

Ironman Triathlon 2010 1st August 2010

What Is The Ironman?

The first ever UK Ironman Triathlon was held in 2003 at Sherborne in Dorset. Divided into three elements: a 2.6-mile swim, a 112-mile bike race and a 26-mile marathon, Ironman provides one of the most challenging tests of physical endurance found anywhere on the planet. It will attract over 1500 competitors including many professional tri-athletes, as well as generating considerable income for local businesses.

The Marshals Role

Marshals are positioned at each junction or at critical points on the route, in order to help the event run smoothly. Their role is to keep public and motorists informed of what is going on and to report if any competitors require assistance. Again, we ask that marshals ensure that the onlookers do not impede the competitors or allow them to stand in dangerous positions.

Before the race weekend full details will be sent to each volunteer, clearly explaining the duties to be performed, where they are located and at what time. On the day, in advance of the first competitor, a sector marshal will visit each location to ensure everyone is in place and has the information they need.

Following this, the marshalling coordinator will also visit each point to deal with any issues that may have arisen and to hand out a goodie bag which includes an official race tee-shirt, drinks, snacks and a souvenir programme. However, we recommend that marshals bring their own lunch with them. Florescent tabards, marshals badges and other equipment required will also be provided.

Marshals are requested to be on duty at the following times, dependent on course position:

Cycle start: Between 6.15 - 7.30. Cycle finish: Between 13.30 - 15.30

Run start: Between: 10.30 - 12.00. Run finish: 23.00

Due to the amount of time for duties at some of the locations, we are aiming to run a two-shift system.

Caribbean Carnival 14th & 15th August 2010

The Caribbean Carnival of Manchester is here again on the 14th & 15th of August 2010. We are looking for vibrant, outgoing, energetic and productive volunteers to join our production team on the two day event.

In particular we **URGENTLY NEED** 8 parade stewards for the parade on the 14th. Previous experience would be an asset, but not necessary as training will be provided.

Also, if you are good at sales, on a marketing course or have the gift of the gab, then we would really like to speak to YOU!

We have opportunities for everyone who wants to get involved, as we have opportunities with a youth group who would like 12 volunteers to assist them with their stall in the park, their float out on the road and promoters for the main event site.

All volunteers will receive their food, basic travel expenses (if you live further than 5 miles, reimbursement will be discussed) and free access to the two carnival after parties.

Showing Interest In Events

You can show interest in Events in a number of ways:

- 1 By logging in to the MEV site at www.mev.org.uk and signing up from there.
- 2 By calling us on 0161 234 1530
- 3 Or by e-mail at info@mev.org.uk

**** Remember, if you sign up for an event and then can't make it, please do not forget to let the event organiser or MEV know that you won't be attending!!**

TRAINING OPPORTUNITY - Introduction To Teamwork

Who is the qualification aimed at?

These courses are for anyone interested in finding out about work opportunities in the community and volunteering sector.

What are the entry requirements?

There are no formal entry qualifications required but learners need to be resident in Manchester.

What does the qualification cover?

Teamwork and communication skills. Assertiveness and confidence-building

How long does the qualification take to complete?

These courses run over a period of 4-6. Learners will also attend an information session before starting

What will I achieve at the end?

An NOCN Entry 3 Progression Award: Introduction to Teamwork or an NOCN Entry 3 Progression Award: Introduction to Assertiveness and Decision-making.

Do I have to pay any fees?

This depends on personal circumstances. Learners may have to pay fees if they are an overseas learner or if they are not on benefits or on a low income.

If you haven't already completed this course with Manchester Event Volunteers, please sign up either via phone on 0161 234 1532 or online at www.mev.org.uk and you will be contacted by Manchester Adult Education Service.

TRAINING OPPORTUNITY - Exploring Employability Skills

Who is the qualification aimed at?

The NCFE Award in Exploring Employability Skills course has been designed to introduce learners to the world of work and volunteering including individuals in employment looking for a career change, individuals facing redundancy and those who are long term unemployed.

What are the entry requirements?

Learners will have to undergo an initial assessment and interview.

What does the qualification cover?

Volunteering and Job search skills. Preparation for volunteering or work. Effective behaviour at work. Communication and team work skills. Problem solving skills for work. Functional Skills

How is it assessed?

Assessment is ongoing through portfolio evidence. Learners must complete two mandatory units and two optional units.

Are practical placements required?

Yes, and the learner will have to undertake an enhanced CRB check.

How long does the qualification take to complete?

20 weeks

Progression:

Level 1 Award and Certificate in Exploring Employment Skills

Please sign up either via phone on 0161 234 1532 or online at www.mev.org.uk and you will be contacted by Adult Education.

CHANGED YOUR PERSONAL DETAILS RECENTLY?

We have found that some of our information is out of date or incomplete. If you have recently changed address, e-mail or phone number please let us know and we can update your details on our central database. This will ensure that you can be contacted easily when you register for an activity or event.