



## Volunteer Centre Bulletin

April 2022

**This Bulletin features new and urgent volunteering opportunities as well as Community CVS support available to any member of the community or for volunteer managers.**

**Volunteering Support:** Our bulletin is a small sample of what it is possible to get involved in as a volunteer. If you would like to get support to match your interests and skills to suitable volunteering, please ring **Yasmin Patel** at Community CVS on **01254 583957** and she will arrange an appointment for you. Or email [yasmin.patel@communitycvs.org.uk](mailto:yasmin.patel@communitycvs.org.uk)

**Digital Drop-in:** We offer free and friendly help to enable you to 'get online' or get help with basic internet skills— whether it is to search and apply for jobs, get an email address, sort out bills and banking, or access benefits and support. Offered Monday to Friday. Contact us to book a place. 01254 583957 or email [javeria.amjad@communitycvs.org.uk](mailto:javeria.amjad@communitycvs.org.uk)

**Action for Jobs:** If you want a helping hand to learn new skills, get more confidence, become a volunteer to gain experience, access training and get a job, contact us to join our Action for Jobs Project. 01254 583957 or email [actionforjobs@communitycvs.org.uk](mailto:actionforjobs@communitycvs.org.uk)

**Fast 4wd:** If you are on a journey to recovery from mental health or drug and alcohol issues, we will provide additional recovery support for you. Contact **Steve Foden** 01254 583957 or email [steve.foden@communitycvs.org.uk](mailto:steve.foden@communitycvs.org.uk). If you are a group that would like a grant to support recovery activities in the community please refer to the Community Asset Fund info in the bulletin.

**Volunteer Managers:** If you would like to promote your volunteering opportunities in our bulletin, attend our network meetings or seek advice on good practice contact [kate.lee@communitycvs.org.uk](mailto:kate.lee@communitycvs.org.uk)

**If you would like more information about any of our services please ring us on 01254 583957 or email: [office@communitycvs.org.uk](mailto:office@communitycvs.org.uk)**

**Look out for our next bulletin featuring Volunteers Week coming soon...**

## **URGENTLY NEEDED;**

# **Volunteer drivers to deliver Pulse Oximeters for the NHS!**

**Do you want to support the NHS and your community?**

**Do you drive and have your own vehicle?**

**Volunteers are urgently needed to drop off Pulse Oximeters to patients at home.** These are for patients being released from hospital who are recovering at home.

**What is the role?**

Volunteers will be picking up Pulse Oximeters from the Community CVS Boulevard Centre (BB1 1EZ) and dropping them off to households in the Blackburn with Darwen area.

You will not be required to go into anyone's home, provide medical advice or any personal assistance, you will just be dropping off a medical device. A Pulse Oximeter is a small device which patients can use to check their pulse rate and oxygen levels.

**How many hours will it involve?**

You will need to be available to be put on a rota for a minimum of half a day a week and would be called as and when required, within your agreed time slot. Start date as soon as possible.

**What will I need?**

You will need your own car and full clean driving licence.

**What is provided**

Mileage/ Fuel Expenses and training will be provided.

**If you think you can help please urgently contact**

Steve Foden on 07547 566054 for further discussion/ any questions.

Or you can email Steve

[steve.foden@communitycvs.org.uk](mailto:steve.foden@communitycvs.org.uk)

## Community Cafe Volunteer @ 180 Project

Are you handy in a kitchen? Can you give a Saturday morning once or twice a month?

Our community cafe, based at DeltaFox gym in Lower Darwen, is seeking volunteers to support with Saturday brunch from 9am to 12 noon.

Full training will be provided.

For more information, please e-mail [rachel.beck@180project.co.uk](mailto:rachel.beck@180project.co.uk).



## North West Air Ambulance

### Charity Shop Volunteer

**Role base:** Preston Old Road, Cherry Tree

We are currently recruiting for volunteers at our Blackburn shop which is based in Cherry Tree, to help out in our stock room.

**Duties:**

- ◊ Sorting donation
- ◊ Hanging, tagging and processing stock
- ◊ Steaming items
- ◊ Helping with displays

All expenses will be reimbursed in line with the charity's policy

Please contact **Lisa Rawcliffe** either on [volunteer@nwairambulance.org.uk](mailto:volunteer@nwairambulance.org.uk) or [lisa.rawcliffe@nwairambulance.org.uk](mailto:lisa.rawcliffe@nwairambulance.org.uk).



## British Red Cross

### Customer Service Volunteer (Mobility Aids)

**Hours:** Flexible

**Role base:** Preston office

If you enjoy being in an office environment, are compassionate and like meeting people then this could be the role for you. Thanks to volunteers like you we can provide people in your local community with wheelchairs and other mobility equipment to help them through a crisis. This vital service enables people to maintain their independence and quality of life after an illness or injury. Whether it is to help take a relative out, or take a child to school, it makes a difficult and distressing time a little bit easier. Spread the power of kindness with us and help make sure that everyone who needs one can get a wheelchair.

**What you will be doing:**

- ◊ Providing great customer service issuing wheelchairs/equipment and receiving returns.



- ◊ Using a computer-based stock control system.
- ◊ Demonstrating safe use of the equipment.
- ◊ Receiving payments / donations.
- ◊ Dealing with enquiries from people wanting to hire/loan a wheelchair or other equipment (online, phone and in person).

### The skills you need:

- ◊ Physically able to safely lift or move wheelchairs and other mobility equipment.
- ◊ Some customer service experience is desirable.
- ◊ Enjoy meeting people and good interpersonal skills.
- ◊ Able to work independently and in a team.
- ◊ Good IT skills and able to complete on-line training.
- ◊ Able to commit to a regular shift on a weekly basis.

### What's in it for you:

- ◊ Meet new people and be part of a dynamic and inclusive team.
- ◊ A great opportunity to use your existing skills or gain new ones.
- ◊ All training and induction for the role (there is no charge for training).
- ◊ Reasonable pre-agreed travel expenses for the role including for attending training.
- ◊ An opportunity to be part of the world's largest humanitarian organisation and the knowledge that you are making a positive difference to people's lives.

**Under-18s:** Due to Covid19 restrictions we regret that we are currently unable to provide the required level of supervision, so we cannot offer this opportunity to under-18s in most of our locations. Contact us at [wheelchairvolunteer@redcross.org.uk](mailto:wheelchairvolunteer@redcross.org.uk) to check what is available in your locality

Browse our available roles: <http://bit.ly/VolunteerMAS>

**For further information contact us on:**

T: **03000 040309**

E: [wheelchairvolunteer@redcross.org.uk](mailto:wheelchairvolunteer@redcross.org.uk)

## Volunteer Driver

If you enjoy driving and like meeting people, this is the role for you. You'll be delivering wheelchairs to people locally or further afield to help them get moving again after illness or injury.

We would like you to be able to volunteer

- ◊ Half a day or one full day per week.
- ◊ On any weekday (daytime Monday-Friday).
- ◊ For at least 6 months.

Ideally you will live within 10 miles of the equipment collection point.

### Health and Safety Statement

We take an individual approach to ensuring your safety.

We may ask you to complete a simple risk assessment. We will also have a conversation with you to discuss any restrictions that may still be in place in your region and identify any adjustments you may need.

T: 03000 040309

E: [wheelchairvolunteer@redcross.org.uk](mailto:wheelchairvolunteer@redcross.org.uk)

## The Bureau Blackburn Arts volunteer

The Bureau Blackburn is now open again and looking for Arts Volunteers to assist with the running of the bureau.

More details are available from [info@bureaublackburn.co.uk](mailto:info@bureaublackburn.co.uk)

## Blackburn with Darwen Carers Service Dementia Café Volunteer

**Hours:** The café takes place on the first Tuesday of the month between 1-3pm at Kingsway, Blackburn

Details: We are looking for a reliable and enthusiastic volunteer who can help run the monthly dementia café at Kingsway. The café provides a space for carers and their loved ones living with dementia to come and enjoy a brew, chat and some gentle activities.

The role would require you for around 6 hours a month. You will be supported by a member of staff. You will not be required to give advice or personal care.

### What you'll be doing:

- ◊ Welcoming and chatting to people living with dementia and their carers
- ◊ Preparing refreshments for the session attendees
- ◊ Encouraging people living with dementia to engage in the activities provided
- ◊ Setting up the room for the session (may mean lifting tables and chairs) and tidying the room at the end of the session

### This role is suitable for someone who:

- ◊ Has a basic understanding of dementia and how it impacts on families
- ◊ Is calm and empathic
- ◊ Is comfortable with meeting and engaging with new people
- ◊ Has good organisational skills
- ◊ Has good communication skills

### An advantage would be someone who:

- ◊ Has worked with similar groups previously
- ◊ Can help plan the content of the sessions
- ◊ Can help promote and raise awareness of the café

If you would like more information, please contact **Kiran Sadiq**, Volunteer Co-ordinator:

[kiran.sadiq@bwdcarers.org.uk](mailto:kiran.sadiq@bwdcarers.org.uk)

01254 688440

We ask that all our volunteers take part on our Volunteer Academy training programme so that you have all the information you need. We carry out a DBS check on our volunteers. A criminal record will not necessarily mean that you won't be considered for this role. Speak to Kiran if you want to discuss this.



## The Church on the Hill

**Treasurer** - We are looking for a volunteer treasurer at St James Church, Blackburn. We'll be happy to have a conversation.

**Volunteers for gardens** - As part of Caring for God's Creation and Encouraging Biodiversity, we are looking for volunteers to help with St James Church, Blackburn churchyard. We would appreciate advice for the space available, so any expertise would be appreciated. As we develop the churchyard, help would be appreciated for digging and planting. Thank you

For further information, please contact **Rev. Sarah Gill** on [sarah\\_siddique\\_gill@yahoo.co.uk](mailto:sarah_siddique_gill@yahoo.co.uk) or **01254 580986**



## CleanupUK

### Community Partnerships Volunteer

Do you want to look after the environment and improve community feeling? Our Community Partnerships Team are our core volunteers across the country. We'll help you to use your friendly people skills to inspire and support local communities to start their own litter-picking groups.

#### What's involved?

- ◊ Inspire and support people to start their own community litter-picking groups.
- ◊ Encourage the sustainability of community litter-picking groups
- ◊ Liaise with council staff and other organisations to make this happen.
- ◊ Keep us updated on what you achieve.
- ◊ A car or other form of transport is useful but not essential.
- ◊ Please tell us about any access requirements you may have.

#### What will you get out of it?

- ◊ Experience in organising events
- ◊ The ability to improve your communications and organisational skills.
- ◊ Pre-agreed out of pocket expenses within our guidelines.
- ◊ Outdoor exercise, new friends, and a lot of fun!

We welcome volunteers from all sections of the community.

Please get in touch today if you would like to have an informal chat with our Volunteering Team about this opportunity: [volunteering@cleanupuk.org.uk](mailto:volunteering@cleanupuk.org.uk).

If you'd like to volunteer, please apply at <https://app.betterimpact.com/Application?OrganizationGuid=589f5dab-893c-460a-908c-dd2606224bac&ApplicationFormNumber=1>.



## East Lancs Hospice

Volunteers provide meaningful support and are a vital and valued part of the hospice. Many volunteers give regular hours each week while some help now and again. [Download a](#)

[volunteer application form](#) or take a look at the roles available now below. [More info and FAQs about volunteering.](#)

**We currently have the following Volunteer Vacancies:**

- ◊ [Gardens](#)
- ◊ [General Maintenance](#)
- ◊ [Reception](#)
- ◊ [Warehouse](#)
- ◊ [Income Generation Support](#)

**We are currently recruiting volunteers for our hospice shops as follows:**

- ◊ Clitheroe
- ◊ Darwen
- ◊ Great Harwood
- ◊ Daisy's for East Lancashire Hospice
- ◊ Furniture Warehouse Blackburn

Thinking of a career with us? [Click here to view the latest job vacancies.](#)



## Fast 4wd

### Recovery Support Volunteers

**Hours:** To be agreed

**Details:** We are looking for volunteers to assist us with this project helping to support individuals accessing substance misuse services in the Blackburn with Darwen area.

Providing a level of advocacy and mentoring to individuals, helping them to achieve goals and targets set out in their recovery plans and empowering them to take positive steps and aid in the enhancement of their recovery journey. An interest in helping or working in the area of substance misuse, Patience, empathic, good listening skills and enthusiasm.

Insight into this particular area would be an advantage gained through personal or academic means.

Experience would be helpful, however training and support will be an on-going process. Ring **Steve Foden** on **07547 566054** for a chat about the role.



## Blackburn Foodbank

### Volunteer Collectors

The Foodbank have an upcoming Asda collection in April over Thursday-Saturday and a similar Tesco collection in May. This just involves standing at the entrances with collection tubs and leaflets, and encouraging customers to donate food or money.

To learn more, please e-mail [volunteers@blackburn.foodbank.org.uk](mailto:volunteers@blackburn.foodbank.org.uk).



## Blackburn with Darwen Friends of the Local Offer

**Agency:** SENDIASS

**Hours:** To be confirmed

### What is a Friend of the Local Offer?

We are parents who have experienced and or know about the range of services and support available through the Local Offer. We're well-placed to tell other parents about the Local Offer and the help and support that's out there. As well as encouraging families to engage in participation opportunities. Helping to capture the view and feedback of families to help improve the services and support available to them.

### Who can become a FoLO?

Any parent on the Participation Register. The Participation Register is held by Blackburn with Darwen SENDIASS. It's a database of parents who are signed up to receive regular information and are invited to events, training, consultation and the ongoing co-production of services.

### What's involved in becoming a FoLO?

Give as little or as much time as you like. There is an initial introductory training session available to give you a good understanding of the Local Offer. All that is asked of a FOLO is that you 'pass it on' to other parents. Just making them aware of the Local Offer in the everyday conversations you have with other parents. There could be more training and support for those that want it.

FOLO are represented on the Friends of the Local Offer Steering Group – this helps to make sure feedback from parents on the ground is collated and along with other sources of parental feedback, informs the strategic decision making involving Special Educational Needs and Disability Services.

### Interested or want to find out more?

**Blackburn with Darwen SENDIASS**

[jane.partington@communitycvs.org.uk](mailto:jane.partington@communitycvs.org.uk)

**01254 503049**

[Facebook](#)



## Immanuel Cubs/Scouts, Feniscowles

### Volunteer Leaders

Are you looking for an opportunity to volunteer with young people? Team player? Love supporting young people? Great at planning?

Most of our volunteers work directly with young people aged 6-18 through our Beaver, Cub, Scout and Explorer groups, known as sections - helping young people gain skills for life through activities and adventures.

### Working in teams, they might:

- ◊ Welcome young people and families to sessions and events
- ◊ Make sure everyone's safe, supported, included and having fun



- ◊ Help to plan and lead activities
- ◊ Get involved with days out, camps and expeditions
- ◊ Share and learn skills – from coding to cake decorating to canoeing
- ◊ Celebrate young people's achievements big and small

No previous experience with young people? No problem. Whether you'd like to help out week-after-week or whenever-you-can, we provide training, learning opportunities and cups of tea - every step of the way.

Come and see us doesn't matter if you come along once or stay to be a leader you are welcome

For more information please contact **Susie Veevers** via [jjrwsmith@btinternet.com](mailto:jjrwsmith@btinternet.com) or **07984 448338**



## RSPCA Lancs East

At this moment in time we are looking to promote our Fostering and get this up and running. If you have anyone that would love to foster one of our animals, this would be great.

Additionally, we are always looking for volunteers for different roles, including:

- ◊ kennel work
- ◊ dog walking
- ◊ fundraising
- ◊ charity shop
- ◊ small animal care

To learn more, please contact **Debra Higginson, Volunteer Coordinator** on **01254 231118** or via [reception@rspca-lancseast.org.uk](mailto:reception@rspca-lancseast.org.uk).



## Sightline

### Telephone Befrienders

During the COVID pandemic we saw demand for our service increase by more than 100% and we now need more volunteers to meet those demands.

#### What makes a good telephone befriender?

- ◊ Someone who is interested in other people
- ◊ Someone who is a good listener
- ◊ Someone who is reliable

**Volunteering for Sightline might be a great opportunity for you. Here are just a few reasons why:**

- ◊ **A great addition to any CV**
- ◊ **An opportunity to gain new skills**
- ◊ **Support people in the sight loss community**
- ◊ **Comprehensive training** - we'll make sure you're empowered and confident to reach out to service users
- ◊ **Fits around home life** - opportunities start from only 1 hour a week

- ◊ **Safe environment** - calls are made in the comfort of your own home through our confidential and secure telephony system

Without the help of our dedicated team of volunteers we couldn't offer our unique telephone befriending service. If you would like to take your first steps volunteering with us, we'd love to hear from you.

**0800 587 2252**

**[info@sightline.org.uk](mailto:info@sightline.org.uk)**

**<https://www.sightline.org.uk/contact-us/>**



## Imagining the Super Slow Way Linear Park Volunteering Opportunities

Are you currently out of work, training or education?

Do you live in Blackburn with Darwen, Hyndburn, Burnley or Pendle?

The Super Slow Way is a cultural development programme that stretches the 20 mile stretch from Blackburn to Pendle. This spring we have a range of opportunities available for residents to get involved as part of our Linear Park programme.

### What we're looking for?

- ◊ Do you have an interest in meeting new people and getting involved in your local community?
- ◊ Do you have a interest in the canal and areas close by it, a desire to make them spaces for all to use and share?
- ◊ You might have an interest in growing and planting, physical activity such as cycling or water sports, perhaps you're interested in nature and the environment, or something else entirely?

### What will you gain?

The Super Slow Way is keen to work alongside a diverse group of people, along with joining a vibrant team volunteers can benefit in a variety of ways:

- ◊ Increase your confidence and communication skills
- ◊ Learn new skills, build upon those you already have and gain valuable experience
- ◊ Build relationships with people in your community with similar interests or experience
- ◊ Gain training
- ◊ Enhance your CV and increase job prospects

### What do we expect?

We have no minimum requirements, and volunteering could range from a couple of hours to several days each month, all we ask is that you're passionate and interested in what we do!

### Find out more

To find out more or to meet for a brew to chat about specific opportunities please contact **[ben@superslowway.org.uk](mailto:ben@superslowway.org.uk)** or visit **<https://superslowway.org.uk>**.

## Opportunity to develop green spaces

Do you want to support the creation of new green spaces? Do you want to meet people who share your passion for sustainability and to learn traditional skills?

If so, why not join us in a ground-breaking sustainable fashion project, happening right here in Blackburn, where we become the first town in modern times to grow its own clothes!

Over Spring and Summer 2021 we turned unused land in the town into a field of flax and woad. The flax was then harvested, spun into thread and woven live during last year's British Textile Biennial to create the first Homegrown/Homespun fabric.

This year we have three fields to plant and tend and we're looking for people to help us with the whole process from sowing the seeds during the spring to harvesting our flax and woad in the autumn. We will then be using ancient methods of preparing and extracting the linen and the indigo and learning how to spin, weave and dye the cloth.

We'll be planting our flax and woad on Saturday 16th April at our original site in Audley (next to Jan's Conference Centre) from 10 am. If you'd like to meet new people, spend time outside and learn new skills, come and join us!

After that open sessions are from 10am—12 noon every Friday through late August with weeding, clearing, crop harvesting and flax processing activities everyone is welcome to drop in any time come one week or every week!

Jan's Conference Centre, Higher Audley Street, BB1 1DH (parking on site).

Check the website for details at: <http://superslowway.org.uk/events/homegrown-homespun> or contact **Uzma Raziq** on [uzma@superslowway.org.uk](mailto:uzma@superslowway.org.uk)/07922 487950.



## Survivors of Bereavement by Suicide Peer Support Facilitator

**Hours:** To be confirmed

**Details:** If you have been bereaved by suicide and have the desire to help other people who have also been bereaved by suicide, as a great communicator and are comfortable listening to the experiences of others then you could be just the person they are looking for.

You must be over 18 and have been bereaved by suicide more than two years ago.



## Tools with a Mission

**What we do:** We collect useable donated tools, refurbish them, sort them into trade kits and send them to the developing world for livelihood creation.

It's our volunteers that make this possible, and without them we could do nothing. We'd love you to join our TWAM family and be part of the amazing work we do. The journey from unwanted tools to a livelihood creating toolkit being received in Africa is long, and every step depends on volunteers like you.

The journey starts where it should, on the ground.





# Volunteering Opportunities

Community<sup>CVS</sup>

- **Volunteer Country Coordinators** work with applicants across the developing world to help them apply for tools
- **Volunteer Tool Collectors** receive donated tools from the public, schools, churches and companies. They are our link with our tool donors as they collect the tools that make our work possible
- **Volunteer Drivers** travel the country visiting the collectors and taking away their donated tools
- **Volunteer Refurbishers** sort the tools as they arrive in our vans or are dropped off by the public. They then refurbish the tools before assembling them into trade kits
- **Volunteer Logistics and Operations Managers** help prepare the loads and ensure accurate and detailed documents
- **Volunteer Loaders** help load all the tool kits on to the containers
- **Volunteer Administrators** work with our Office Manager to help TWAM run smoothly and keep the tools flowing.
- **Volunteers are our lifeblood** - we can't mention everyone who supports us, from helping with accounts to serving on the board. but each one is an integral part of helping TWAM do what we do.

To learn more about the important work TWAM do and how your volunteering can provide a valuable contribution, please head over to <https://www.timefortwam.uk/>.

To apply, please go to <https://www.timefortwam.uk/apply-online>.

If you'd prefer to have a chat or ask some questions first, just ring or email our Volunteer Coordinator, **Paul**.

Telephone: **01473 210220**

Email: [pauld@twam.uk](mailto:pauld@twam.uk)



## Lancashire Wildlife Trust

**Role base: Wycoller Country Park**

We are running conservation work parties at Wycoller Country Park to develop a woodland area making it a safe, accessible and stimulating natural space for young people to enjoy spending time in nature.

If you're interested in getting involved, please complete the Volunteer Registration Form at <https://www.lancswt.org.uk/support-us/volunteer> mentioning the role.

## Work experience opportunity at Ashwood Solicitors

We are a law firm based in Blackburn (address and contact details below) doing legal aid work. Our client group is mainly asylum seekers. We would be interested in recruiting volunteers to assist with admin tasks. Duties include:

- ◊ Greeting people when they come
- ◊ Observe client confidentiality at all times
- ◊ Copying documents
- ◊ scanning documents and linking to file
- ◊ Typing routine letters
- ◊ Making routine phone calls/sending emails for making appointments, arranging interpreters
- ◊ Filing files in numerical order
- ◊ Post – collecting incoming post and linking to file
- ◊ Taking outgoing post
- ◊ Working closely with Solicitor who will provide ongoing support and training as necessary
- ◊ Using word and excel accordingly
- ◊ Inputting data on to the system
- ◊ Entering court dates and deadlines into diary online; as directed by Solicitor

### Skills/qualities:

- ◊ Courteous and professional with clients at all times
- ◊ Reliable and trustworthy
- ◊ Willingness to learn and a positive attitude
- ◊ Ask if not sure about any tasks
- ◊ Maintaining client confidentiality at all times.

### During the course of the volunteer placement you will:

- ◊ be put through an Induction process which will give you an introduction to the firm, office health and safety and shown how to use some of our IT equipment.
- ◊ you will be allocated a supervisor who will provide support, close supervision and give training on your placement dependent on the tasks carried out.
- ◊ You would gain experience in a law firm setting and gain valuable administrative experience.
- ◊ Also a reference can be provided after completion of volunteer role
- ◊ Timings can be flexible but a minimum of one day a week is preferred.

**If you have any further queries; please do not hesitate to contact Salim Chaudhry via [schaudhry@ashwoodsolicitors.co.uk](mailto:schaudhry@ashwoodsolicitors.co.uk).**



Coming soon!

## **Recovery Collaborative – Community Asset Fund**

Volunteer and Community led, Grass Roots Groups

Do you have an idea or a group that can support recovery in the community and people's wellbeing?

The Community Asset Fund has funding and support available to you with grants from £500 up to £2000

To express your interest please email:  
**[marselle.davies@communitycvs.org.uk](mailto:marselle.davies@communitycvs.org.uk)**

Highlighting in one line

- ◊ What your idea/ group will do
- ◊ What area in Blackburn/ Darwen it will be located?
  - ◊ Contact details

And we will be in touch



## Lancashire Mind - Breaking Boundaries 2022

### Step Up, Stand Out for better Mental Health.

This Mental Health Awareness Week 2022 (9th-15th May) we are asking you to choose a fundraising activity that challenges you, in support of all those in Lancashire affected by mental health conditions and the boundaries they face. This year Breaking Boundaries asks you to Step Up, Stand Out.

#### How to take part:

- ◊ Choose your challenge and How you will Step Up, Stand Out for better mental health (Download our Find Inspiration guide, which will give you ideas for your challenge at the end of this page).
- ◊ Create a Just Giving page and tell people about your chosen challenge.
- ◊ Set a fundraising target and get sharing across your networks to spread the word.
- ◊ Join our closed Facebook community of Boundary Breakers where we will be supporting and encouraging all our amazing fundraisers. Just search 'Lancashire Mind's Breaking Boundaries 2022' on Facebook to join us.
- ◊ Start your challenge by posting a photo or selfie stating: "I'm Breaking Boundaries with Lancashire Mind because.....' An example could be: I'm Breaking Boundaries with Lancashire Mind because I don't want anyone to feel they are alone #BreakingBoundaries2022 #StepUpStandOut #MentalHealthAwarenessWeek
- ◊ Share your updates throughout the week, using the hashtag #BreakingBoundaries2022 #StepUpStandOut #MentalHealthAwarenessWeek
- ◊ Finish your challenge with your final update, making a donation to Lancashire Mind.

#### We will support you with:

- ◊ Our Breaking Boundaries logo for you to share on social media or add to your fundraising page or both.
- ◊ Encouragement and peer support through our Breaking Boundaries online community.
- ◊ Raise £40 and receive a pair of bespoke Breaking Boundaries shoe laces to show that you Stepped Up, Stood Out for better mental health.
- ◊ Share your fundraising page across our social media pages - we will provide you with our addresses.

#### How to get started and register today:

- ◊ Register for FREE, receive your Breaking Boundaries pack and join our Breaking Boundaries online community.
- ◊ Set up your fundraising page and start fundraising today via Just Giving.

If you have any questions or would like anymore information, please contact

[emmabateson@lancashiremind.org.uk](mailto:emmabateson@lancashiremind.org.uk)

## The Queen's Award for Voluntary Service 2023

Do you know a voluntary group that deserves recognition for the work it does? Why not consider nominating it for a national award?

Terry Hephrun, Chair of the Lancashire Panel for the Queen's Award for Voluntary Service (QAVS) said "In 2002, in celebration of Her Majesty's Golden Jubilee, The Queen's Golden Jubilee Award for Voluntary Service by Groups in the Community was established. Its purpose is to recognise exceptional groups of individuals who are giving their time freely for the benefit of others and are making a real difference in the communities they serve. It is the highest honour that can be bestowed upon groups of this kind and is equivalent in status to the MBE.



"As such, The Queen's Award not only serves to provide recognition of volunteer groups, but also demonstrates the high respect in which volunteering is held. We all know the value of voluntary effort to support communities not least in the difficult circumstances we are continuing to face in 2022. In this Platinum Jubilee year, it seems appropriate to look to encourage a good number of nominations for Lancashire.

"Groups must be nominated for the Award - self nomination is not permitted. A group (three or more people) can be nominated if it is based in the UK, the Channel Islands and the Isle of Man. The group has to have been volunteering for the benefit of people in the UK or overseas for at least three years and more than half its members must be volunteers who have the right of residence in the UK. It must provide a specific local benefit and Groups solely concerned with fundraising for charitable purposes or operating solely for the benefit of animals are not eligible."

The QAVS Team at the Department for Digital, Culture, Media and Sport administers the Award and will happily help with any queries. You can contact them at [queensaward@dcms.gov.uk](mailto:queensaward@dcms.gov.uk) or 0207 271 6206

Further details on entrance criteria and the nomination process (which is a fairly straightforward online system) are available from: <https://qavs.dcms.gov.uk/>

**Nominations for the 2023 awards can now be made and the closing date is 15 September 2022.**

## Community CVS Network

The Community CVS Network meetings are a great opportunity to keep updated, network and get peer support.

Community CVS holds monthly network meetings where Practitioners and Volunteer Coordinators from all sectors in the borough come together. Our aim is to improve and promote the consistency and quality of services working with volunteers across BwD.

Those attending the network will get better informed about opportunities and developments in the borough, receive help with recruiting volunteers, make useful contacts for peer support, share ideas and resources, learn from other groups, gain access to training opportunities and sources of support for their service users and volunteers.

The meetings involve a combination of presentations, round robin updates, networking, discussion and training. They take place from 9.30 to 11.30am in the Conference Room at the Boulevard Centre. If you would like to attend the meetings and/or add your contact details to the email network please email: [donna.talbot@communitycvs.org.uk](mailto:donna.talbot@communitycvs.org.uk)

### Dates for your diary

- ◊ Thursday 28th April
- ◊ Thursday 26th May
- ◊ Thursday 23rd June
- ◊ Thursday 28th July
- ◊ Thursday 25th August
- ◊ Thursday 29th September
- ◊ Thursday 27th October
- ◊ Thursday 24th November

## Blackburn with Darwen Public Health & Re-Align Futures Upcoming Events

- ◊ **Connect 5 - Session1 - April 30<sup>th</sup>**  
Lindisfarne Avenue off Manxman Road, , Blackburn Lancashire BB2 3ER  
Sat, April 30 2022, 9:15 AM
- ◊ **MHFA Champions 1day May2022**  
Lindisfarne Avenue off Manxman Road, , Blackburn Lancashire BB2 3ER  
Mon, May 09 2022, 9:15 AM
- ◊ **One-day Suicide Intervention Training - City & Guilds**  
Lindisfarne Avenue off Manxman Road, , Blackburn Lancashire BB2 3ER  
Wed, May 11 2022, 9:15 AM
- ◊ **SafeTALK May 2022**  
Audley and Queen's Park Neighbourhood Learning Centre, Pringle Street,,  
Blackburn Lancashire BB1 1SF  
Fri, May 13 2022, 12:30 PM
- ◊ **ASIST May 2022**  
10 Duke Street , Blackburn BB2 1DH Lancashire BB2 1DH  
Tue, May 17 2022, 9:00 AM

## Embrace Digital (Lancashire)

The Embrace Digital programme is a series of online workshops and 1:1 support to help businesses decide which digital software can support their future resilience and growth. The programme covers digital productivity tools, digital marketing, cloud accounting and selling online, and is fully funded for Lancashire businesses by the UK Government through the UK Community Renewal Fund.

- ◊ [Save Time Scheduling With Calendly](#)  
Wed, 20 Apr 2022 10:00 BST  
Free
- ◊ [Creating Content for Instagram](#)  
Mon, 25 Apr 2022 13:00 BST  
Free
- ◊ [Email Marketing for Beginners](#)  
Wed, 27 Apr 2022 10:00 BST  
Free
- ◊ [TikTok for Business](#)  
Wed, 4 May 2022 13:00 BST  
Free
- ◊ [Effective Facebook for Business](#)  
Fri, 6 May 2022 13:00 BST  
Free
- ◊ [Google My Business \(Google Business Profile\) Essentials](#)  
Wed, 11 May 2022 13:00 BST  
Free