, record keeping, mailings, answering general enquiries and other administrative duties. Closing date 4th January. For more information ad to apply [click here](#).

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