



## West Kent Volunteer Centre

It's that time of year again... family gatherings, work parties, twinkling lights, gaudy decorations, presents, yummy food and general Christmas cheer. If you have a little time to spare during the Christmas season, then read the next few pages to find out about seasonal volunteering opportunities.

It's also a wonderful time to share what you have with others. It doesn't have to be money... here are some other ways to support your local community

- \* Give food items or toiletries to a foodbank (there are often collection points in your local supermarket)
- \* Buy a hot drink for someone who is homeless this winter
- \* Give pet food and treats, blankets, towels and newspapers to an animal rescue (check their website to find out what they need)
- \* Donate clothes and toys to a charity shop
- \* Send a card to a sick child (see the Postpals details on page 4)
- \* Make cakes and decorations for the residents of a care home
- \* Help out at a church or school Carol Service



And to really get into the Christmas spirit and have a great December, download or make up your own kindness advent calendar. By Christmas day, you'll feel great and will have helped others along the way. Here are a couple of our favourites...

<http://maketodayhappy.co.uk/act-of-kindness-24-kindness-advent-calendar/>

<https://www.familiesonline.co.uk/seasonal/christmas/christmas-kindness-advent-calendar>



Give the gift of Christmas! Hundreds of adult international students studying in the UK will be facing a lonely Christmas on a deserted University campus. You can welcome one or two students into your home for four days at Christmas, learn about their culture, show them your local area and traditions, and invite them to experience your own home life.

Volunteer hosts invite students to visit for a few days at Christmas so the student can experience 'real' Britain, away from university and heavy tourism, and so the host can meet new people and learn about diverse cultures from around the world.

Choose how many people you invite (individuals, pairs or families) and if you would like to meet someone from a specific country. Students and hosts will be matched on interests and availability by a Regional Organiser (RO) who will also help you sign up.

There are no specific expectations from a host visit, other than the student should be made to feel part of your family for the short time. Hosts can show their local area, visit friends, attend local events, or just spend time chatting. This is not a tourism opportunity for the student and hosts are not expected to act as 'tour-guides'.

Minimum of four days (24<sup>th</sup> December evening to 27<sup>th</sup> December morning/afternoon).

So, if you'd like to enjoy an unusual and rewarding activity, meet new people and travel the world on your sofa, get in touch with HOST...Kimberley Brough at [marketing@hostuk.org](mailto:marketing@hostuk.org) or 020 7739 6292.



Marie Curie are looking for some lovely volunteers to help spread festive cheer at our Christmas Collections in Tunbridge Wells.

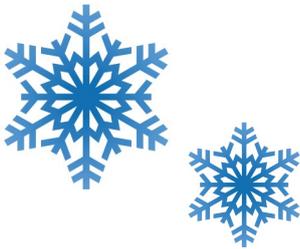
The Collections are:

Friday 9th December and Saturday 10th December at Pembury Tesco

Friday 9th December and Saturday 10th December at Tunbridge Wells Tesco Metro (Grosvenor Rd)

If you are able to help with any of these collections please do get in touch with Georgia on [Georgia.paton@mariecurie.org.uk](mailto:Georgia.paton@mariecurie.org.uk) or 01883 832 626.

Alternatively you take a look at our collections and sign yourself up to a shift on our website [www.mariecurie.org.uk/collections](http://www.mariecurie.org.uk/collections)



St Augustine's are again providing a free Christmas Day Dinner for the Homeless, Needy and Lonely in Tunbridge Wells.

They have plenty of helpers for the cooking and serving the meal but need a few drivers to collect guests at about noon to take them to the Age UK Hall, Wood Street (off Camden Road) and return for them at about 2pm.

Contact: [p.querstret@btinternet.com](mailto:p.querstret@btinternet.com)





## We Want You!

We are seeking enthusiastic and pro-active volunteers who can support RBLI in a range of ways leading up to Christmas. We have a variety of tasks available, ranging from giving weekly support to one off ad-hoc opportunities.

Including providing support at our Christmas events, selling Christmas cards at local festive markets or in your community.

So get your Christmas hat on, bust out that festive cheer, and do something great this season to help those in need!

Get in touch to find out more.

[volunteer@rbli.co.uk](mailto:volunteer@rbli.co.uk)

01622 795924



Registered Charity: 210063



Get the whole family involved and spread some Christmas cheer by sending a card, letter, email or little gift to a seriously ill child or their siblings in the UK. It couldn't be easier for anyone of any age to get involved, requires no commitment and costs only a stamp and 5 minutes of your time.



<http://www.postpals.co.uk/>



**Save the Children**



# Born to Read

Save the Children recently launched their report: **Untapped potential: How England's nursery lottery is failing too many children** on support for early child development.

There has been wide media coverage on this issue including [the Mail](#), [the Sun](#), [Sky News](#), the Times, Good Morning Britain, [the BBC](#), [the TES](#), [the Guardian](#) and [the Mirror](#).

If a child is already behind in their development when they start primary school they are more likely to be behind not just throughout school, but for the rest of their lives.

If you are interested in volunteering on our literacy programme Born to Read to support children in primary school that have fallen behind in their language and literacy development you can find more information [here](#).



# Care Navigators Kent

Looking for some office experience or to use your existing skills? Confident with computers and talking to people on the phone?

The Imago Care Navigator team in Kent are looking for a volunteer to carry out evaluations with clients over the telephone, record comments and update spreadsheets. This is a greatly valued service and collecting feedback helps develop and improve future activities.

The volunteer will be based at the Care Navigator Sevenoaks office and full training is provided. We anticipate the role will require a commitment of 2 half days per week.

For more information, contact [sharon.overy@imago.community](mailto:sharon.overy@imago.community) or phone 01892 530330



Could you support young carers to have time for themselves and socialise with their peers? Kent Young Carers support children and young people who look after somebody in their family who has an illness, disability, mental health issue or substance misuse problem. Staff and volunteers at Chill Clubs support the young carers to come together in a social setting to have fun, learn new skills, and make friends; Chill Clubs meet in the early evening once a month in Tonbridge, Tunbridge Wells, Sevenoaks and Maidstone.

Activities include cooking, sports (especially football), games, arts and crafts, workshops and music. You may have a particular skill or hobby that you could share with a small group... maybe you knit, sing, bake or make model aeroplanes!

The main focus is on the young carers (aged 5-18 years) having fun, meeting new people and receiving respite from their caring responsibilities.

For more information, contact [sharon.overy@imago.community](mailto:sharon.overy@imago.community) or phone 01892 530330



**LOOKING FOR WORK or something to do?  
LOOKING TO BOOST YOUR CURRENT CV?**

Get valuable experience & make a powerful difference

**VOLUNTEER ALL ROUNDERS INTERESTED IN LEARNING NEW  
SKILLS AND MEETING NEW PEOPLE**

**We need**

- Dynamic fun loving people with patience, drive and enthusiasm.
  - Keen to learn all aspects of pricing, sorting and till operation in a successful charity shop.
  - Experienced, confident people with the ability to help keep the shop fully stocked, clean and presentable.
  - Team players who work well with all kinds of people and use creative intelligence and initiative.
- Preferably be available to work during bank and school holidays.

Dynamic, inclusive, accountable, confident.

Experienced in customer service.

**In Return You will receive**

- Full training and support.
- Lunch allowance when working a full day, travel expenses if from out of town (within reason).
- Excellent work experience.

The chance to work for a leading charitable organisation  
and make a powerful difference to peoples lives.

**This is a volunteer role and is not paid.**

**CONTACT: KARINA ROBERTS**

[oxfamshopf4336@oxfam.org.uk](mailto:oxfamshopf4336@oxfam.org.uk) or call 01892 542836



### **Community Advocate Volunteer**

#### **Assert Advocacy (part of Kent Advocacy)**

Role: Community Advocate – Volunteer part-time

Salary Grade: Volunteer

Location: Maidstone

Hours: Negotiable – Ideally 1 day per week or 2 half days per week

Assert is a small team of advocates working as a project within the MHR Charity and part of the Kent Advocacy partnership. We provide high quality advocacy and IMHA services to individuals affected by mental health problems, in acute inpatient settings, forensic units and the community of Maidstone, Dartford and West Kent. We currently have a vacancy for a **Volunteer Community Advocate** working specifically in the Maidstone area. This is an excellent opportunity to gain valuable work experience and join a reputable community health project that makes a positive difference to people lives. Training will be provided so a willingness to undertake specific advocacy training is essential.

You'll need to be self-motivated, committed and able to work using your own initiative, as well as having good organisational and communication skills. The job will require community advocacy in Maidstone and the surrounding area, plus advocacy / administration support in the Maidstone Office.

The role involves accompanying qualified advocates to client visits and taking notes, transferring the notes to a central database, assisting advocates to gather information, making telephone calls, carrying out research and some general administration duties. Hours are negotiable but it is hoped a commitment of 1 full day or 2 half days will be provided.

Own transport is desirable and ability to travel using public transport is essential.

We are committed to equal opportunities and promoting diversity, and encourage applications from all sections of the community. Enhanced DBS will apply.

Further details and role description available from Mrs Leigh Attwood, Office Manager – [leigha@twmhr.org.uk](mailto:leigha@twmhr.org.uk) .

**Closing date:** 15<sup>th</sup> December 2016.

**Burrswood**  
Health and Wellbeing



## Volunteers Needed

We believe in a holistic approach to health and provide health services and wellbeing activities that relate to all aspects of a person's life; mind, body and spirit.

Our volunteers support staff in a variety of different roles from administration to flower arranging.



Make a difference  
Make new friends  
Gain new skills  
Enjoy our peaceful and relaxing grounds

**Find out more!**

Contact Haritha Pattabhi  
(Voluntary Services  
Co-ordinator)

on

01892 863637 or

[haritha.pattabhi@Burrswood.org.uk](mailto:haritha.pattabhi@Burrswood.org.uk)

*Transforming lives through whole person care*

**Burrswood, Groombridge, Tunbridge Wells, Kent TN3 9PY**

**[www.burrswood.org.uk](http://www.burrswood.org.uk)**

Merry Christmas and a  
Happy New Year  
from everyone at  
West Kent Volunteer Centre  
and Imago



To find out more about volunteering in your local community, please get in touch. We offer one-to-one support to find the right volunteering opportunity for you



@Volunteering\_WK



VolunteeringWK

[volunteering@imago.community](mailto:volunteering@imago.community)

01892 530330

[www.imago.community](http://www.imago.community)