



Child and Adolescent Support Team

The Child and Adolescent Support Team (a British not-for-profit Social Enterprise) is currently looking for motivated people who could spare just a few weeks of their time to help abandoned children in Romania, Bulgaria, Belarus, or India.

Would you like to expand your skills and knowledge? Are you looking for opportunities to use the skills you have acquired? Do you feel passionately that all young people have a right to a positive future? If the answer is yes, why not get in touch!

We aim to support these young people who often have neurological and physical impairments as well as social and communicative difficulties as a result of growing up in orphanages. We support them and their carers to build a brighter future.

We offer free accredited training by academic and health care professionals so volunteers are well equipped to work effectively as support volunteers on the projects.

Manchester Sainsbury's Sport Relief Mile

Sunday 16th March 2008

Manchester City Centre, starting and finishing in Albert Square

11:30am-6:00pm



Details: Sport relief harnesses the power and passion for sport to change lives for the better. By doing sport, having fun and raising money everyone can do good and feel good. All the money raised is spent by comic relief to help vulnerable people living incredibly tough lives both at home in the UK and across the worlds poorest countries.

This year people can rise to the challenge, get sponsored and join the Manchester Sainsbury's Sport Relief Mile on Sunday 16 March 2008. Hundreds of thousands of people will be going the distance at Sainsbury's Sport Relief Mile events across the UK. You can be part of the action at Manchester's Sainsbury's Sport Relief Mile, which is set to be a brilliant day out for everyone involved. The route takes runners through the heart of the city and with the crowds cheering them on all the way back to the finish outside Manchester's historic Town hall.

We are looking to recruit around 100 volunteers for the event with roles including Stewarding, wave markers, water and goodie bag distribution. Unfortunately travel expenses will not be provided. However, all volunteers will receive an event t-shirt, refreshments and a goodie bag.

A volunteer briefing will take place at 12noon in the Town hall. Transport is being provided from Sportcity at 11am or volunteers can meet at the town hall at 11:30.

The Clayton Vale Trail 5

Saturday 29th March 2008 11.00am

Visitor Centre, Clayton Vale

Starting from the Visitors Centre this flat/undulating route takes in one small climb and follows the trails and paths around the beautiful Clayton Vale along the river Medlock and bridge crossing before heading back to the finish at the Visitors Centre.

We require 3 Volunteers to arrive at 10.30am to help steward the course. Volunteers will be provide with a yellow marshal jacket and £5 expenses and refreshments.

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!

Chorlton Workshop



Chorlton Workshop is a community adult education centre offering a first step into education for unwaged adults with no previous further education qualifications. It is aimed towards people who are disadvantaged or discriminated against and would be unlikely or unable to take up provision at a bigger college. We prioritise people who are unwaged or low waged, people who do not already have qualifications and people needing childcare for children under 5. We offer free classes in a small scale friendly environment with individual support from our volunteers and guidance from our student support workers. We provide the opportunity for people who have missed out to gain the confidence, basic skills and information to move on to further education, training, paid or voluntary work.

We run classes for –

Basic Skills

Basic Skills workshops use a process of student centred learning, where students work with the tutor to decide what they will learn, which way works for them and at what pace they want to learn. Examples of work might be writing a letter, learning some spelling strategies, money or using the computer to assist learning.

Computer Classes

Classes are relaxed and friendly. Students create files using the relevant software for the course from materials that are interesting and relevant to them. On beginners' courses students have little or no previous experience of computers. Beginner's courses are structured so that students practice a specific set of computer skills and knowledge each lesson. On other courses students would have to be confident with basic computing e.g. Word Processing before enrolling.

ESOL

There are two different levels: beginners and intermediate. ESOL students concentrate on areas such as speaking, listening, reading, writing and grammar according to the Adult ESOL Core Curriculum.

Volunteering

Volunteers work in all subject areas where students would benefit from extra support in their learning. There is a variety of roles from helping in an ICT class with a team of volunteers or working 1:1 with one particular student in a Basic Skills class or you could help out in the office giving admin support to the office staff. If you have a few spare hours per week to help out we have a range of opportunities to suit your needs, interests and experience.

The B of the BANG 10k

Sunday 25 May 2008

to be held at Sportcity

Come and take part in the East Manchester 10k taking place inside the Sportcity complex. The course around Man City stadium, Sportcity car parks, the famous athletics track and the B of the Bang sculpture. Help to raise money for Cerebral Palsy

We require between 10 - 15 volunteers for stewarding and 1 -2 for directing to the car park etc. £10 expenses will be provided for travel and refreshments.

Start: 8.30am for junior run which starts at 9.15am through to B of the Bang which starts at 10.00am and should be finished by approximately 12noon.

DID YOU KNOW that if you no longer wish to receive the monthly newsletter or wish to receive it by e-mail 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 cut our monthly postage, printing and stationery costs.