

MILLENNIUM VOLUNTEERS

WHAT'S IT ALL ABOUT?

Are you between 16 and 25?

Do you help out anywhere in any way?

If you volunteer your time you can get Nationally recognised Awards which are a great way to boost your CV or Profile and can really help in getting a job or getting into training.

Millennium Volunteers is a UK wide scheme which in Hull is operated by the CVS (Council for Voluntary Service). They can give you Awards for 100 and 200

hours of voluntary work.

CVS can guide you and help you to choose from over 200 different jobs which you can do as a volunteer. With such opportunities you do not get paid, but you can claim expenses, develop really useful skills and experience which you would not get anywhere else, and often get lots of free training.

How do I join?

You need to register by completing a simple form. When you register you get a FREE T-shirt and shoulder bag, and you are then eligible for FREE monthly prize draws, trips and other goodies. CVS can help you to find a volunteer placement or if you are already helping out somewhere you just need to keep a record of how many hours you do.

After completing 100 or 200 hours you are invited to a celebration event, a free night out at which you will be presented with your MV award.

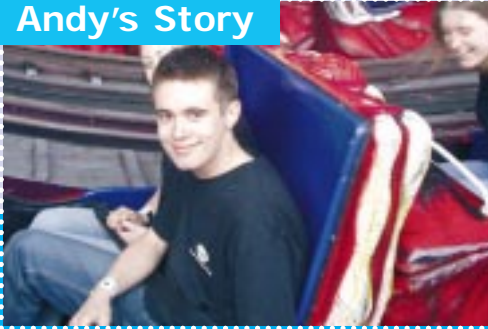
**Contact the
MV Team at Hull CVS
Tel: 01482 324474**



**Hornsea Millennium Volunteers
receiving their awards.**

CASE STUDY

Andy's Story



When my friends and I were asked if we were interested in becoming a Millennium Volunteer and completing 200 hours of voluntary work in the local community, we saw it as a huge, daunting task that we would probably be unable to complete. We couldn't have been more wrong!

When signing up to MV we learned straight away that voluntary work is not all making cups of tea for old ladies and helping people across roads! I spent my time in helping to set up a Young Person's drugs forum in Beverley, offering drugs awareness to youth groups; helping out in the community ward at the local hospital; campaigning to win a minibus and even giving blood! So long as you are giving up your time, unpaid, for the benefit of the community (or people in the community), then it can be recognised and the hours counted in your log book.



MILLENNIUM VOLUNTEERS

Other MVs gain hours by helping coach at their local sports clubs; at the disabled sports scheme; helping during summer play schemes; doing environmental projects; school plays; Rock Challenge; helping in youth clubs; website design; media work; Children's University. One group in particular has spent many hours campaigning for a skate park in Beverley, another thing that will help eradicate the stigma that Young People just stand on street corners, hurling abuse and not thinking about the community in which they live.

Perhaps the most appealing thing to me about MV, apart from using my experiences gained through the volunteering to help get a place at university next year, is that they listen and take on board our suggestions and offer rewards/incentives to help boost our hours. Last year we went to Blackpool Pleasure Beach for a sponsored 'White Knuckle Challenge' and for those needing a boost to get to either 100 or 200 hours this year, a group of us are organising a similar trip to Alton Towers this summer. There have also been DJ competitions, trips away and an Awards Ceremony in London where we met Radio One's Trevor Nelson.

Who says volunteering can't be fun?!!

If you are interested in becoming a Millennium Volunteer in the East Riding, please contact: CSV Media North (Millennium Volunteers Project), 26-28 Lairgate Beverley HU17 8EP

Tel: 01482 880818 Email: awatkins@csv.org.uk