

We have a range of opportunities for people of all ages and interests to give something back to your local community. You could help to hold **arts and crafts** activities for young people or the elderly at local care homes; **carry out research** into local heritage or get hands-on in helping to look after your local environment with **our practical conservation volunteering** team. We also have an exciting programme of **free training** courses, ranging from traditional crafts and skills to wildlife surveying & monitoring and first aid training, so why not come along and develop your skills and interests? Contact Honia (**HD**) or Karen (**KC**) for more information (the initials refer to the lead person for each project- see contact details at the end).

Updates from activities

A roundup of the volunteer activity over the past few months:

Our volunteers have been very active over the past few months and have taken part in a number of activities and events, including:



- A Balsam Blitz, to help eradicate the invasive Himalayan Balsam plant as part of the Tees Invasive Non-Native Species project. We have cleared a huge amount of balsam over the summer, a big thank you to everyone who took part in the Blitz!
- Wild flower meadow raking in Romal Kirk as part of the Lost Landscapes project.
- Carrying out bat surveys around Barnard Castle.
- Carrying out various ecological surveys at a local nature site as part of the Kennedy's Ponds project.
- Malcolm Birtle from the Darlington & Teesdale Naturalists' Field Club gave a fascinating talk on the flying insects of Teesdale in July.

The Forgotten Spa Walk for the Heritage Open Days 2014

Many thanks to our volunteers Andrew and Michelle who helped with the research and guiding the walk. We have received lovely feedback from the participants and managed to find the mysterious spa.

"A great walk with a difference, very informative and well led"



We'd like to further the research for this walk so please get in touch if you're interested!

Cotherstone Sheep Race and Bowes Show

Volunteers helped with the prep work for these two events. Our stalls offering willow weaving activities led by Anthea Firth proved to be very popular.



Office volunteers

Our office volunteers Jamie and Andrew continuously support a range of events by producing posters, maps, preparing displays and undertaking research.

Dementia Awareness Training

The Alzheimer's Society ran a Dementia Awareness Training for the YMCA volunteers. We hope this will further inspire their work with the Care Homes' residents.

Upcoming Volunteering Opportunities

Practical conservation volunteering tasks:

Tuesday 30th September 10.30am-2pm:

Footpath improvement works along the Teesdale Way at Low Shipley, near Cotherstone. Meeting at the riverside car park in Cotherstone.

Saturday 4th October 10am-3pm: Footpath improvements works at Startforth. Meeting at the layby off the B6277 at Startforth, opposite River House & Startforth House.

Wednesday 8th October 1.30-3.30pm: Pond clearance at Kennedy's Ponds, Cotherstone. Meeting at Cotherstone Village Hall. Waders provided!

Wednesday 15th October 10.30-2.30pm: Rhododendron clearance & burning at Romalldkirk. Meeting on the Village Green.

Wed 5th November 10am-3pm: Footpath improvements at The Hagg, Cotherstone. Meeting at the riverside car park.

No previous experience necessary. All tools provided; please wear suitable outdoor clothing and sturdy footwear. **KC**

Heritage and other opportunities:

Traditional Farm Buildings Survey Project

Jen Deadman, a Historic Building Consultant, is now leading the project. She will provide full training and ongoing support to volunteers to carry out surveys within the Heart of Teesdale area. If you are interested in helping out please come along to the following events: **HD**

Information Days:

Tuesday 7th October, 10am-1pm

St Mary's Parish Hall, Barnard Castle
or

Saturday 10th October, 10am-1pm

The Witham, Barnard Castle

Hands-on training sessions:

Saturday 25th October, 9.30am – 3.30pm

Romalldkirk Reading Rooms
or

Sunday 26th October, 9.30am – 3.30pm

Romalldkirk Reading Rooms

Increasing Access Workshops

Monthly, Tuesday evenings at 6pm

Help and support local care home's residents at a variety of craft and wildlife workshops.

Guided walk leaders

We are looking for volunteers to research and lead a variety of walks. For the Heritage Open Days this year we led a successful walk from Barnard Castle to a forgotten Spa mentioned by Richard Garland in his Tour of Teesdale in 1813. Now we'd like to further the research. Please get in touch if you are interested. **HD**

Music at the Heart of Teesdale

The project is looking for a new newsletter editor that will also take the lead in establishing a social media presence for the project. **HD**

Upcoming Free Events

To book on any of these events please contact Susie Lane on 03000 264 903 or email Susanne.Lane@durham.gov.uk

Fungal Foray in Flatts Wood

Saturday 11th October 10.30-12.30

Meeting at Scar Top

Join us for a walk through Flatts Wood, discovering the fascinating world of Fungi. Led by Gordon Simpson from the Darlington & Teesdale Naturalists' Field Club. All ages welcome.

Woodcarving workshop

Saturday 18th October, 9.30am-5pm

Winston Village Hall

An experienced tutor Alan Suddes from the British Woodcarvers Association will teach basic carving techniques. Each participant will carve a simple leaf in relief. All tools will be provided.

We are now fully booked but are planning to run another workshop next year please get in touch if you are interested.

Social Media Training

Saturday 22nd November, 9.30am-12pm

Teesdale School, Barnard Castle

Find out how social media works and how to make it work for you. No previous experience is required but if you have some and wish to learn more it is ideal for you too. Led by Emma Hignett - a public relations consultant and a voiceover artist.

VOLUNTEERING CONTACTS

Karen Collins (KC)

Volunteering Officer - Green & Environmental Issues 03000 260835

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Honia Devlin (HD)

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www.heartofteesdale.net/volunteering

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