

Cancer Research UK's Race for Life

2nd and 3rd June at Heaton Park



Cancer Research UK's Race for Life is a 5km women only walk/run to raise funds for the vital life saving work of the charity.

There will be 40 Race for Life events taking place across the northwest in May, June and July of 2007 (dates and venues available on request).

Manchester will be hosting the UK's biggest Race for Life weekend on the 2nd and 3rd June at Heaton Park. It is expected over 20,000 women will take place in one of the 3 races and circa 1000 men will take place in the Run for Moore event.

The Race for Life events will be taking place at 11.00 and 15.00 on the Saturday and 11.00 on the Sunday. Run for Moore will take place at 15.00 on the Sunday.

We require volunteers to work in a variety of roles throughout the weekend.

These include:

Event set up staff, Course Marshals, Administration volunteers, Finish area volunteers

Role profiles are available on request. Times will vary depending on availability and the role. As a guide volunteers will not be required any earlier than 06.00 or later than 17.00 on either day.

Race for Life is the largest nationwide series of 5km runs and this success is due to the amazing atmosphere and fantastic support of volunteers. This event can give excellent work experience if required, or if volunteers prefer it is an excellent opportunity to have a nice day out whilst supporting the vital work of Cancer Research UK.

If you are interested in volunteering for this event please complete and return the register of interest form or register on-line.



Multi Asian Arts Centre Presents..... Rochdale Mega Mela **Friday 29th and Saturday 30th June 2007** **Bowlee Park, Heywood Old Road**

Multi Asian Arts is a community arts organisation and a registered charity which is collectively organising 2 days of multicultural festival with the communities and Environment Management Department. The event is in it's 12th year and includes various information and retail stalls, sports, kabbadi (Asian wrestling), funfair and performances.

The Mela is collectively organised with different community groups from the Rochdale Borough to benefit community groups, youth groups, schools, community centres, businesses and regional artists. This year's audience is expected to be approximately 20,000 over the 2 days.

Volunteer Shifts are as follows:

Friday 29th June	Shift 1 9am - 3pm	Shift 2 2.30pm - 9pm
Saturday 30th June	Shift 1 9am - 4pm	Shift 2 3.30pm - 10pm (later finish includes clearing up)

A two hour training session will be on week commencing 20th June this includes an onsite orientation. The organisers will also be deliver a Working with Others course which starts on 4th April. Please register your interest in the usual way stating which shift(s) you can do and whether you would like to take part in the WORKING WITH OTHERS course.

DID YOU KNOW that you can register your interest by phone, just call us on 0161 234 1531 and we can add your interest on the database immediately!
This will also help us save money on our FREEPOST address!

Help getting back to work.....STEP ON NON VOLUNTEERING OPPORTUNITY



If you're unemployed and claiming Jobseekers Allowance, finding work can be difficult. This is where Working Links can really help. We specialise in helping people find long term work.

Is it for Me?

Our programme is for anyone who's out of work and receiving Jobseekers Allowance, and living in either: Moss Side, Longsight, Levenshulme, Ardwick, Rusholme, or Hulme. It's completely voluntary, so it's up to you if you want to come and see us.

Where can we meet up?

We tailor our support to your needs. We can arrange to meet you at a local community centre, café, library or a local Jobcentre Plus office.

We work at a pace that suits you, and our service is FREE.

How does it work?

A dedicated consultant will work with you one to one to put together your individual support package. We will focus on your skills, needs and goals. Give advice on what sort of jobs to go for, providing the support you need to get them. Help filling in application forms, assistance with writing your CV and improving your interview skills. Organise work experience or training if necessary. Offer Financial support to pay for practical things like transport, work clothes, or childcare. Make sure the move from benefits to work runs smoothly. Internet access and daily newspapers are available for job searches.

If you are interested in this opportunity please complete and turn the register of interest form or register on-line.

Cancer Research UK Piccadilly Train Station Collection Volunteering Opportunity



Can you spare a few hours to help Cancer Research UK collect vital funds at Manchester Piccadilly train station?

We need volunteers to help man a information stand and collect spare change from members of the public within the station on Thursday 22nd March and Friday 23rd March from 7.30am to 6.30pm.

All volunteer travel expenses will be repaid and a free Cancer Research UK t-shirt provided.

Please register your interest in the usual way stating what times you would be available.

DID YOU KNOW?

If you no longer wish to receive the monthly newsletter you can contact us directly on 0161 234 1531 or e-mail info@mev.org.uk and we can remove your name from our mailing list. This will not only reduce wastage but will our cut our monthly postage, printing and stationery costs.

DID YOU KNOW?

If you are interested in any of the opportunities in this newsletter and would like to find out more, please return the register of interest or

e-mail info@mev.org.uk