

bravo



Bravo Volunteer Handbook

(Bromsgrove and Redditch Active Volunteering Opportunities)



Welcome to BRAVO

Why Volunteer?

Volunteering can be a rewarding experience and will enable you to:



We want a great bank of enthusiastic volunteers to help your local clubs, groups and events run smoothly and make your area a hive of activity!

Volunteering can be really enjoyable and with BRAVO a flexible programme is really easy to achieve including a wide variety of placements for you to choose from. Such as IT support for clubs to assistant coaches to health guidance for older people!

How does the BRAVO programme work?

The Steps!



Step 1:

Complete a BRAVO registration form



Step 2:

Tell us what you want to do and when

Step 3:

We match you to a few placement choices based on your skills and interests



Step 4:

Start your placement, complete your log book as you go along and make a difference to your local community

If you would like more information then please call Gemma on 01527 881 681 or email: gemma.dyer@bromsgroveandredditch.gov.uk

Volunteers at BRAVO - Recognition and Involvement

Being a volunteer for BRAVO you could gain experience in clubs, groups and organisations that you may never have had the chance to access before, we have opportunities in a wide variety of areas:



Rewards

The opportunity for rewards will be given to those nominated as being outstanding volunteers such as assistance with coaching qualifications, Marketing, First Aid and Business courses. If your placement involves a sports club then we can help by working with the club in order to assist with coaching bursaries or marketing courses. That way you get a reward for your hard work and so does the club you are with.

What's in it for you?

Just for fun

Volunteering through BRAVO can just be for fun. It could allow you to meet new people and form friendships with people that have similar interests to you!

Who am I?

Volunteering gives you the opportunity to try a variety of different placements and experience lots of different roles. If you are wondering what you are interested in or if you are yet to decide on a career path volunteering can help. This may help you make the decision that could determine the rest of your life. Volunteering gives you the opportunity to try different clubs by being involved in a different way!



Develop Me

By volunteering through BRAVO you can become eligible for training and courses and also funding for your host club/organisation. Volunteering looks great on your CV and many employers value voluntary work. If you are thinking of going to university and want to stand out from the crowd, doing some volunteering could help you land that university place by enhancing your personal statement to include some interesting work and potentially extra skills and qualifications.

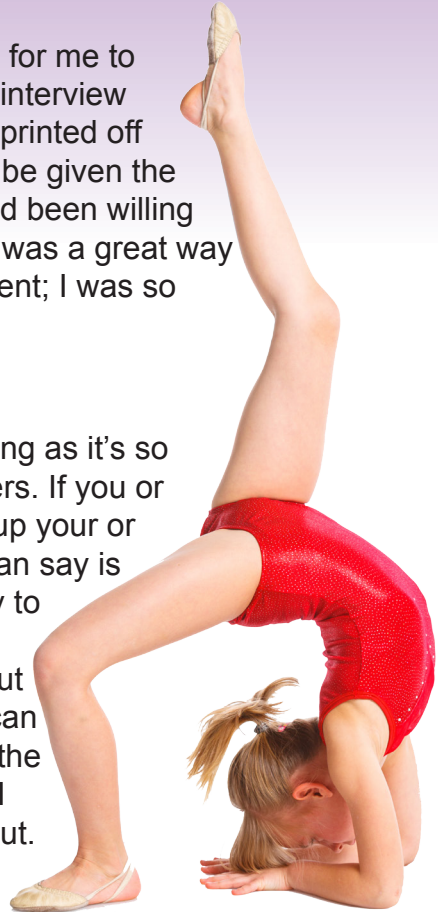
Case Studies

Sarah Pitt – Volunteered at Bromsgrove Gymnastics Club

'I was asked by Andrea Paice Head Coach if I would become the deputy welfare officer at the club on a voluntary basis. This was my chance to give something back to the club and log my hours with sports makers; a London 2012 volunteering legacy delivered through the Sports Partnership Herefordshire and Worcestershire.

In November 2012 I decided it was time for me to return to paid employment so when the interview date came I took all my certificates and printed off my voluntary hours and I was thrilled to be given the job. My new employer said because I had been willing to give up my own time to help others it was a great way to start me back into the work environment; I was so happy!!!!

I would definitely recommend volunteering as it's so rewarding knowing you are helping others. If you or anybody you know is thinking of giving up your or their own time to help others, all that I can say is go for it. It's very rewarding, a great way to meet new people, develop confidence and have new experiences. I still help out at Bromsgrove Gymnastics Club and I can not thank Andrea enough for giving me the chance to prove I am capable of things I never thought I would be able to carry out.



Gemma Babb – Keep on Moving and Boccia Volunteer

I was a former student of Chadsgrove School where I now volunteer one day a week where I am based in a classroom generally helping and working with the junior aged pupils. It was from Chadsgrove that I was introduced to “Keep on Moving” an inclusive multi sports session aimed at 16+ adults in February 2008, first as a participant and then taking the role of secretary. When Boccia, which is a Paralympic sport very similar to bowls started I also become secretary for that club.

These voluntary activities add structure to my week and I get out and about and meet different people both as a volunteer and socially. I also input data for the Bromsgrove Walks for Health programme. This has helped my I.C.T. skills and increased my confidence all round, both on the phone and on a personal level.

Gemma was a finalist in the 2010 Bromsgrove Sports Awards as Volunteer of the Year and has since become a qualified sports leader in Boccia.



Vince Rollason (60) – Park Run and Bromsgrove Athletics Club Volunteer

Vince has been involved in athletics since he was 11, competing at junior and master international level.

He currently coaches young athletes at Bromsgrove and Redditch Athletics Club every Tuesday and Thursday. He obtained relevant coaching awards to assist young athletes in their development and pass on 50 years of running experience

Vince also assists at Arrow Valley Park Run which is a timed weekly 5km event for all abilities every Saturday morning to encourage people to take part in and enjoy an informal running event. Vince says:

“Volunteering in my working life provided me the opportunity to extend my knowledge of social issues and assist people further. In my sporting life it enables me to work with a group of young athletes and pass on information that I have acquired in nearly 50 years in the sport!

“I would recommend volunteering to anyone as you will not only assist others but also enjoy yourself”

“Volunteering has been a good thing as it has helped me develop relationships in my work and private life. It has given me the opportunity to help people achieve their potential whilst giving me great personal satisfaction. There is a shared sense of achievement with the people I have worked with”



Code of Conduct for Coaching/Support Volunteers

All volunteers agree to:

- Work cooperatively in a courteous and respectful manner with other BRAVO volunteers, participants, families and any other faculty and staff.
- Present yourself as a role model in dress, manners, conduct, appearance, and actions during all BRAVO events.
- Provide an environment free of harassment and discrimination where everyone is treated with respect, fairness and equity.
- Use, respect and care for all property used.
- Follow all guidelines laid down by the placement provider/ organisation
- Respect young people's opinions when making decisions about their participation
- Report any concerns that you have in relation to a young person following the reporting procedures of your employing body.
- Attend all planned events that you have agreed to – support your community.
- Provide advanced notice (to the appropriate individual) of any absences or late arrival to any sessions you are involved in.
- Work in an open environment, being visible and identifiable
- Give enthusiastic and constructive feedback
- Encourage participants to speak openly
- Represent the BRAVO initiative with pride and dignity.
- Be well prepared
- Have fun and enjoy being a part of your local community

Complying with the Code of Conduct is a condition of participating as a volunteer; therefore adhering to the Code will ensure that your conduct is of the standard expected. Any rewards and incentives are based upon adhering to the above points and are at discretion of the placement and BRAVO personnel.

Thank You

No matter how small your contribution to your local community every little helps in terms of supporting clubs, groups and organisations. Thank you for volunteering, your time and efforts are really appreciated and ultimately will make a massive difference to the lives of others!

