

June 2023 News from Volunteer Centre Sutton

From: Volunteer Centre Sutton (hello@vcsutton.org.uk)

To: achasutton@yahoo.com

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MONTHLY ROUND-UP

www.vcsutton.org.uk



**We're the go-to people for
volunteering in Sutton**

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vcsutton.org.uk/organisations

Volunteer Coordinators' Forum

Making the most of summer, the Volunteer Coordinators' Forum, is visiting some of our more outdoor based organisations. At the last one in May, we visited Sutton Community Farm. Sonia Cropper, kindly shared her insider tips for their successful Crowdfunder and gave us a tour of the farm including showing their exciting new stone fruit crop growing (in the second photo).



Our Volunteer Coordinators' Forum is held most months with a different topic each time. It is a friendly and informal group for anyone working with volunteers to come and share, learn and help one another. Come and join our next one.

Our next Volunteer Coordinators' Forum

Downlands Partnership / Old Lodge Farm, Telegraph Track Wallington, SM5 4AZ

A friendly network open to ANYONE working with volunteers. Share, learn, and help one another.

Topic: Volunteer Conflict & Farm Tour
Wednesday 28th June
9.30 am for 10am start - 11.30/12pm finish

previously...

Please RSVP by noon 26.06.23
Natashablok@vcsutton.org.uk

Registered charity 1048978

June Volunteer Coordinators' Forum:

Wednesday 28th June 2023

9.30am for 10am start -
11.30am/12pm finish

Volunteer Conflict and Farm Tour
Downlands Partnership, SM5 4AZ
In person only

To book a place, please email Natasha Blok
at natashablok@vcsutton.org.uk by noon Monday 26th June.

Next Forum - get the date in your diaries

Tuesday 18th July (am) ~ Volunteer 'Flash Mob' Experience & tour ~ Hill House & Garden, St Helier, Carshalton SM4 6BL, hosted by Community Action Sutton.

Promoting your volunteering opportunities

If you would like your organisations' good news stories and volunteering opportunities to feature in our July newsletter, which goes out to around 4000 residents, please send your text and photos to Natasha
at NatashaBlok@vcsutton.org.uk by Monday 26th June.

Here was our last bumper newsletter in June including our Volunteers Week thank you to all the volunteers across the Borough. It also includes the answers to the St Raphael Hospice's competition from our Sutton Volunteer Showcase.

If you would like to see the newsletters that go to volunteers, **sign up here**.





**YOU ARE INVITED TO JOIN US IN
CELEBRATING
VOLUNTEER CENTRE SUTTON**

Staff, trustees and Volunteers are looking forward to sharing our Impact for 2022-23

THURSDAY 6TH JULY 2023 | 2:00 - 4:00 PM |
MARKET HOUSE, 216-220 HIGH STREET,
SUTTON SM1 1NU

RSVP: HELLO@VCSUTTON.ORG.UK



Impact Event Invitation

Our annual event to celebrate the impact of Volunteer Centre Sutton and let you know what we achieved last year, is set for Thursday 6th July 2-4pm.

If you are interested in joining, there are only a few spaces remaining, please contact

hello@vcsutton.org.uk.

Community Support

Form Filling

Many local residents often feel overwhelmed when faced with the task of completing essential forms required to access benefits.

Volunteer Centre Sutton is collaborating with Citizens Advice Bureau and the Together for Sutton partnership.



Credit: ©creativecarole.com

Together we are developing a volunteer project aimed at connecting willing volunteers with residents in need. These dedicated volunteers will provide assistance in completing the necessary forms, ensuring that individuals can access the benefits they are rightfully entitled to. If you're interested in participating, the first training session will commence on July 12th, with

additional sessions planned for the future.

For more information, please contact sandralewis@vcsutton.org.uk.



Community Volunteer Squad

This new project connects local volunteers with residents in need, to perform basic, one-off, 'helpful tasks'. There are many local residents who need some extra help from driving or fixing items, to one off gardening.

Our first completed task was the wonderful volunteer Steve, who helped Sue, a local lady, who needed two wardrobes taking apart and away. She was *“absolutely delighted, really quick and efficient and a very nice chap”*.

If you would like to **learn more including a video explaining how it works, click here.**

Ukraine

vcsutton.org.uk/ukraine



Volunteer Centre Sutton's Saturday Morning School **Ukraine project** has become a vital cultural hub, engaging 50 children every week. Despite difficult times, this initiative has thrived, thanks to the support of the community and council funding.

In recognition of their efforts, a special ceremony took place on 7th June at Sutton Central Library. Over 30 attendees gathered to express gratitude and presented council leader Ruth Dombey with a commemorative photo of the children, symbolizing their appreciation.

The Saturday Morning School's success demonstrates the power of community and the preservation of culture. It not only enriches young minds but also strengthens the bonds within the community.



To find out more please contact nataliyasemchyshyn@vcsutton.org.uk.

Community Health vcsutton.org.uk/community-health



Our Community Health project, in partnership with NHS South West London Integrated Care has been busy. Our voluntary Health and Wellbeing Navigators have been doing an amazing job to make a positive impact on our community's health and well-being. The volunteers have been conducting health checks for residents, ensuring that everyone had access to vital health information and helping them access the NHS app. This is a crucial role in tackling health inequalities in our area and making it easier for residents to manage their health and access essential healthcare services.

[To find out more click here.](#)

Youth Engagement

On 15th June, the first Sutton Youth Board meeting took place at **LexisNexis Risk Solutions**, bringing together a diverse and representative group of young people from the Sutton community. The meeting is the culmination of the previous year's work carried out by the **Young Commissioners** and through wider youth engagement activities. At the meeting, the young people explored a code of conduct for board members and looked in more detail at the engagement work and feedback around the priority area of safety.



Following on from this meeting a number of recommendations will be brought forward to strategic partners such as the schools, the Council, the police and the NHS.

If you'd like to know more of what was covered, [click here.](#)

The next Sutton Youth Board will take place in September. If you'd like to know more about this work, please contact jennybatt@vcsutton.org.uk



vcsutton.org.uk/young-commissioners

Part of Volunteers Week in June was celebrating **#iWill Power of Youth Day**. A perfect time to celebrate the remarkable efforts of **Sutton's Young Commissioners** — a dedicated group of young volunteers who are shaping their community, amplifying the voices of their peers, and inspiring positive change.



[Read more here.](#)

 vcsutton.org.uk/maps



We are delighted to announce our MAPS Ukraine mentoring is up and running. We have been funded to give mentoring to young people aged 12 -18 from Ukraine.

Many children fleeing the war have found safety in Sutton. Our MAPS Mentoring non-judgemental, non-advisory approach gives them a safe space to explore their worries and help empower them to define their own path forward.

[Find out more about MAPS Mentoring...](#)



vcsutton.org.uk/sutton-befrienders



We've come to the end of our second series of **Music & Movement** sessions which ran in May and June and proved hugely popular.

Funded by Comic Relief, and hosted by **Brio Button House**, these welcoming and accessible sessions were led by two volunteers, Mary and Issy, both with experience as dance teachers. They used fun, upbeat music and gentle dance moves to bring people together and encourage social contact.

"I have been on my own for 10 years and it has been lovely to meet new people who have so friendly, I would like to thank the people who have given up their time to make me feel so happy." ~ One of our happy movers.

Read more...



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