Presentation to Mid Ulster District Council

by

Mid Ulster Volunteer Centre

Presented by

Michele McKeown – Centre Co-Ordinator

Barbara Kennedy – Recruitment and Placement Officer

Mairead Devine – Project Leader

History

Mid Ulster Volunteer Centre (formerly Cookstown and Magherafelt Volunteer Centre) was established in June 2000.

Celebrated 20 years

Currently have 7 members of staff:

- Centre Co-ordinator – Michele McKeown
- Recruitment and Placement Officer – Barbara Kennedy
- Volunteer Support Worker – Megan Bell
- Project Leader – Mairead Devine
- Project Assistant – Natalie McCullagh
- Base Co-ordinator – Grace Morrow
- Support Worker – Sandra McKay

Our Vision

Mid Ulster Volunteer Centre

- We fully recognise the need for an effective and efficient service.
- To have local presence and experience, local offices which understand and reflect local needs.
- Person Centred Approach – to provide a sufficiently flexible service to meet local and individual needs.
- A volunteer centre which is able to work in partnership with others (to maximise the impact of what we can offer) and to support our sustainability.

Funding

Department for Communities (DfC)

- DfC provide our core funding under Volunteering Infrastructure Support Programme (VISP) to deliver volunteering throughout Cookstown and Magherafelt.

The National Lottery Community Fund

- Carefully Yours Project piloted in 2015 with funding from former Department for Social Development.

- National Lottery Community Fund funding since April 2017.

Funding

Northern Health and Social Care Trust

We have a Service Level Agreement with the Northern Health and Social Care Trust to provide 2 drop in centres (The Base) for adults with learning disabilities in both Cookstown and Magherafelt.

Mid Ulster District Council

We were successful in our application for the Strategic Community Development Grant which has made this possible for us to continue to have an office in Cookstown.

Volunteering Project

Mid Ulster Volunteer Centre provide a link between **'those who need help'** and **'those who want to help'**

Barbara Kennedy
Recruitment and Placement Officer – Based in Magherafelt
barbara@midulstervolunteercentre.org
075 8729 3458
028 7930 1862

Megan Bell
Volunteering Support Worker – Based in Cookstown
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075 1316 2781
028 8676 1122

Volunteering

Mid Ulster Volunteer Centre

Who can Volunteer?

ANYONE can Volunteer. It doesn't matter whether you are young or old, male or female, a person with a disability, in paid work or not, there is something that everyone can do.

Why do people Volunteer?

- Help their local community
- Try different types of work
- Gain experience which will help with UCAS, CV and job applications
- Build confidence, communication skills and experience of the world of work
- Have fun and meet new people
- Good for Health & Wellbeing

Type of Volunteering Roles

- Long term regular commitment
- One off individual or group projects
- International Volunteering
- Seasonal Volunteering
- Crisis response

Example Volunteer Roles

Mid Ulster Volunteer Centre

Homebased Roles

- **Helpline/ Advice Volunteers** – Hourglass NI, Advice NI
- **Activities delivered via Zoom** - Reading Rooms, NHSCT Bases (Makaton, Arts and Crafts, Games & Quizzes)
- **Online befriending** – Me, You & Them, Action on Hearing Loss, Age NI, Praxis, Deafblind NI
- **Knitting and Crocheting Projects** – AgeNI Big Knit, VC Dementia Project, Tinylife Christmas Project
- **Fundraising** - 2.6 Challenges for Air Ambulance, AgeNI, RBL, Action Cancer, NSPCC, Jog on Dementia

Example Volunteer Roles

Mid Ulster Volunteer Centre

Community Roles

- **Charity Shop Volunteers** – Kindness of Strangers, Action Cancer, Lilac, Vincent's, Me You and Them
- **NI Blood Donations** – Promoted throughout lockdown but also they continue to visit local area
- **Community Fundraising Teams** – Guide Dogs NI, DeafblindNI
- **Outdoor Activities** – RSPB Reserve Helpers, Lough Neagh Landscape Partnership, Lissan House
- **Foodbanks** – Warehouse Volunteers Hope Magherafelt, Me, You and Them
- **Befrienders** – Hope Magherafelt, Victim Support Under 18's Project

Millennium Volunteer

- Millennium Volunteer Programme was launched in Northern Ireland in 1999 as part of a UK wide initiative by the Labour Government to develop a ‘National Citizens Service’ to promote and recognise sustained volunteering among 16-24 year olds. In recent years they changed the age to 14-24 year olds.

- In Northern Ireland the programme is supported by the Department of Education.

- Mid Ulster Volunteer Centre is a non-funded Delivery Partner for the Award

Support Organisations

Mid Ulster Volunteer Centre

- Guidance on Volunteer Management
- Provide FREE Organisation Health Checks
- Umbrella Body for Access NI - Standard and Enhanced
- Training Calendar – Child protection, First Aid, Committee Skills, GDPR, Makaton etc

Volunteer Events

- Annual Volunteer Recruitment Fair
- Volunteer Recognition Awards
- National Campaigns – Volunteers' Week, Student Volunteering Week, International Volunteer Day

Community Partnerships

Mid Ulster Volunteer Centre

- Schools/Regional Colleges
- Careers Advisors
- Jobs and Benefit Office
- Recruitment Agencies
- Healthcare Professionals – Community Mental Health Teams, Social Workers, Occupational Therapists, GP's, Learning Disability Teams…….

Mid Ulster Volunteer Centre

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www.midulstervolunteercentre.org

Carefully Yours Project

- Health & Wellbeing project for over 55, based in Involve House, Magherafelt.
- Offers support through a range of activities, training & workshops, information sessions & volunteering opportunities.
- Open to anyone over 55 including those living with ill health such as heart conditions, dementia, arthritis.
- Currently almost 200 registered users.

Aims

The project has 3 key aims:

1. Improve health & wellbeing – physically and mentally
2. Reduce loneliness & isolation
3. Maintain independence

Examples of Outcomes:

Reduction in GP visits & hospital admissions

Allow individuals to remain in their home for longer

Prevention of effects of loneliness on physical & mental health

Types of Support

- Activity Sessions
- Training & Workshops
- Health & Wellbeing Sessions
- Community Events
- Volunteering Opportunities
- Partnership Work – both delivering project & referrals

Covid-19 Impact

New ways of supporting users after activities suspended in March 2020. Included:

- Maintaining weekly contact – phone calls, text messages.
- Arranging deliveries of food, medication, etc.
- Resources with support information, exercises to do at home, activity packs, patterns.
- Meal delivery service.

Some activities have resumed this week, but we continue to support those not ready or able to return.

Project extended to September 2022.

Northern Health & Social Care Trust

Northern Health and Social Care Trust

Mid Ulster Volunteer Centre

We work in partnership with Northern Health & Social Care Trust to provide an alternative to traditional day care for adults with learning disabilities.

The Base in both Cookstown and Magherafelt provide an alternative to the traditional day-care in the local community for people with learning disabilities.

Mid Ulster Volunteer Centre took on the delivery of The Base drop in centre in Cookstown.

Mid Ulster Volunteer Centre

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www.midulstervolunteercentre.org