

We are looking for people to join our new team of volunteers



THE LOVE HEARTS

As a 'Love Heart', you will work on our new Hearts and Minds project.

Hearts and Minds is a fun, inspirational and high energy project funded by the British Heart Foundation.

You will work with the project staff to develop and organise the programme:

Reggaerobics Meets Zumba

Enjoyable classes for people who want to get back into or increase their level of physical activity

Come Nyam Wid Me

Promoting and being a dinner guest at our Caribbean cookery demonstrations and dining events

Distributing Resources

Visiting community centres and spaces, events, barbers, hairdressers, shops and business to give away Caribbean recipes and resources to the community

Caribbean Carnival and Hearts and Minds Conference

Representing the BHF and the African Caribbean Health Network at Nottingham's Caribbean Carnival and the Hearts and Minds community conference

Hearts and Minds: The Movie

Be part of our film crew – on the screen or behind the scenes

Community Training Opportunities

Help to organise and promote training opportunities for local people



Who can be a Love Heart? Do I need special skills or experience?

We need people over the age of 18 who are able to volunteer their time in Nottingham.

This year the Love Hearts will be working closely with the African-Caribbean community so we are looking for volunteers who are comfortable with working with this community.

Enthusiasm, reliability and a willingness to have a great time volunteering are the only other requirements. You will develop lots of useful skills and experience on the project.



How much time do I need to give?

We need people who can volunteer on a regular basis. On average this will be one or two sessions a week. This might be mornings, afternoons or evenings – depending on your availability.

What's in it for me?

- Satisfaction in knowing you are helping others
- Increased confidence
- Opportunities to improve your own heart health
- Learn new skills and develop existing skills
- Training in community researching and reporting
- Training in the BHF Healthy Hearts Kit
- Training in emergency life support
- Assistance to access courses of your choice
- A work reference (if required)
- Opportunities to influence local and national agendas
- A BHF goody bag
- A Bright Ideas goody bag
 - topped up for every month you volunteer
- All out of pocket expenses
- Refreshments

For more information about becoming a Love Heart, please contact Lorna at Bright Ideas. She will arrange for the Love Hearts coordinator – Christine, to get in touch with you.

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www.thelovehearts.wordpress.com