



Volunteering with NCT Chester

Are you interested in meeting other parents, using or developing new skills, fundraising or helping the charity to provide services to local families. If so, volunteering with the Chester branch of the NCT (National Childbirth Trust) could be a great way to spend some time.

The NCT is a registered charity and has been established in Chester for over 35 years. We are an active and thriving branch which works with expectant parents and young families, in the CH1 – CH5 (Chester and Deeside) areas.

The Chester branch currently has a strong core team of volunteers who organise Nearly New Sales, Social Events, produce a newsletter for local families, campaign for local health services to be improved and organise and host parties and events for the little ones. The events that we run are generally busy and successfully raise funds that are used locally and nationally to provide services, train specialist workers and fund research. We enjoy what we do but there are always plenty of opportunities to get involved in the branch. This would then enable us to look at an enhanced level of service by volunteers for the Chester area – ideas that we would like to take forward at the moment include 1st Aid classes, supporting local parents groups such as bumps, babies and toddler groups and setting up a directory of recommended places to go to breastfeed in the local area.

We recognise that lives are busy and the majority of us are parents ourselves juggling the demands of everyday life and with this in mind we have put this document together to give you an idea of how you can help out. Whether you have a few hours a month or would simply be willing to advertise our local events in your workplace or local nursery/community groups any help would be greatly appreciated. You do not need to be a parent or a member of the NCT to volunteer.

The ways in which you can help the branch are as follows:

Nearly New Sales

We currently hold 3 sales a year which help families to recycle and cut down the cost of having a young family. To run each sale we need approximately 50 volunteers on the day and there are so many ways that you can contribute to the sales that a separate document has been created with further details if it has not come with this document for any reason please take a look on www.nct.org.uk/chester or request it from nctchester@yahoo.com

Assisting with the Branch Magazine -NatChat

NatChat is published 3 times per year with a total circulation of 600 copies. Articles are always needed for NatChat so if you are inspired at any point to put pen to paper to share your experiences of being a parent or parent to be this would be greatly appreciated. Other ways in which you could contribute is by letting us know of not for profit services that you have appreciated that we could feature or generally agreeing to be a point of contact that we could ask for advice/opinions when we are writing articles. We also need a couple of people to proof read each edition for us. All of these tasks can of course be undertaken at home in your own time.

Helping us to pack Goody Bags

For a number of the events we run we provide local businesses with the opportunity to advertise their services and products and provide parents attending with bags containing vouchers, samples and advertising literature. Tasks such as this can be done in advance at home or on the morning at the venue of the event so would be suitable for any volunteer.

Children's Parties

We are currently holding 2 per year one in the summer and a Christmas party in December and need help to run these events. Our aim is to get enough volunteers to man a rota which will enable each person who volunteers to only need to commit for an hour either pre, during or post event. If you plan on attending any of these events please let us know that you would consider putting your name on the rota.

Social Events

As per the children's parties we always need help but would like you to have time to enjoy yourself also. An hour of your time would be a great help this could include welcoming people, selling raffle tickets etc.

Coffee Mornings

We are frequently asked whether we host coffee mornings. As the majority of the volunteers work during the daytime this is difficult to achieve. If you could be available in the daytime and would be willing to work on a rota basis to assist set this up please let us know.

Finance Officer

Help is needed Nearly New Sale by our treasurer to ensure that price labels are entered into an excel database and cheques are written on time to send to the sellers. This work would normally be undertaken in the two weeks after the sale in a home of one of the volunteers at a pre-arranged time to suit all concerned. Other work might also be needed to support other events and this could be arranged on an ad hoc basis.

Advertising Events

We host a number of events periodically throughout the year. To advertise such events we would generally use our website, facebook, email and word of mouth. To ensure maximum attendance at events it would be helpful if those who work in busy environments or have children at local nurseries etc would agree to be an email contact who would print out posters and put them up anywhere relevant (and legal) a couple of weeks before the event.

Attendance at Volunteers Meetings

If you have ideas or observations that you would like to share with the local branch please do come to the meetings. New faces are always welcome, we are always looking for inspiration on how we can further improve the work that we do locally and there is only one place that inspiration comes from – you! If you would like to join us please check our facebook page “NCT Chester”, NatChat newsletter or Website “NCT.org.uk/Chester” for details of the next meeting. If you don't fancy walking in on your own please contact the yahoo email address and one of the committee will arrange to meet you on arrival at the venue.

Summary

If you feel that you would be able to help us in any of the above activities please let us know by completing the attached form and emailing to nctchester@yahoo.com or contacting one of the listed people below. Your details will then be kept in a secure place and then when an event is being organised we would contact you to see if you are available to assist. Letting us know that you are interested does not mean that you will be obligated in anyway for an event but will help us with planning and assist us to keep in touch with you as a volunteer.

As the branch further evolves we believe that the roles within the branch and opportunities for volunteers will also change and it is with this in mind that we will update this document quarterly to include any further opportunities that might arise for interested individuals.

If you know of anybody who would be interested in volunteering please forward them this document and ask them to get in touch. Your time taken to read this is much appreciated.

Contacts for Volunteering

Michelle Collins 01244 880025 or Helen Tinman 01244 570550 or email nctchester@yahoo.com

Please bear in mind that we are volunteers with young families. If you leave a message we will endeavour to get back to you as soon as we can. We are contactable evenings, until 9pm, and all day weekends. If you need to speak to us during the day, please leave a message and we'll get back to you when we can.

July 2010

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Name:

Email Address:

Phone No:

I would be interested in volunteering for the following activities please email/phone (please indicate preference) when help is needed I understand that this does not put me under any obligation but will keep me informed of opportunities to help the branch:

- | | |
|-------------------------------------|--------------------------|
| Nearly New Sales | <input type="checkbox"/> |
| Assisting with NatChat | <input type="checkbox"/> |
| Helping with Goody Bags | <input type="checkbox"/> |
| Assisting at Children's parties | <input type="checkbox"/> |
| Assisting at Social events | <input type="checkbox"/> |
| Coffee Mornings | <input type="checkbox"/> |
| Finance Officer | <input type="checkbox"/> |
| Advertising Events in my local area | <input type="checkbox"/> |

Please email to NCTChester@yahoo.co.uk or post to Michelle Collins, 13 Darlington Crescent, Saughall, Chester, CH1 6DB when completed.