

Community Action: Bedfordshire Luton Volunteering Newsletter

20 August 2020

Included in this newsletter:

- Current volunteering opportunities
 - Free volunteer training
 - Keeping in touch
 - Staying safe whilst volunteering
 - Additional information – Paid job vacancies, Luton Council public consultations and other
- Community Action Bedfordshire is the accredited Volunteer Centre for Central Bedfordshire and Luton. You are receiving this newsletter because you have registered on our online volunteering platform, Volunteer Connect, and opted-in to be part of the Volunteer Bank.

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

Current volunteering opportunities

See below current volunteering opportunities from a variety of organisations across Bedfordshire. Some roles below may be temporary to support organisations or individuals during the current COVID-19 crisis, whilst other opportunities may be ongoing, and therefore may require a regular commitment.

Organisations currently recruiting volunteers:

- Greenhouse mentoring
- Flying Start Children's Centres
- Groundwork Luton & Bedfordshire
- Tangled Feet Theatre Company
- Stopsley Community Garden

Please scroll down to find out more!

Luton volunteering opportunities

GreenHouse Mentoring (GHM)

Since 2002, with the commitment of trained, screened volunteer mentors from diverse backgrounds, GreenHouse Mentoring has been helping young people in Luton to take responsibility for their actions, improve their social skills, become more self-confident and resilient and reach achievable goals.



GHM are excited to announce they will be running their next 'Introduction to Mentoring' training course from October - December 2020 with information sessions commencing in September 2020. GHM are currently in the process of redesigning the course to use a range of features including online modules and Zoom to take into account the current the Covid-19 requirements.

Check out what being a volunteer mentor for GHM involves below!

[Volunteer Mentors](#)

For one-to-one mentoring, volunteer mentors will meet with a young person for about an hour each week during term time (and sometimes during school holidays). Meetings normally take place at The GreenHouse, a school or a local Children's Centre or occasionally a public place in the Luton area. Activities might include learning a craft, computer games, pool, bar football or anything that the mentor, young person and GHM agree on! Volunteer mentors would also need to allow additional time (approx. an hour a week) to attend supervision meetings, training and travel to and from the mentee meetings. There are also 3 team training meeting a year.

GHM also deliver group mentoring sessions lasting on average 2-3 hours per session. Group Mentoring Skills & Activity Clubs run monthly and Group Mentoring Skills Courses (Dealing with Anger/ Building Self Esteem) run weekly.

GHM are careful about involving the right volunteers, with the right attitude and skills and are therefore looking for caring, sympathetic, consistent, reliable, objective, non-judgmental individuals with good communication skills, especially listening skills and a willingness to help young people in Luton. GHM would like volunteers to be able to commit to mentoring for a year once they have been matched with a young person. All volunteers will receive initial & ongoing training, supervision & annual evaluation.

For more details or to apply contact email: ghm.stopsley.net or call 01582 528213

[Click here](#) to find out more and register your interest on Volunteer Connect.

Flying Start Children's Centres Luton



Flying Start is working across Luton with its partners to make a real difference to children and families. By delivering a wide range of interventions and services for families and children, Flying Start supports parents to be the best parent they can and aims to make a positive change to the lives and life chances of future generations, with local community support being key to this.

Anyone can volunteer, it doesn't matter what experience or skills you have or how much time you can commit. Applicants need to have a good level of spoken, knowledge and understanding of English. Flying start welcome those who speak other community languages. As part of the recruitment process, there is mandatory training for all roles, which is completed through Luton Council and Luton Adult Learning. The next training will take place on Zoom in early September. Volunteers will also receive relevant training and resources relevant to each role. Volunteers are currently needed to support in the following roles:

[ICAN Communication Ambassador](#)

Your role as an ICAN Communication Ambassador is to share the key messages to help parents understand the importance of good communication with their child to support their later language skills which helps them when they attend school and later in life. It supports parents in understanding that the home learning environment and everything a parents does with their child, plays an important part in their child's development.

Oral Health Ambassador

Preventing tooth decay remains a priority for Luton. Young children have high levels of this avoidable disease; working together we can reduce the number of children experiencing pain and treatment and help improve their confidence and wellbeing. Oral Health Ambassadors will work with families across Luton, to raise awareness of the importance of looking after teeth. This is especially important during the Covid - 19 pandemic. Volunteers will provide information and resources to families on key oral health messages around brushing and oral hygiene, diet and sugar consumption and the importance of visiting a dentist with a focus on young children. Training for this role will take place towards the end of September.

Breastfeeding Peer Supporter

Are you a mother who breastfed for at least 3 months? Do you have a positive attitude towards breastfeeding? Would you like to help other mothers to have a positive breastfeeding experience? Breastfeeding has many physical and emotional benefits for mother and baby but it can take time to get breastfeeding off to a good start and most mothers require support. Volunteers in this role will be promoting the importance of breastfeeding and offering emotional and practical support to mothers to help build their confidence with breastfeeding.

Parenting Ambassador

Flying Start Luton recognises the important role that parents have in their child's early development and that children do not grow up in isolation but need support from the community around them to thrive. Volunteers in this role will be promoting the importance of the parent role, and through signposting, enable parents to access services across Luton that can help in their parenting journey and build their confidence. Volunteers will provide basic information on what is on offer for Luton parents including benefits of courses and signposting families to children centre services.

If you are interested in any of the roles above and would like to find out more please contact Sharon Hill, Volunteer Support Officer on 07849 079578 or email: sharon.hill@luton.gov.uk

Groundwork Luton & Bedfordshire

Community Garden Volunteer

Groundwork Luton & Bedfordshire are pleased to announce that they will be back in action from the week commencing 14th September for four weeks! Their community gardens will be open on the following days for volunteers to come along and harvest the crops of fresh produce which will be shared and distributed to those in need in Luton:

- Tuesdays at Tuesdays at the Memorial Park community gardens inside the park.
- Wednesdays at the Strathmore Avenue Methodist church garden.
- Thursdays at St John the Baptist church garden, Farley area



Volunteers will need to sign up beforehand so if you are interested in helping and would like to apply on Volunteer Connect please [click here](#) or contact Rosie via e-mail: rosie.cliffe@groundwork.org.uk or **Tel: 07736 134135** for chat to find out more details about the role and times required.

Great British September Clean 11-27 September 2020

Groundwork Luton & Bedfordshire are hoping to support the Great British September Clean event being held at 10:00am on Saturday 19th Sept in Wardown Park. They are also planning to run a few events later in the Autumn with dates to be confirmed. If you would like to find out more about these events please contact Rosie via e-mail: rosie.cliffe@groundwork.org.uk or Tel: **07736 134135**



Tangled Feet Theatre Company

Trustee with Financial Experience

Tangled Feet hold a unique place in the British theatre landscape: a physical theatre ensemble, with a 15-year history of making ambitious performances both inside and outside of theatre buildings, running integrated, innovative participation programmes with diverse young people and championing ensemble theatre making. The company has been based in Luton since 2017. They make uniquely staged, story-driven theatre. They have a trademark style of experimental, bold and accessible performance, inspired by our own experiences, the stories of under-represented groups, and the tensions we feel in the world.



They are currently looking to recruit a Trustee with an understanding of the legal duties and responsibilities of being a trustee, who is able to lead on financial management and financial planning alongside supporting with fundraising activities and ensuring the business operates withing Company Charity and Charity Law. Trustee Board meetings take place quarterly in London (6:30-9pm weekday evenings). If you are interested in this role, or would like more information please send an email articulating why you would like to join the Board as well as a brief statement of your experience to contact@tangledfeet.com by Sept 4th.

Stopsley Community Garden

[Volunteer Gardener](#)

The Stopsley Community Garden opened to the public around 6 weeks ago with the aim to provide a quiet space for anyone in the community to come and sit, meet, chat, relax and reflect, among growing flowers and vegetables. The aim is also for people to feel ownership of the garden by helping in, or bringing things to the garden, as well as being able to take away produce grown there.



Activities are currently in Phase 2 with work on a covered seating area just starting. Clearing and levelling land, creating hardstanding and erecting a wooden structure is currently in progress. Phases 3 and 4 would see wildflower and children's activity spaces.

The community garden has been created by volunteers and is maintained by volunteers and members of the community. It is open every day between 9 am – 5pm and all they ask is for all visitors to follow the guidelines on the noticeboard. Enjoy the space, bring some chairs and relax. The garden is currently limited to no more than 6 at a time due to government guidance.



Location: Next to Stopsley Baptist Church, St Thomas' Road, Luton, LU2 7XP
[Click here](#) to find out more and register your interest on Volunteer Connect.

Training

Alzheimer Society – Free Dementia Friends Information Sessions

Living with dementia at any time brings challenges for those with the condition and the people close to them. Many face stigma and isolation in everyday life and the coronavirus pandemic is making things much harder.



Now more than ever, it is important that individuals get the help and support they need. If you are already volunteering and coming into contact with people with dementia then it's important to have an understanding of how it can affect someone and the challenges they and their carers might face, in order to know how to best support them.

Becoming a Dementia Friend simply means finding out more about how dementia affects a person – and then, armed with this understanding, doing small everyday things that help. Anyone can become a Dementia friend so if you would like a better understanding of dementia then you can book onto one of the new Alzheimer's Society free Dementia Friends online webinar or livestream sessions by [clicking here](#).

For more information please contact Annlouise at: annlouise.taylor@alzheimers.org.uk

Future Learn - Psychological First Aid (PFA) training

Learn how to give practical and emotional support to help people with different needs to cope with the emotional impact of COVID-19.

This free course delivered by Future Learn, is aimed at frontline or essential workers and volunteers dealing with the public during the COVID-19 pandemic. You do not have to be a specialist to deliver PFA. Many people in helping roles will already be delivering PFA without realising it. Those who may benefit from this training include: health and social care staff, first responders e.g. police, ambulance, firefighters, frontline public-sector staff e.g. working in housing and employment services, essential workers e.g. those working in food delivery, funeral care, sanitation,



community leaders and groups, volunteers, supervisors and managers supporting staff or volunteers. For more information and to register [click here](#).

Keeping in touch

Keeping in touch

Please let us know if you have continued volunteering during Covid-19, or whether you have taken on any additional volunteering relating to Covid-19 over the past few months.

The Volunteer Centre team are currently working remotely and providing support via phone and email. Please get in touch if you would like help or advice on any of the following:

- Using Volunteer Connect
- Volunteering during Covid-19
- Searching for volunteer opportunities
- Contacting an organisation for an update
- Any other volunteering-related questions!

[Using Volunteer Connect during Covid-19: Please note that during the current Covid-19 situation, some organisations may take longer to reply. Many organisations may have paused their volunteer recruitment due to working remotely and having to adapt their services. We are working with organisations to try to keep Volunteer Connect as up to date as possible but we thank you for your patience and understanding. If you have any queries, please contact us on \[volunteer@cabeds.org.uk\]\(mailto:volunteer@cabeds.org.uk\).](#)

Contact us on: volunteer@cabeds.org.uk

Kay Henderson – Volunteer Centre Manager | Karen Hall – Volunteering Adviser

Staying safe

Keeping Safe whilst Volunteering

Always follow the Government [staying alert and safe social distancing guidance](#) even when you are helping others or volunteering.

If you are returning to a volunteer role, always discuss the individual risks and talk to your volunteer manager about the measures that have been put in place to keep volunteers safe.

If you are helping those who are self-isolating, please remember to follow the government guidelines to ensure you are only spreading kindness and not anything else.

To help keep yourself and others safe, please act as if you are a potential carrier of the virus and take all practical measures to prevent passing it on to others more vulnerable.

Please remember:

- Only volunteer if you feel well enough, and are not self-isolating
- Always follow [government social distancing guidelines](#)
- Do not place yourself in positions where you may feel unsafe
- Always adhere to the latest government advice - [click here for more details](#)

Government - Coronavirus (COVID-19): safer travel guidance for passengers

If you are travelling to and from your volunteering then please ensure you are familiar with the latest [Government guidance](#) on how to travel safely during the outbreak including travelling by public transport and other means. Other guidance includes how to wear a face mask, how to make a face mask, who does/does not need to wear a face mask and what to take with you if you are walking or cycling. <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#travel-safely-during-the-coronavirus-outbreak>

The British Red Cross have prepared [short video and quiz](#) to help you volunteer safely. This newsletter was produced on 20/08/2020 and follows government recommendations correct at this time. Please keep checking the [GOV website](#) for official advice and the latest information.

Additional information

Voluntary and Community Sector Job Vacancies

NOAH (New Opportunities and Horizons) - NOAH is a Luton-based charity working across Bedfordshire, offering hope and support to people struggling against homelessness and exclusion

- **Head of Fundraising and Business Development** – Noah are recruiting for a Head of Fundraising and Business Development to join their Senior Management Team. This is a new role, reporting into the CEO, and represents an exciting opportunity to have a real impact on the development and growth of the organisation. They are looking for an experienced Fundraiser with a track record of success in fundraising from multiple income streams, including Trusts and Foundations, Community Fundraising (including Event Planning), Corporate, Statutory, and Individuals (including high value donors). Significant experience in Capital Fundraising would also be advantageous. Application is by CV and a covering letter which should indicate why you are interested in applying for the role and how you meet the role requirements. The closing date for applications is Friday 11th September. [For more information about this role click here.](#)
- **Employability Teacher (Self Employed)** – Noah are currently seeking the services of a part time employability tutor at the NOAH Academy. They are looking for an individual who has: Experience of motivating and empowering vulnerable adults from all walks of life; experience of using motivational approaches such as (but not limited to) Peer Support/ Pastoral work/ Positive psychology / coaching; an understanding of the needs and requirements of employers and how to best engage with businesses for the benefit of learners; Functional IT skills, such as the ability to create a CV and submit online forms; A desire to support and promote our core values of care, compassion, respect and dignity for the people that we serve. Please contact the NOAH Academy on 01582 726152 for more information or forward your CV to academy@noahenterprise.org

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- **Self Employed Contracting Teachers** – Noah currently has a number of part time Teacher/Tutor opportunities available and are seeking to appoint people who share their core values of care, compassion, respect and dignity for the people they serve to deliver the following: Basic IT; Wellbeing/ Peer Support/ Pastoral work/ Positive psychology / coaching; Employability; ESOL. Teaching is delivered at the NOAH Academy in Hightown, but also in community venues across Bedfordshire including Bedford, Dunstable, Biggleswade and Leighton Buzzard. Please contact the NOAH Academy on 01582 726152 for more information or forward your CV to academy@noahenterprise.org

Mind BLMK - Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, they offer a number of activities from their wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes, and their aim is to make sure that no-one has to face a mental health problem alone.

- **IT & Data Officer Flitwick** – Mind BLMK are looking for an IT and Data Officer who will hold responsibility for running and enabling Mind BLMK's IT and data functions. Closing date 10am Tuesday 25th August - for more information [click here](#)
- **Recovery Coordinator** – Mind BLMK is looking for a Recovery Coordinator to coordinate the running of recovery-focused and socially inclusive wellbeing services in Central Bedfordshire and Bedford and implement a working recovery model. Contract type: Permanent Salary: £21,548.80pa pro rata (actual salary £19,801.60) – £11.20ph Contracted hours: 34.0 per week. Closing date 10am Tuesday 25th August - for more information [click here](#)
- **DBT Peer Support Facilitator, Luton & Bedford (zero hours)** - To use own lived experience of emotional regulation and completion of DBT skills training to operate a DBT Peer Support Service in Luton and Bedford; and provide information and guidance, as well as implement pathways to the wider community. Closing date 10:00am Friday 28th August – for more information [click here](#)

Unseen is a UK charity focused on three main areas as we work towards a world without slavery. Through supporting survivors, our provision gives them a safe place to recover from trauma and rebuild their lives.

- **Modern Slavery & Exploitation Helpline – Part-time Office Administrator** – 20 hours per week £20,231.67 pa (pro-rata). We are looking for a dynamic and self-starting individual to support the running of our UK-wide Modern Slavery Helpline and resource centre, based in Biggleswade, Bedfordshire. In the short-term the role will be home-based, in line with guidelines relating to the Covid-19 pandemic. Deadline 24th August. For more information [click here](#)
- **Modern Slavery Helpline Advisor** - Full-time, Permanent, Salary £22,079 pa. Unseen is recruiting a full-time or two part-time Helpline Advisors to join the UK-wide Modern Slavery & Exploitation Helpline and resource centre, based in Biggleswade, Bedfordshire. You will join a small, supportive and committed team to assist modern slavery victims and those who may come into

contact with potential victims. Candidates must be able to cover a variety of shifts. Deadline 28 August. For more information [click here](#).

Luton Council Public Consultation - Proposed changes to Flying Start Children's Centres

The COVID-19 crisis which has had an impact on the funding available for services across the council means that Children's services have to make £3.2 million of savings to support the emergency budget. The Luton Council proposal would alter how our children's centres operate and see a change in how services are delivered and from where. These changes are set out in "our proposal" and "what is the impact?" sections of the attached consultation document.



Luton Council are particularly keen to hear from those who use our Flying Start Children's Centres and to understand any potential impact of the proposed changes.

Luton Council has launched a public consultation about proposed changes to the Flying Start Children's Centres and would like to hear your views. The consultation is open from the 3 August to the 20 September 2020 and you can access it online [here](#).

Due to Covid-19 face to face meetings cannot be held, however online meetings will take place so that stakeholders can hear about the proposals and ask questions. These are scheduled to take place via video-conferencing on Zoom on:

- Thursday, 13 August at 1pm-3pm
- Thursday, 13 August at 6.30pm-8.30pm
- Monday, 7 September at 2pm-4pm
- Tuesday, 8 September 6.30pm-8.30pm

To book a place at one of these virtual meetings please email:

PeopleDirectorateSupportUnit@luton.gov.uk

Healthwatch Luton want to understand how the pandemic has affected you, including your access to health and social care and your experiences since the pandemic began. Please share your thoughts by [clicking here](#) to complete the survey.



Current Coronavirus information

[Click here](#) to view Luton Council's current guidance

Anyone who lives, works or studies in Luton can now book a coronavirus test, even with no symptoms.

Getting tested is an important way to protect your family and to protect Luton – we urge you to get one.

You have the choice of going to a 'drive through' or 'walk in' testing centre. You can also ask for a home test.

To book a test visit nhs.uk/coronavirus or call 119

See our FAQs at www.luton.gov.uk/coronavirus

[#ProtectLuton](#) [#ProtectYourFamily](#)

Luton

Latest Covid-19 guidance from Luton Council

- Stay at home as much as possible and follow the recommendations below when you do leave
- Keep a 2 metre distance from people from outside of your household at all times
- Wear a face covering in all enclosed public spaces where it is difficult to keep 2 metres apart
- When meeting friends and family socially:
 - do so in small groups - groups should not exceed a maximum of 6 people (unless they live in the same house)
 - it is safest to meet in parks and open spaces where social distancing is much easier to maintain
 - do not meet socially inside people's homes (this does not include for care or work reasons)
 - you can meet in private gardens (in gatherings of up to 6 people) providing you can maintain a 2 metre distance. Try to avoid passing through private houses to meet. Should indoor facilities such as toilets be used in an emergency, they must be washed and disinfected thoroughly
- Book a test at nhs.uk/coronavirus, even if you don't have symptoms

[#ProtectLuton](#) [#ProtectYourFamily](#)

www.luton.gov.uk/coronavirus

Luton

This email has been sent Community Action Bedfordshire. You are receiving this email because you registered your interest in volunteering via the CBC website or opted-in to be part of the "Volunteer Bank" when you registered on Volunteer Connect – you can opt-out at any time by un-ticking the box on your profile.

Alternatively, please reply with 'Unsubscribe' in the subject line.

Community Action Bedfordshire - www.cabeds.org.uk/coronavirus - volunteer@cabeds.org.uk
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