

Volunteering Newsletter



Central Bedfordshire
**CHEERING
VOLUNTEERING**




Central
Bedfordshire
Together



June 2022

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Cheering Volunteering in Central Bedfordshire

A cream team was organised for volunteers of Central Bedfordshire at a celebration event held at The Rufus Centre, Flitwick on Tuesday 7 June.



The event was held to recognise and thank the many volunteers throughout Central Bedfordshire who help to provide the backbone to the community with the excellent support they provide, often to some of its most vulnerable residents.

The annual Cheering Volunteering event, hosted and organised by Central Bedfordshire Council in partnership with the Community Voluntary Service (CVS) and Beds Rural and Communities Charity, is held as part of the national Volunteers' Week campaign and sponsored jointly by Grand Union Housing Group, FCC Environment and Prologis. Attendees were greeted by local dignitaries and ward councillors, including the High Sheriff of Bedfordshire Lady Jane Clifford, Deputy Lieutenant Simon Sadler and Deputy Mayors of Flitwick and Ampthill Clare Thompson and Susan Clinch.

Over 150 volunteers enjoyed an afternoon cream tea and holistic treats including hand massages, chair exercises, relaxation and breathing sessions offered by the MIND charity with each of them taking away a 'goodie bag'.

Visit our website find out more about [volunteering in Central Bedfordshire](#)



Inspiring Volunteering Grants.

The awards were announced at the Cheering Volunteering event and presentations were made by Cllr Tracey Stock, Executive Member for Health, Wellbeing and Communities. The awards went to the below local charities and groups.



- Clophill Village Hall - £500 towards Clophill community hub run by volunteers
- Share: Flitwick & Ampthill - £500 towards sharing library run and set up by volunteers
- For Men to Talk - £234.18 towards promotional materials to encourage volunteering
- Healthwatch Central Bedfordshire - £550 towards eating disorder education project run by young volunteers
- Leighton Linslade Citizens Advice - £500 towards recruitment collateral to encourage new volunteers
- Central Bedfordshire Youth Voice - £959 towards recruitment collateral to encourage new young volunteers
- Let's Get Going, Sandy - £1,000 towards Sandy Health & Wellbeing Club and trails volunteering project



Cheering Volunteering Stall Holders

We would like to thank our stall holders who were invited to give information, guidance or support our volunteers at the Cheering Volunteering Event.

- Online Day Services: Who promoted their activities for people who are vulnerable/isolated within our local communities, these activities allow people to connect from their home
- Free Hand massage table: Shelia and Kaye from Wixam's Development residents offered hand massages to all volunteers who attended the event.
- Mind in Flitwick (who offered advice and support and relaxation sessions)
- Flitwick Leisure Centre who offered chair yoga and blood pressure checks/health advice and leisure Centre free trials.
- The warmth and Wellbeing Service (who provided energy advice for volunteers and their networks)
- Youth Voice
- CVS who supports volunteers within Central Bedfordshire
- Beds RCC who recruit and offer
- Redbourne School/Inspiring Music (who provided the choir)
- Air Ambulance in Bedfordshire (who donated sweets for the event)

Healthwatch Scavenger Hunt

Healthwatch Central Bedfordshire had a fantastic event on Thursday 9th June at Marston Vale Forest Centre running around carrying out a scavenger hunt.

We wanted to say thank you to our volunteers around Volunteer Week and celebrate the Queen's Jubilee. We welcomed volunteers and friends and finished off with some food and a Health and Wellbeing round of bingo.



Support

Bedfordshire Rural Communities Charity offers a range of volunteering and work experience opportunities, whether you are looking to get involved in your local community or seeking a way into employment. For information about volunteering opportunities visit their website



Community Voluntary Service host and support volunteers and voluntary organisations in Central Bedfordshire. You can register, search, and apply for volunteering opportunities, putting you directly in touch with the organisation. The Volunteer Centres can offer advice on the different volunteering opportunities that are currently available and may be of interest to you. To find out more, and investigate local volunteering opportunities, visit their websites:



[Community and Voluntary Service](#)

Funding

Central Bedfordshire Council Community Assets Grant Scheme.

There are grants of up to £25,000 on offer, which must be match funded. This is a competitive bidding process with a total of £200,000 available to allocate towards capital infrastructure projects. In the past, these grants have been used on solar panels for a community building, a village green play area equipment, a new car park for a village hall and for a lift and ramp to provide community assessable facilities. The grant scheme is open to a range of Central Bedfordshire organisations, including voluntary and community groups, not-for-profit organisations and parish or town councils. Deadline 5pm, 25 July. [Details here.](#)



Biggleswade Town's Bi-annual Grants

Financial assistance is available to groups to support the operation and development of highly valued services provided by community clubs, charities and other organisations that enrich and improve the quality of life of residents in Biggleswade. Consideration will be given to applications for extraordinary expenditure such as a capital project. There are two rounds of funding each year, June to August and September to December.

Next deadline: 31 August. [Details here.](#)



Central Bedfordshire's digitally vulnerable project.

CBC has identified the types of people within our community who are most likely to be "digitally vulnerable", whether due to lack of knowledge or confidence in using the internet, difficulty in affording the necessary devices or problems with connecting to the internet. They have explored some examples of best practice from other areas of the UK and know that there is some great work already happening in our local area to help those most in need of support in accessing the internet. If you are supporting the digitally vulnerable, or think this is something you could become involved in, whether it be:

- providing devices to those who cannot otherwise afford them
- helping people to access free sims or data
- offering practical help on how to use the internet

or simply putting them in touch with people who may benefit from such support, they would love to hear from you. Please feel free to email Alison.Brown@centralbedfordshire.gov.uk or call 0300 300 6140 for a chat.



CVS training workshops/Useful Information

In England, proposed changes to Carbon monoxide (CO) detection regulations, if agreed by Parliament, will mean that housing associations and local authority landlords will have to supply a Carbon Monoxide detector in their rented properties. This would be due to take effect from October 2022

The Gas Safe Charity continues to offer free carbon monoxide awareness workshops on CO risks at home to raise awareness for front line staff and volunteers who visit the homes of vulnerable people. The interactive workshop lasts an hour. The next available dates are Tuesday 5 July at 9.30am, Monday 25 July at 9.30am and Wednesday 3 August at 9.30am with three further dates in September.

[Further information and Booking.](#)



Trauma homelessness and priority need:

This event from JustUs will be a panel discussion involving a judge, psychiatrist, sociologist, psychologist, Expert Link's CEO and Mike Hyden (JustUs co-founder). It is for professionals in fields relating to homelessness and aims to increase understanding of how trauma can leave someone vulnerable and therefore in priority need (and consequently probably able to access safe accommodation quickly through the Housing Act 1996).

[Book your place](#) Wednesday 29th June 7:30:

Free to Attend



Share your stories

Every day we are hearing more and more stories of truly wonderful acts of kindness and goodwill gestures across our communities from individuals, groups, or organisations. Tell us who your heroes are and share your stories with us so we can share with others - let's spread the positivity!



Contact the [Community Engagement Team](#) or share stories with us on [Twitter](#), [Facebook](#) or [Instagram](#)