

Sky Ride

Sunday 2nd August 2009

Manchester City Centre



The ride will begin for this event at hubs across the City and converge at the Velodrome
Hubs are; Platt Fields Park, Heaton Park, Wythenshawe Park, Debdale Park and Albert Square in the City.

The Albert Square route to the velodrome will be traffic free(involving road closures which showsec will manage). Each hub will have an information centre for the gathering cyclists, who will be "led" in groups of about 20 by a British Cycling person on to their chosen routes.

We are primarily looking for volunteers from 09:00 to 17:00 to help: Give out information at the hubs, Steward at points along the various routes (in conjunction with Showsec staff).

Lunch and Hi-Vis clothing will be provided.



2nd BTGB BRITISH A-CLASS INTERNATIONAL TAEKWONDO CHAMPIONSHIPS

Two months prior to the WTF World Championships in Denmark the world's best Taekwondo players are invited to come to Manchester to compete in the 2nd BTGB British A-Class International Taekwondo Championships. We would be pleased if you could help us with the delivery of this sporting event.

The tournament will be held over Sat 29th and Sun 30th August at the Regional Arena in Manchester. However, we will require volunteers for certain roles before and after these dates please see below.

Role Overview

Drivers (27 - 31 Aug), Ticket, Merchandise and Programme Sales(29 - 30 Aug), Stewards (28 - 30 Aug), Rig/De-rig Team (29 - 31 Aug), Media/PR Support (29 - 30 Aug), VIP Hospitality/Protocol (28 - 30 Aug), Video Replay Support (29 - 30 Aug), Broadcasting (29 - 30 Aug), Meet and Greet

If you wish to be a part of this event as a volunteer, no experience with taekwondo is necessary but you can be assured that you will be made welcome and catch a dynamic display of Taekwondo from a number of past, current and future Olympic and World Champions.

Uniform

You will receive a free championship t-shirt to wear during the event. If you could also wear, either, plain black trousers or skirt and black shoes it would be appreciated.

Refreshments

You will receive a meal or voucher during each shift, which will entitle you to a hot or cold meal. There will also be tea, coffee, and water served through the shift.

Expenses

An expenses fee of £5/day per person will be paid to each volunteer to cover transport costs to and from home to the Venue.

The Energy Academy

LONG TERM OPPORTUNITY

The Energy Academy is an exciting initiative to deliver financial, health and environmental benefits for communities in the Altrincham area.

The Academy builds on the skills, knowledge and experience of Trafford Council, Action for Sustainable Living, Manchester is My Planet and the Energy Saving Trust to build a supported volunteer network to engage, enthuse, advise and support residents in maximising the energy efficiency of their homes.

Local Project Managers X 4 (6 - 8 hrs per week for 6 months)

A Local Project Manager (LPM) is a point of contact for their local community. LPMs attend events, give talks and set up action groups or projects. Previous LPMs have set up community allotment projects, fair trade societies, energy action teams, composting schemes, local shop campaigns and much more besides.

Volunteer Mentor X 1 (6 - 8 hrs per week for 6 months)

A Volunteer Mentor (VM) is a point of contact for volunteers in the local community and work alongside the LPMs. VMs are responsible for supporting local 'Volunteer Advocates' to engage with Action for Sustainable Living action groups and carry out their role of collecting pledges and Home Energy Checks. For example VMs may set up a pledge collecting event to action Volunteer Advocates in the local community.

Advocate X 10 (4 hrs per month for 6 months)

An Advocate acts as the face of the Academy in the community. Their role is to enthuse and inspire local residents to get involved with energy saving schemes and take steps towards adopting a more sustainable lifestyle. A main way of achieving this is by asking local people to sign pledges and carry out free and simple Home Energy Checks.

We are looking for people who care about the environment, have some spare time to give and live in the Altrincham/Timperley/Hale area.

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.

Cancer Research UK - Relay For Life

Volunteers are needed to join a committee of volunteers who are organising the first ever Relay For Life in Salford!

Cancer Research UK's Relay For Life brings together the whole community in one location for up to 24 hours to celebrate the strides being made to beat cancer.

As part of the event, teams of people from all sections of the community take turns to walk, run, skip or crawl around a track following an opening 'Lap of Honour' by cancer patients and survivors. This is the first event of its kind in Salford and volunteers are needed to organise and recruit teams, seek community support, find refreshments and prizes, plan entertainment and lend their support in any way they can. This is a great opportunity to gain skills and experience in event organising, logistics, accounting, fundraising and much more!

If you would like further information please visit www.cancerresearchuk.org/relay

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!



Tatton Park Triathlon 2009

19th & 20th September

MEV MARSHALLS WERE SUPERB AT TATTON PARK TRIATHLON 2008. WANT TO BE ONE OF 50 MARSHALLS IN 2009?



Set in the grounds of Tatton Park just outside Manchester this triathlon is one of the largest in the North West. The event is one of the most scenic triathlons in the UK and attracts large numbers of spectators as well as triathletes. The event HQ is at the beautiful Tatton Mere and the bike and run courses are in the estate grounds and Cheshire countryside. This year the event will double in size with over 1,000 entrants. There is a wide variety of roles for MEV volunteers and we aim to rotate roles over the two days of the event. The benefit package will include a competitor's pack; catering and we are considering transport to and from city centre Manchester on both days.

Lake District Triathlon 2009 at Coniston - 6th September 2009



The Lake District is one of the most scenic areas in Great Britain and a magical place to hold a triathlon. There is now a new triathlon event that takes place around the world famous Lake Coniston. For those racing the swim is in the lake itself and the bike and run courses take you through beautiful lakeside scenery. The benefit package will include a competitors pack, catering and we are considering transport to and from city centre Manchester on race day. Fancy a day in the beautiful countryside of the Lake District? Then register your interest in the usual way.

Trafford Summer Splash

Saturday 8th August 2009

Seymour Park, Old Trafford, Manchester

Enthusiastic and motivated volunteers are required to take part in a Community event showcasing Music and Sport. Volunteers will be required between the hours of 12 - 8pm. Shifts would be , 12 -4pm or 4pm - 8pm. Duties include setting up the event, stewarding, working on stalls and closing down the event. Expenses will be paid and meal vouchers provided.

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

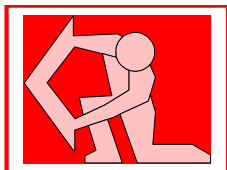
How would you like your own unique Manchester Event Volunteers e-mail address? You could have your.name@volunteersdoitbetter.org.uk. For more information contact the MEV team.

Self Help Services - LONG TERM OPPORTUNITY

Self Help Services is a Manchester based user led mental health charity within the charity Big Life Services. Self Help Services' aim is to provide relief and rehabilitation to persons affected by mental ill health and/or social exclusion by provision of community based self-help initiatives. Practically, we do this by co-ordinating and running 15 user-led support groups and other self-help initiatives in greater Manchester. The groups and services that we operate help break the isolation as well as providing people with coping strategies and the ability to take control of their lives.

We are currently looking for volunteers willing to run one of our weekly self help groups. This role would suit someone with personal experience of mental illness. Expenses paid and training provided.

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.



The Freedom Club

Giving disabled people the freedom and opportunity to enjoy life to the full.

We require Four volunteers for this long-term opportunity. Three for general volunteering duties, such as helping set up tables and chairs, put out/clear away equipment, support and encourage club members where needed and one to help in the kitchen at set times and for general volunteering duties.

The club is for disabled people aged 18 and over, and covers a wide range of disabilities (physical, mental, learning, visual and hearing). We meet on Fridays from 10am to 3pm at Zion Congregational Church, Gee Cross, Hyde, Cheshire. There will be a wide range of activities going on which are loosely based around a structured programme which includes exercise, healthy eating, arts & crafts and relaxation. Board games, pool, darts, Bingo, karaoke, along with beauty therapy and counselling sessions by trained counsellors will be offered – please note these are only examples as we will be arranging a lot more activities!

Preference will be given to volunteers within Tameside, but it is not essential to reside in the area. You will need to be CRB-checked but if you have a current CRB less than 6 months old, we will take this into account. Travel expenses will be paid and a lunch provided if you work over 4 hours.

The Booth Centre - LONG TERM VOLUNTEER OPPORTUNITY

Time commitment: 1 - 2 days per week, 9am to 12pm

Location: Manchester City Centre

The Booth Centre is well respected advice and activities based day centre for homeless people. We have an opportunity for someone who speaks both English and an Eastern European language. This is to assist in our work with homeless people from Eastern Europe.

It would be a great opportunity for someone to gain experience in working with adults with drug, alcohol or mental health problems. We are looking for someone who is a good listener, is positive and encouraging and is willing to learn.

Full induction, training and support will be provided. Our website gives full details about the Centre at www.boothcentre.org.uk

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

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