



NATIONAL SQUASH CHAMPIONSHIPS 2009

Once again the National Squash Champs are to be held at The National Squash Centre, Sportcity, Manchester from Sunday 8th February to Sunday 15th February 2009.

As with all our events, volunteers are required to carry out essential roles during the period of the event including:

Accreditation, Stewarding, Programme & merchandise selling, Court maintenance/management

If you wish to be a part of this year's championships as a volunteer, no experience with squash is necessary but you can be assured that you will be made welcome and catch a fine display of squash from some of the world's best players.

Uniform

You are required to wear black trousers/skirt or tracksuit bottoms with no visible logos.

You will also receive:

Championships t-shirt, Lockers are available for your personal belongings.

Refreshments

You will be provided with unlimited tea/coffee and a meal voucher per shift.

Shifts

Date	Shift 1	Shift 2
Sun 8th Feb	11.30am-6pm	N/A
Mon 9th Feb	10.30am-4.00pm	3.30pm-8.30pm
Tues 10th Feb	10.30am-4.00pm	3.30pm-8.30pm
Wed 11th Feb	10.30am-4.00pm	3.30pm-8.30pm
Thur 12th Feb	10.30am-5.00pm	4.30pm-11.30pm
Fri 13th Feb	10.30am-5.00pm	4.30pm-11.30pm
Sat 14th Feb	10.30am-5.00pm	4.30pm-10.30pm
Sun 15th Feb	10.30am-7.30pm	N/A



Please note that shifts are only approx finishing times as games can either finish earlier or run late.

Expenses

Expenses will be paid up to a maximum of £5 per day.

REGISTERING YOUR INTEREST:

MEV send over 400 register of interest forms a month and only a very small number (approx. 20-30) of these are returned. Therefore, it has been decided not to include a copy of the form when posting out the newsletter as it is not only a waste of paper but also printing costs and bad for the environment. However, it is still possible to register by post and if you need copies of the register of interest form you can download it from the useful documents section on the website or contact the MEV Team.

Where possible, we would ask that you communicate with us either by e-mail or by phone, just drop us a line on info@mev.org.uk or call 0161 234 1532 and we can add your interest on the database immediately! This will also help us save money on our FREEPOST address.

Many thanks
MEV Team

If you are interested in any of the opportunities in this newsletter please call 0161 234 1532, log on to www.mev.org.uk or e-mail info@mev.org.uk for more info



CALL - Cancer Aid & Listening Line

CALL is a local charity providing emotional support and home-based practical help to people living with cancer, their carers and families. All services are delivered by trained volunteers who are managed by a team of professional staff based in offices throughout Greater Manchester.

CALL was set up as a telephone help-line in 1982 and has since continued to grow and develop new services. The help and information telephone line operates from 7.30pm to 10.30pm every evening and is available for anyone who has concerns about cancer and other life threatening illnesses.

CALL requires volunteers to give home-based emotional support and practical help. Services are tailored to each individual, but they could include:

Listening and befriending: talking through difficulties and concerns

Practical help such as shopping, dog walking etc

Social activities, days out, coffee mornings, relaxation sessions

Group support

Information about local services and support networks

CALL are particularly looking for volunteers to help with:

Driving and support for a hospital appointment or treatment

Respite sitting, allowing carers time to themselves

CALL South Manchester, Cecilia Centre, Wythenshawe –volunteers needed to help out at the day unit on Mondays and/or Fridays from 10am to 2pm All services are provided free of charge.

CALL provides all volunteers with a 3 day training course (to be completed before volunteering commences) and out of pocket expenses. The next training courses will be 04, 11, 18 February 2009 – Salford (Willows Health Centre) and 10, 17, 24 June 2009 – North Manchester (Newton Silk Mill)

All volunteers would need to have a satisfactory CRB check

CHANGE OF PERSONAL DETAILS

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.

Cystic Fibrosis Trust Manchester United FC Charity Collection Saturday 4 April 2009



Take in the pre-match atmosphere and come and show your support for the Cystic Fibrosis Trust by helping us to raise much needed funds in a collection outside Old Trafford before the Aston Villa game.

The Cystic Fibrosis is the UKs most common life threatening inherited disease affecting more than 8,000 babies, children and adults by causing the internal organs, especially the lungs and pancreas, to become clogged with thick sticky mucus making it extremely difficult to breathe and digest food. There is currently no cure and life expectancy is just 31 years of age.

However, hope is on the horizon and all funds raised will go towards our exciting research to find an effective treatment for Cystic Fibrosis and support families taking part in clinical trials starting next year.

Snacks and cold drinks will be provided and travel expenses will be reimbursed up to the value of £5.

DID YOU KNOW.....With MEV, volunteering is about personal choice and you can get involved with events which interest you most. You can also take part in training opportunities with local colleges, leading to further qualifications and, if needed, help with finding a job!



NO GOOD FOOD SHOULD BE WASTED

EMERGE FareShare redistributes surplus food from the food industry to homeless and vulnerable people in Greater Manchester.



We need volunteers to make this project a success.

It is estimated that:

- 125,000 tonnes of food waste disposed of annually by food retailers is potentially suitable for redistribution.
- Over 4 million people in the UK cannot afford a healthy diet.

What do EMERGE FareShare volunteers do?

Drivers and Driver's mates collect and deliver donated food to community groups. They carry out van checks and help to plan routes and deliveries. Drivers must have a licence with no more than 3 points, must be over the age of 25 years and have recent driving experience.

Warehouse Assistants ensure that the food brought in to the depot is stored and handled correctly.

Warehouse Supervisors ensure the smooth day-to-day running of the FareShare Depot including supervising volunteers, stock control and keeping paperwork up to date.

Training will be given and reasonable expenses will be reimbursed.

Meet new people and give practical help to improve the diets of disadvantaged people.



WHY NOT LET US SET UP YOUR OWN UNIQUE MEV E-MAIL ADDRESS

How would you like your own unique Manchester Event Volunteers e-mail address? You could have your.name@volunteersdoitbetter.org.uk. For more information contact the MEV team.

Money Champions Project



We are looking for volunteers to assist our Money Mentors team. We give advice to residents in the East Manchester area on how to deal with their debts, how to budget, affordable credit and how to save money.

We do not ask for committed hours each week but are looking for people who live in East Manchester and are already active in the local community who might find it useful to have more knowledge on the subject of debt.

We provide all the necessary training and ongoing support you will need. The next training course for this project starts on Friday 23 January at 10.00am at the New East Manchester offices on Grey Mare Lane.

If you are interested in volunteering for this opportunity please register your interest on-line or telephone 234 1532 and speak to one of the MEV Team.

If you are experiencing difficulty with event organisers not contacting you before an event, please contact the Central Team on 0161 234 1532 and we can find out what's happening for you. This may just be an oversight on the organisers behalf.

INTERNATIONAL YOUTH VOLUNTEERING EXCHANGE PROGRAMME RETURNS TO MANCHESTER



Young people active in the community

A pioneering youth programme, which links young people from the UK with young people from developing countries, is returning to Manchester for the second year in a row.

In June, Manchester will be host to Global Xchange, a groundbreaking international volunteer exchange programme that brings together nine young people from the UK and nine from a developing country to volunteer together on a range of community projects in both countries.

This year, the programme, which is a partnership between VSO (Voluntary Service Overseas) and the British Council, will bring together young people from the UK and Pakistan. This follows on from the success of the previous Global Xchange in Manchester, which saw young people from Malawi live and work in the city last year.

The eighteen young volunteers, aged 18-25, from the UK and Pakistan, will live and work together in Multan in Pakistan for three months, before spending three months in Manchester. They will be living with host families and working in local community organisations, contributing over 6,000 hours of voluntary work for the benefit of community projects, focused in the areas of Moss Side, Rusholme and Longsight.

Would you like to be involved in this exciting programme?

Global Xchange is currently looking for hospitable community hosts who have a spare room and would be willing to accommodate a pair of volunteers for up to ten weeks, starting in June. Hosts are offered a weekly allowance to contribute towards accommodation and food costs and will be supported by two project supervisors.

Don't let the January blues get you down.... get a fantastic buzz from helping people in your local community by being part of Marie Curie Cancer Care's biggest fundraising event, the Great Daffodil Appeal. Join our army of collectors by giving up a few hours to collect donations in return for daffodil badges at an organised collection at your local supermarket, town centre, or even football ground. You'll be amazed how much you can raise in just a few hours. Your involvement will help us nurse someone with terminal cancer. **If you are interested in volunteering please register an interest for a full list of local collections.**



USEFUL DOCUMENTS ON THE MEV WEBSITE

Why not have a look and keep yourself up to date with what is happening at MEV by looking at the Useful Documents section of our website www.mev.org.uk/community/documents. From here you can download a number of useful forms and documents.

DON'T FORGET TO LOG ON TO WWW.MEV.ORG.UK TO CHECK OUT THE NEWEST EVENTS AND ACCESS THE COMMUNITY FORUM

CONTACT US

Manchester Event Volunteers
Room 302, Level 3
Town Hall, Albert Square
Manchester, M60 2LR

Tel: 0161 234 1530/31/32

Answer phone: 0161 234 1515 (after 5pm)

Fax: 0161 274 0036

E-mail us: info@mev.org.uk

Web: www.mev.org.uk

