

Welcome to your very own newsletter

Hello and welcome to your 'Volunteers' newsletter. You are receiving this because you are registered as a volunteer at Future Directions CIC. We hope that you are doing well during this difficult time and that you and your loved ones are safe and well.

Understandably during the evolving coronavirus pandemic, many of our volunteers have taken a step back and have temporarily stopped volunteering. For some this will have been a personal choice, while for others, a necessary decision in order to keep both you and the people we support safe.

We're slowly but surely starting to see a small sense of normality beginning to return to our lives, and as lockdown restrictions are lifted, here at Future Directions we are taking a slow cautious approach to ensure that we keep everyone safe.

We know that this is an unsettling time for us all and many of you may be feeling concerned or anxious about the future and life after lockdown. The purpose of this newsletter is to keep in touch with you and assure you that we are always looking at new ways to support our volunteers.

You are all a big part of Future Directions and enable us to live out our values to make a positive difference to the lives of the people we support.

Stay safe and stay in touch,

Jenny Neville
Volunteer Co-ordinator

Stay safe and be creative

The last few months has been a time of change for all of us, and has forced us to work in different ways. Technology has enabled many of us, including people we support, to stay connected during lockdown. Online events such as arts and crafts sessions, quizzes and singalongs via Zoom have been really popular.

One of our values is to be creative and we are always looking for new ways to enable people we support to stay connected in different ways. If you have any ideas about how you can share your talents and skills differently please let me know and we can look at making it happen.

Alternatively, we have other opportunities for you to get involved whilst staying at home.



A Call for Funky Face Coverings

Would you like to help a worthwhile cause? Do you have spare time and sewing skills?

If you can make funky face coverings for the people we support with learning disabilities, mental health needs or autism spectrum conditions and their staff, we would like to hear from you.

We support people across the North West of England and supply PPE [Personal Protective Equipment] to our staff whilst at work. For the people we support we are desperate for face coverings, so they can go out and enjoy their local community safely. It also means they can travel to the next town or workplace on public transport.

You can help us in any way possible, such as volunteering your time to help. Also providing fabric and sewing funky face coverings. If you are interested, please contact

joanne.brockway@futuredirectionscic.co.uk
or via Facebook Messenger.



Get Social

Remember if you are on social media, follow us on Twitter and Facebook to keep updated with our latest news and activities. It's been great to see how creative our teams and people we support have been during lockdown and how they have been keeping busy.

Find us on

Facebook: FutureDirectionsCIC

Twitter: @FDirectionsCIC

Instagram: future_directions

Website: www.futuredirectionscic.co.uk

Staying safe and positive

There are lots of resources to help you be active and stay positive. During this difficult time, we know that it can be hard and affect us all in different ways. Please remember to look after your health and well-being.

We have lots of useful information and advice that we have been sharing with our teams. If you would like to access this please let us know and we can send it to you.

Top Tip of the Month

Have a Dance Party

How can you not resist a dance party, a good excuse to listen to some cheesy music like *Cha Cha Slide*, *Agadoo* or that song which reminds you of your last holiday? Just put on your favourite tunes and dance away. Whether you prefer soul music or '60s and '70s golden oldies. it is your choice.



If you wish to suggest any more top tips for our Top Tip of the Month, send an email to Stuart Vallantine on stuart.vallantine@futuredirectionscic.co.uk or Jenny Neville on jennifer.neville@futuredirectionscic.co.uk.

How are we doing?

Could you help us to improve what we do and the way we do it? If so, we would love to hear from you. Your views and experiences are so important to making sure we get things right. This is a great time to reflect on what we have done in the past and make sure that we move forward in the right way.

Introducing our Virtual Coffee Morning



Who doesn't love a good chit-chat over a cup of coffee? Just because we can't get together and meet face-to-face, doesn't mean that we can't come together virtually. That's why we've decided to host a Virtual Coffee Morning for our volunteers via Zoom.

It'll be a chance to catch up and meet other volunteers. So grab a tea or coffee, and come along for an informal chat. We haven't set a time and date yet as we want to work around what is best for the majority of people. If you would like to come please contact Jenny and we will send you the details to join.

Finally...

In the coming weeks and months, as lockdown is eased further, if you have stopped volunteering with us, we hope to welcome you back in your role. As valued volunteers, we would like to take this opportunity to thank you for your continued understanding and support. Please take care of yourselves and each other, we really hope we will see you again soon.

If you would like to contact us we would love to hear from you. Please contact Jenny Neville our volunteer coordinator on **07791 505694** or email jennifer.neville@futuredirectionscic.co.uk



The Volunteer

Is a free newsletter given to everyone who is a volunteer with Future Directions CIC, which is published at their Marle House offices in Chadderton.

If you no longer volunteer for us or do not wish to receive any further newsletters please let us know.

Articles and Photographs: Jenny Neville

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