

July 2009: Issue 2

Let us know if you still want to volunteer

Remember to claim back any expenses

If you want training, tell us what you need

What else should we be doing to support you?

Did you know you can keep up to date with our website
www.healthyvalleys.org.uk

All staff and volunteers should have a photographic ID badge, to be worn when carrying out duties on behalf of Healthy Valleys. Black Healthy Valleys polo shirts are also available. If you haven't got yours, please contact the office.

Volunteers

UPDATE

Healthy Valleys

31 Stuart Terrace, Rigside, ML11 9NN

Tel: 01555 880666 info@healthyvalleys.org.uk



HELLO AGAIN!

Thanks to everyone who returned their volunteer information update form, letting us know if you want to continue volunteering and receiving information from us. We have enclosed another one for those of you who haven't already returned it.

SoLVE "VOLUNTEER OF THE YEAR AWARD" WINNERS



Healthy Valleys were delighted recently when volunteer Dot McGillvary won runner up for the 'Volunteer of the Year' Award and the 'Combating Obesity Programme' volunteers also won runners up in the 'Team of the Year' category of the SoLVE Volunteering Awards 2009 for South Lanarkshire.

Dot has volunteered with Healthy Valleys for 6 years now and has volunteered in various activities including health walks, 'Ready, Steady get Cooking', Clydesdale

Community Food Market, Grassroots Programme, consultations, and special events. More recently Dot started a weekly bus from Rigside for families to attend Coalburn Leisure Centre and for adults to attend a fitness class in Kirkmuirhill. The award was well deserved as Dot has been committed to helping Healthy Valleys grow and develop and volunteers a minimum of 7 hours a week! A special mention also goes to volunteer **Jimmy Thomson** who was also nominated by Healthy Valleys and received a certificate 'In Recognition of Dedication & Commitment to Volunteering'.

The 'Combating Obesity Programme' volunteers deliver a variety of cookery courses in the community and last year included 10 four week courses of 'Ready, Steady get Cooking' to 141 children, 3 'Healthy Weaning Initiative' courses to 35 new parents and delivered the 'Feeding the Family' course to parents, carers and children. The volunteers involved in the delivery of last years' courses were **Jennifer Ford, Sara Weardon, Linda Wilson, Elizabeth Mathieson, Tracy Turley, Karen Hynd, Wendy Belk, Lynn Somerville, Francis Murphy, Dorothy McGillvary, Kate Irvine, Hana Maskova, Pauline Stamp, Davina Howatson, Gillian Brown, Lesley Henderson, Agnes Gracie, Alaine Brown and Gillian Armstrong.** Well done to all of the team. The Community Food Co-operative team were also nominated but missed out on an award this time.

As the Healthy Eating programme continues to develop and expand we are currently recruiting new volunteers for these programmes. We're looking for people who would like to help us deliver this 'hands on' approach to healthy eating and cookery - training and support will be given and expenses will be paid. If you're interested please phone Healthy Valleys for more information on 01555 880666.

EXPENSES

Upcoming deadlines for expenses and timesheets etc to be in the office is 31st July 2009

DID YOU KNOW?

In May 2009, we had **134** sessions, totalling **400** volunteer hours! Well done and thank you again!

VOLUNTEER OPPORTUNITIES

Grassroots Ante-Natal Parental Support



We're looking for volunteers for the new Grassroots programme. Volunteers will support vulnerable pregnant women to health care appointments and services. Training, support and out of pocket expenses will be given. Volunteers need to be supportive, caring, flexible, non-judgmental, respectful and will ensure confidentiality is upheld at all times. It is preferable that volunteers have access to a car and can volunteer approximately 3 hrs a week/fortnight. This will be a challenging yet rewarding role and will really help expectant mothers have a healthier pregnancy, which will benefit both the health of the mother and baby. Please contact Julia if you are interested in this opportunity.

Feeding the Family

The award winning Healthy Eating team are looking for new recruits Can you cook? Would you like to help others to learn? Then volunteer and help us deliver the six week cookery course Feeding the Family - training and support will be given. Call Gillian if you are interested in getting involved.

Get Active

We are looking for volunteers who would like to encourage people to be more active. Would you like to be a walk leader? Or enjoy encouraging children to be more active? Contact Julia or Gillian.

TOP BRILLIANT FAB YOUNG VOLUNTEERS

Young female volunteers took part in a brilliant training weekend, organised in conjunction with Youth Scotland / Girls on the Move. The Sainsburys TOP Activity Leadership training course provided them with the skills and confidence to lead groups of other girls or younger children in fun physical activity. They will practice these skills by volunteering at our summer family fun days in July and then getting involved in various groups throughout the community—from Carstairs and Forth to Lesmahagow and Kirkmuirhill!



VOLUNTEER INDUCTION

Is being held on Wednesday 12th August between 6-8pm, If you are interested in attending please phone 01555 880666 and book your place. Venue To be confirmed.



HERBAL SUPPORT FOR HEALTH

Victoria Chanin, a qualified herbalist, is now volunteering to provide free herbal medicine consultations to all members of the community. Victoria will work from Routes to Health Clydesdale every Tuesday morning. Starting 14th July. Please note there will be a £5 charge for any medicine prescribed. Please phone the centre on 01555 895140 to book an appointment or to find out more.

WHO'S WHO IN HEALTHY VALLEYS



Each issue, we'll focus on one member of the team and let them tell you about their job. We'll be looking to profile volunteers too so watch out - we might ask you! This time: **Dot McGillvary - Volunteer**

*I started volunteering about 6 years ago, so I could meet new people and get out and about more. I enjoy walking with the younger and older people. I have also started doing Ready Steady get Cooking with school children. I enjoy working with young people. I think volunteering is good, I enjoy it very much. It is great to get new people on board who otherwise wouldn't do anything, getting them swimming, going to the gym and loads of other things. *Dot**