

West Kent Volunteer Centre

Autumn is turning out to be crazy busy and is speeding by at great pace. People are beginning to mutter in corners about Christmas plans and present shopping!

But there's plenty to do before then and if you're wondering what to do with those few hours you have spare, or more aptly, those precious hours you have to invest in yourself and your community, there are plenty of volunteering opportunities in west Kent.



This edition of the newsletter is packed full of ways to volunteer. Here are some other ways you can find out about volunteering in your local area:

- Search using your postcode and select your interests in the advanced search function at www.do-it.org, the national volunteering website
- Aged 11-25? Look for youth volunteering opportunities at <https://vinspired.com/volunteer>
- Want to use your professional experience to help a charity? Check out www.reachskills.org.uk and <https://volunteer.linkedin.com/>
- Look in local newspapers and free magazines for charity and community group shout outs for volunteers
- Look out for leaflets in your local library, community centre, church, etc...
- Check the website of your borough or district council for information about volunteering
- If there is a particular charity you are interested in, look up their website or give them a call.... they will be happy to hear from you



JOIN OUR VOLUNTEER TEAM at COGS Club

Groups for people with a Dementia

Supporting adults with a mild to moderate dementia in a cognitive stimulation group. The intention is to have fun throughout the day with mental & physical activities shown to improve or maintain cognition for the person with dementia including sounds, number games, team quizzes, word association & physical games.



**ARE YOU FREE
TO HELP
ONE-DAY
PER WEEK
9.30 a.m. –
3.30 p.m.**

**MONDAY – Maidstone
WEDS – Tonbridge**

If you are a caring person, with sensitivity towards and understanding of the needs of people living with a mild to moderate dementia, and their Carers, we would love to hear from you

**TO FIND OUT
MORE CONTACT**

**CROSSROADS CARE
KENT**

The Oast Orwell Place
170 Tonbridge Road
Wateringbury
Kent ME18 5NS

RING JEN 01622 817 114
jennifer.lane@crossroadswest.org

www.carerskm.org
Registered Charity No. 1073896

Volunteer admin roles available in our Tunbridge Wells head office

We're looking for people who love data entry! Accuracy is a key to this role

Also others who are confident on the phone and with basic computer programs

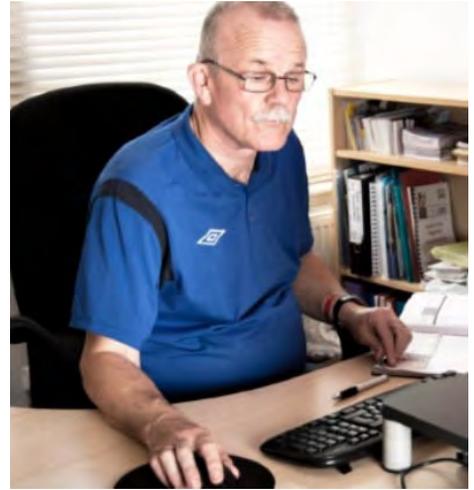
Flexible shifts

Full training provided

To find out more, contact

sharon.overly@imago.community

or 01892 530330



IMAGO

Kent Community Health



NHS Foundation Trust

Volunteer admin role

Cranbrook Clinic

Assist with general clerical and admin work for the Child
Health admin team

Filing, archiving and photocopying

Collating client information packs

For more information please contact:

Maria S Swaby

Voluntary Services Manager

01474 360508

maria.swaby@kentcht.nhs.uk

I'M A CHARITY SHOP



Could you be a volunteer shift supervisor?

We're looking for people with...

Retail experience

Great customer service skills

An awesome attitude

Join our amazing shop team in Tunbridge Wells

Contact sally.simms@imago.community

01892 530330



IMAGO

VOLUNTEERS NEEDED

Help make a difference to the lives of older people -
TO ACCESS THEIR RIGHTS AND ENTITLEMENTS.

Improve life - Gift your time to your community

Become a CROP Volunteer Advocate and help older people access what they need to know when faced with a problem and don't know where to turn to. With your support you can help with:-

- Accessing benefits
- Complaints
- Housing and accommodation
- Support /care services
- Grants to help with essentials/repairs
- Access local community services
- Help write letters and make phone calls
- Be a voice - listen - help seek out options

Helping older people to
make informed decisions—
to retain independence—
their choice—their life.



Volunteer Advocates visit clients in their own home, providing a face to face service, to help with any issue or problem they are struggling with.

VOLUNTEER ADVOCATES

Feel valued - Make a difference - Use your skills - Learn new skills

Induction Training - On-going Training - Full office support - Mentoring -
All out of pocket expenses paid

If you would like to know more please ring Debbie 01622 851200

Choice and Control



inspiring • supporting • caring

Be part of something amazing



Volunteer with us

Current opportunities in:

- Coffee Shop
- Charity Shops
- Events
- Fundraising/Marketing
- Social Media

**Work with a friendly and dedicated team
Training opportunities**

**For more details contact us on:
01892 822 168
suelawrence@pepenbury.info**

“ I volunteer to give back.
I'm so lucky and I felt the need to help others less
fortunate. I've been volunteering for 8 years and
Pepenbury is such a wonderful place.
I'd highly recommend getting
involved.”

Angela

Pepenbury is a Kent based learning disability charity that supports adults in full-time residential care, supported accommodation, day service activities and with support in the community.

www.pepenbury.info

Registered charity no. 307984



#WeAreAllUnique

Tunbridge Wells Cultural & Learning Hub

Could you be a Volunteer Ambassador?

Tunbridge Wells Borough Council and Kent County Council are working together to create a new Cultural & Learning Hub for Tunbridge Wells. This exciting redevelopment brings together in one conserved and modernised set of buildings the Museum & Art Gallery, Library and Adult Education and our extensive services of learning, information and engagement.

The Hub team are seeking ambassadors to volunteer their time, enthusiasm and skills to support a variety of events and consultation activities throughout the project.

This is a unique and exciting opportunity to not only gain professional experience in the cultural sector but you will also be contributing to the development of the new Tunbridge Wells Cultural & Learning Hub.

Shifts are flexible and volunteers must be over 18 years of age.

To find out more about this opportunity and the application process, contact Jasmine Farram, Project Co-ordinator on 01892 554171 or email jasmine.farram@tunbridgewells.gov.uk



RNIBs Technology Support Squad

is a UK wide volunteer force empowering blind and partially sighted people to get the most out of technology. Our volunteers provide one-to-one support, helping people with sight loss set up computers, tablets, smartphones, TVs and talking book machines, resolve IT problems and get online.



Supporting people
with sight loss

Tech Squad volunteers support people local to them, enabling blind and partially sighted people in their own communities to enjoy the multiple uses of technology in their everyday lives. This is a flexible role, with volunteers managing their own time commitment. We provide practical training in accessibility features of digital devices and general understanding of sight loss and technology. Complete our online application form to become an RNIB technology volunteer!

www.rnib.org.uk/volunteering/find-volunteering-opportunities-near-you/technology-and-digital-skills-support-0

Volunteer Mentors needed in KSS CRC Probation!

The Kent, Surrey and Sussex Community Rehabilitation Company provide a range of probation services for adult service users on community orders or licences. Our aim is **"to change lives and inspire public confidence by cutting crime"**.

Do you believe people make mistakes and everybody deserve a chance to change their life for the better?

If you are:

- **Empathetic** – able to understand their perspective;
- **Assertive** – able to help them make decisions and find routes of assistance;
- **Reliable** – to be there to help the Service User when agreed/required

If you think you have these abilities we need your time to help and support our Service Users to make positive changes to their lives, as well as your local communities. It is a challenging but rewarding experience and ultimately reduce the potential to re-offending.

You will spend time getting to know the service users, taking an interest in their lives, supporting them emotionally and practically through advocacy work and providing some consistency at a difficult time.

If you are thinking of starting a career in the criminal justice, substance misuse, debt, advocacy and counselling, this opportunity gives you the ability to gain new skills and an invaluable experience.

Or you may like to use your own personal experiences to help support others, or would simply like to give back the community whilst still learning new skills

Formal training is essential to enable you to provide the highest quality of mentoring. Future dates are: 30th November – 2nd December, then 24th – 26th February

The volunteer unit provides supervision to our volunteers and out of pocket expenses, including travel will be reimbursed

We require a commitment of two to three hours per week. The minimum age of applicants is 18 years, with the eldest volunteer at 82 years old. We consider applicants with criminal records, everyone can bring their own skills and life experiences to the role.

We require no formal qualifications, just an open mind and a desire to help others,

If this sounds like an opportunity for you, please contact the KSS CRC Volunteer Unit for further information on:

Tel: 01227 812 526

Email: Volunteer@ksscrc.scc.gsi.gov.uk

Volunteering **Maintenance Volunteer**



**We need some help in the upkeep
of our Sevenoaks Visitor Centre**



Join our volunteer team to help protect and preserve our wildlife

Registered Charity No. 238992. Company No.



**For more information visit
kentwildlifetrust.org.uk/volunteer**

Protecting **Wildlife** for the Future



Volunteer Vacancy Support Meeting Host Tunbridge Wells Group

Could you give 2-4 hours a month to host a local support meeting for people living with Motor Neurone Disease?

You'll be helping people living with MND, their families and carers, come together for friendship and support.

Full training and support provided.

To find out more please email:

Claire.tuckett@mndassociation.org
or phone 03453 751848

www.mndassociation.org Registered Charity No. 294354

Volunteer Vacancy Events Coordinator Tunbridge Wells Group



We are looking for someone with creative ideas about raising funds and awareness of Motor Neurone Disease to join a new Tunbridge Wells Group.

Whether you like to organise or attend events, or if you are bursting with new and innovative ways to promote and raise funds locally, we would love to hear from you.

To find out more please email:

Claire.tuckett@mndassociation.org
or phone 03453 751848

www.mndassociation.org Registered Charity No. 294354



Are you a volunteer or interested in becoming one?

We are looking for someone to join our team to support book clubs for people with learning disabilities.

We tell stories in our groups using pictures and objects at Pembury Library, 1.45 - 2.45pm, monthly on a Friday but other times and days may be possible.

No experience needed, support and training given.

For more information please contact Sue Carmichael 01892 522934, Susan Rogers or Neil Parke 03000 41 31 31



Christmas will soon be here and there are always people that want to volunteer across the period and particularly on Christmas Day. If your charity or community group in west Kent is looking for volunteers, please get in touch.

We have a mailing list of interested volunteers who would like to hear about your seasonal opportunities!



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

01892 530330

www.imago.community