

## Information for Volunteers at Vitalise Churchtown



**Thank you for your interest in volunteering with us at Vitalise Churchtown.**

Churchtown is an Activity and Resource Centre for people with physical and learning difficulties. We provide activity holidays and day services for people of all ages and abilities. We also provide a well-deserved break for carers and families. Self catering opportunities are also available.

### Your role

As a volunteer you are a vital part of the daily running of our Centre, and will be asked to work alongside different members of the team. You might get involved in the following ways:

- Supporting people who attend our Resource Centre to fulfil their potential through a variety of person-centred daily activities.
- Supporting the instructors who lead the various adventurous activities. Activities we offer include water days (power boating/canoeing); an adventure/assault course; moorland, coastal and seashore explorations; night hikes and overnight camps.
- There is a small working farm on site, run by our Resource Centre, where there are always plenty of tasks to get involved in.
- We have our own nature reserve, maintained by our grounds person who is always grateful for support. Working alongside the grounds person you will be able to find out more about the reserve's biodiversity and natural habitats.
- The heart of every Vitalise Centre is the kitchen (!) and volunteers support our chefs by helping to serve meals and, of course, clearing up afterwards. We can also teach you how to make a proper Cornish Pasty!
- Volunteers are also asked to help with changeover day (when new guests arrive and current guests depart) and with the general housekeeping and upkeep of the Centre.

As you can see, there are a great deal on offer at Churchtown. We do not expect you to be an expert in any of these areas but there will be opportunities for you to develop, learn new skills and have fun. What is most important to us is that you are highly motivated and passionate about supporting people to achieve their potential, and prepared to take an active role in the daily running of the Centre.

### Useful information for your stay with us

**Accommodation:** Volunteer accommodation is situated in the Cottage close to the Centre. Rooms have single beds; maximum number of beds in each room is four.

**What to bring:** Please bring with you towels, comfortable and sturdy shoes (e.g. trainers), Wellington boots, warm jacket, sun cream and a hat. The shoes and boots do not need to be expensive but ones that you are comfortable with.

You will also need to bring with you a returnable deposit of £10.00 for your room key.

### **Arrival times**

Volunteers should arrive on a Wednesday and should be at the Centre by 12.30pm so we can make sure that you are settled and have started your induction into Centre life.

Please contact the Centre, before you arrive, with your arrival time and any special diet you may have so that we may advise our catering team.

### **The local area and amenities**

As Churchtown is in a rural location, there is no public transport easily available. We try, as much as possible, to help out with transport when the groups go out on activities; we can stop near a bank or shops on most days.

Our local bank is Lloyds Bank in Lostwithiel, about ten minutes away by car. Our closest local shops are here too. Other banks, bigger shops and supermarkets can be found in St. Austell and Bodmin which are about twenty minutes away by car.

Lanlivery village has a church and there is also a pub next door to the Centre. In an emergency, the pub has a cash machine and withdrawals can be made for a small charge.

### **Public transport**

To access information on coaches, trains and buses visit [www.traveline.org.uk](http://www.traveline.org.uk)

Our local train stations are Bodmin Parkway, which is about twenty minutes away by car, and Lostwithiel, about ten minutes from the Centre. Coach stations for National Express Coaches are also in Lostwithiel and Bodmin.

Our nearest airport is Newquay, about thirty minutes from Churchtown. Information can be found at [www.newquay-airport.co.uk](http://www.newquay-airport.co.uk)

Phone numbers for local taxi companies: Yeo's Taxis – 01726 814 095 (useful if you arrive in Lostwithiel); Parnells Taxis – 01208 78788 or 01208 75000 (useful for the Bodmin area).

### **Medical and health information**

We have an excellent doctor's surgery in Lostwithiel. Appointments can usually be made for the same day. EU and certain other countries have a reciprocal agreement to cover healthcare for some medical conditions, so you do not have to pay for appointments. It is important to check before you travel whether you will need to pay and, if you do, take out the necessary medical insurance cover.

We look forward to welcoming you to Churchtown and hope you enjoy your stay with us.

### **The Churchtown Staff Team**