



September 2016

West Kent Volunteer Centre



Following another brilliant Olympics in Rio de Janeiro, watching the trials and tribulations of athletes competing on a world stage. Thoughts turns to the Olympics of London 2012 and the “Games Makers”.

70 000 volunteers signed up to help out at the games and it was the spirit of these volunteers their generosity, enthusiasm and joy at being able to share with others,

that made London 2012. It inspired a new generation of volunteering; demonstrating that getting involved with volunteering could be fun and open up a whole variety of experiences. Part of the legacy of London 2012 was the creation of

Join in UK; a national volunteering database for sports clubs, charities and organisations to help them recruit volunteers and providing a place for people to search for ways to get involved in sporting activities in their local community. In the next few pages we have listed some current active current volunteering opportunities in West Kent.



www.joininuk.org

West Kent Volunteer Centre 01892 530330

email: volunteering@imago.community

Tunbridge Wells Parkrun

<http://www.parkrun.org.uk/royaltunbridgewells/>



Parkrun is a free, weekly, 5km timed run in Dunorlan Park. They need 12 people for one-off or regular volunteering for time keeping, barcode scanning, marshaling on the course and cheering people along.



Langton Green Netball Club

www.lgnc.co.uk

Volunteers are needed for their expanding junior training section. Volunteers don't have to be netball players (great if they are) just people that are interested in helping young people with sport.

Rusthall Football Club

www.rushallfc.co.uk

Volunteers needed for general help in the running of this thriving club and for the first team matches.

Tonbridge Athletics Club

www.tonbridgeac.co.uk

20+ Volunteers needed for coaching, events, first aid, fundraising, massage therapy helping coach, help at events.

Castle Triathlon Series – Hever Castle 24-25 September 2016

www.castletriathlonservices.co.uk

We are always on the look out for volunteers to help at our events. The jobs vary, from marshaling and cheering on competitors, to helping on registration and handing out medals at the finish line.

Tonbridge Lawn Tennis Club

www.tonbridgetennisclub.co.uk

Volunteers are needed to help the coach with children's coaching sessions weekly. No experience necessary.



www.joininuk.org

Paddock Wood FC

102 Allington Road, Paddock Wood

Currently looking for more managers to expand the teams further, a minutes secretary, a fundraising committee and a coach co-ordinator.

Sevenoaks Amateur Boxing Club

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

This is a completely volunteer-run club who are looking for additional, enthusiastic volunteers to lend a hand with coaching (possibility of funded training courses available), cleaning, driving, etc. The youth sessions are incredibly popular and registration help would be a great help.



Cycling

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

Support an annual charity event run by the Rotary Club of Sevenoaks Amherst. The Circuit of Kent Cyclo Sportive time trial for the enthusiast and families on 4th Sept 2016 need volunteer Route or Car Park Marshalls, or to assist the catering team with refreshments for the returning participants

Athletics

<http://www.7oaks-ac.org.uk/>

The club are keen to hear from people with or without previous experience who are interested in coaching our junior section. They will provide training as required. They are also keen to hear from people who are interested in stewarding/marshalling.

Triathlon

www.intotri.com

INTOTRI are Free, Fun, For All - monthly, short distance triathlon events open to people of all ages and abilities.

Volunteers are needed to Support the free triathlon events in Sevenoaks and Edenbridge:. They need Marshals - Time Keepers - Journalists - Social Media Gurus - First Aiders - Photographers - Flyer & Poster Distributers...



Join in*

www.joininuk.org

IMAGO
Volunteer
recruitment
open day

Come and talk to us!

DIAL 2 DRIVE



I'M A CHARITY SHOP

Wednesday 21st September 10am-2pm

17-19 Monson Road, Tunbridge Wells

01892 530330

volunteering@imago.community

Tunbridge Wells Cultural & Learning Hub

Volunteer Ambassador Needed

The Tunbridge Wells Cultural & Learning Hub team are looking for photographers to volunteer their skills by photographing a variety of events and staff portraits.

This is an exciting opportunity to gain professional experience in the cultural sector but also contribute to the development of the new Tunbridge Wells Cultural & Learning Hub.

Volunteers will act as ambassadors for this exciting project. There are a variety of tasks that volunteers will be asked to undertake and will include:

- Acting as an ambassador for the Tunbridge Wells Cultural & Learning Hub project
- Greeting and welcoming stakeholders at events
- Assisting with set up and tidying away of events and consultation
- Undertaking surveys and questionnaires with the public at each service involved
- Marketing and research
- Supporting mailing out of marketing material
- Distributing leaflets around town
- Collating survey data onto spreadsheets
- Photograph events and consultation, where appropriate, using TWBC equipment

All volunteers will be given full training and support, including a full building tour and induction to the project. It is a great chance to get some experience of working in the cultural sector and develop administration skills. It also a chance to meet others with a similar interest and have the opportunity to be a part of the consultation process. Shifts will vary & advertised 2 weeks prior to the event. They will be allocated as fairly as possible.

To register your interest or to find out more please contact Jasmine Farram on 01892 554171 or email jasmine.farram@tunbridgewells.gov.uk

Kenward Trust



Volunteer Cake Baker and Catering Support assistant is needed for 1 or 2 half days per week. Volunteers are needed to help out in their kitchen to bake delicious home-made cakes and other goodies to sell in their Charitique Café, based on the Kenward Trust site in Yalding. The volunteer would also be required to provide ad hoc support to the chef in the café on site. This could include food preparation, stock control, presentation and appearance of the café. If you are creative a team player with an interest in food ideally baking then this role could be for you.



For more info or to find out more please contact Lynn Hyder on 01622 814187 or email: lynn.hyder@kenwardtrust.org.uk

I'M A CHARITY SHOP

join our friendly
team



Join the dynamic team at the Imago Charity Shop in Tunbridge Wells and be part of something truly special. The shop is a vibrant, modern space offering affordable shopping.

The shop sells top-notch items and has a vintage section, so you'll help source donations to ensure the stock is fresh and entices customers in. You'll sort, price, steam and display items so there are opportunities to be involved in all aspects of running the store.

Flexible 4 hour shifts are available. The shop is open Monday to Saturday, 9am to 5pm. So if you have an eye for fashion, can spot a gem of a find, have awesome customer service skills or are looking for experience in retail, then this is a fantastic opportunity to join the project from the beginning and help shape the Imago customer experience.

Call 01892 530330 email voluteering@imago.community or pop in and say hello



...Giving Hope

CHICKS is a national children's charity providing free respite breaks to disadvantaged children from all over the UK.

We believe every child has the right to make positive childhood memories. A CHICKS break inspires new confidence and gives children the chance to have fun, enjoy new experiences and relax. More than anything, it gives them the chance to just be children.

The children we help come from a variety of backgrounds. They might be living in poverty, be young carers, be victims of bullying or abuse, or have been bereaved. The one thing they all have in common is that they could really benefit from a week away from their circumstances.



Come and volunteer on a CHICKS break.

Anyone over the age of 18 can volunteer, and there is no upper age limit. You just need to be willing to get involved and have fun!

Volunteering at CHICKS is a really fun and rewarding experience! Many of our volunteers return time and again, because they've had such a brilliant time on breaks.

A CHICKS break lasts from Monday to Friday, and takes place at one of our three retreats in Devon, Cornwall or Derbyshire.

As a volunteer, your role is to support and engage with the children to make sure they have the best possible break and make some really amazing memories.

On a break, you'll take part in lots of activities like horse riding, rock climbing and body boarding, as well as spending lots of time playing at the retreats and enjoying the countryside. You don't need to have any experience of working with children, or any specific skills, just lots of enthusiasm and a willingness to get stuck in!

For more information please go to: www.chicks.org.uk





Volunteering opportunities at Age UK Tunbridge Wells

Age UK Tunbridge Wells' mission is to promote the wellbeing of older people and make later life a fulfilling and enjoyable experience. Do you enjoy spending time with older people? We are currently seeking volunteers with a friendly approach and the ability to be understanding and patient and can offer their time on a regular basis.

Day Centre Assistant

This is a great opportunity to make a meaningful difference to the lives of older people who are often isolated at home and help make their time at the Wood Street Day Centre an enjoyable and positive experience. This is a varied role where you'll be helping with practical tasks such as laying tables or serving refreshments, as well as spending one-to-one time with clients. If you were happy to, you could lead a small group in an activity such as a book group, scrabble club or craft activity, and if you have an idea for an activity we would love to hear it.

Volunteers are needed on Mondays and Thursdays.

Dementia Day Centre Assistant

Are you looking to broaden your knowledge of living with dementia? This is a varied role where you will be helping to stimulate, entertain and encourage service users with dementia at the Wood Street Day Centre. The day centre is a happy environment and positively welcomes volunteers who can assist with activities, or those who enjoy chatting one-to-one over a cup of tea. We are particularly keen to hear from anyone who has keyboard skills (the musical kind!) who could help out with music sessions.

Volunteers are needed on Tuesdays, Wednesdays and Fridays.

Befrienders

Our Befriending Service offers older people who feel lonely or isolated the opportunity to be visited by a volunteer. Clients and volunteers are matched based partly on their shared interests and/or outlook on life to encourage a real connection to be made, which hopefully will become a valuable relationship for both.

Befriending visits can take place during the week or at weekends and we would suggest a weekly or fortnightly visit. The Befriending Service covers Tunbridge Wells and the surrounding areas. Own transport is helpful to enable volunteers to get to clients' homes (fuel costs can be reimbursed).

Computer Support

Do you have good computer skills and are you confident talking to others? Can you use iPad, tablets and MacBook's? Within this volunteer teaching role, you'll be supporting older people one-to-one to learn to use computers for activities such as emails, on-line shopping, Skype, internet, basic maintenance and to use basic programmes such as Word and Excel.

Volunteers are needed at the Wood Street Day Centre throughout the week Monday to Friday mornings.

The Wood Street Day Centre is located in Tunbridge Wells town centre, off Camden Road, and has full disabled access. Expenses (e.g. parking costs) can be reimbursed. We require a criminal records check (DBS) and references. If you think you can help or just want to find out more please contact:

Sue Hudson on 01892 522591 or email sue.hudson@ageukt.org.uk



From Chester to Plymouth, we need volunteers who can give their time, for one morning or afternoon a week for four weeks between October and December, to help sell Christmas cards to the general public in designated outlets. You'll be on the front line spreading Christmas cheer and raising money to help us continue our work supporting children, young

What does it involve?

- ◊ Being a welcoming face to the general public and representing CLIC Sargent
- ◊ Operating a simple till (you will be fully trained in this)
- ◊ Ensuring the cards are well presented and fully stocked throughout your shift
- ◊ Helping the public to decide which Christmas card they'd like and generally providing good customer service
- ◊ Working with the shop team to ensure the shop is a happy and atmospheric place to be for customers

This role would be ideal for someone who is able to commit to one morning or afternoon a week. Has a great sense of humour and friendly manner and has an ability to work with people from different backgrounds. An interest in CLIC Sargent and its work would also be useful

For more information or to sign up and get involved please contact
Mohammed Rahman Mohammed.Rahman@clicsargent.org.uk

DIAL 2 DRIVE

Volunteer drivers undertake extremely valuable community work. They help people unable to access public transport attend medical and social appointments, while at the same time help prevent isolation and loneliness.

Flexibility: Being a volunteer driver is a flexible way of helping people in your local community. Some drivers allocate one morning/afternoon or one day a week to undertake drives, while others will commit more time. There is no obligation to accept a drive.

Reimbursement for petrol: D2D pay the pre-set government mileage allowance for the complete journey. This is not taxable.

To get involved please contact voluteering@imago.community

The best thing about volunteering is...

Meeting new people, helping them to get out and about. Helping the elderly and disabled with shopping etc.



The best thing about volunteering is...

I enjoy driving and want to give something back to society. D2D allows clients greater flexibility in their life choices so they can get to medical appointments etc. & have a better quality of life.

Have fun VOLUNTEERING



with us for Cats Protection charity!

Give a little TIME – to make a BIG difference.

So what do you ENJOY doing?



Do you enjoy talking to PEOPLE?

- Find more volunteers for us. Ask friends, family & colleagues. Many hands make light work!
- **Publicity:** Ask local people to put up posters in community centres, church, libraries, shops & offices, to publicise the cats awaiting adoption; fundraising events; or to recruit helpers.
- Hold **talks** in your community, hobby groups, or schools to raise awareness about our work to rescue, reunite or rehome cats and educate about the correct care of cats.
- Get support from local **businesses** through cash donations, or their goods for raffle prizes.
- Answer enquiries on our email or (mobile) phone **helplines**.
- Promote the Cats Protection **Raffle & Lottery** amongst your friends, to raise funds for us.
- Encourage people to **raise sponsorship** money by participating in fun events or races.



Good at organising or supporting EVENTS?

- Arrange a fundraising activity in **your community or at work**, ie. coffee morning, bingo, quiz night, bake or jumble sale, sports race, fashion show, head shave – anything you can think of!
- Once a month, help for a couple of hours with our **stall fundraising games** & selling goods.
- Smile at people for an hour or two, to encourage cash donations at our **tin collecting days**.
- **Co-ordinate the collection** of goods: donated catfood / recycling old phones, electronics or printer cartridges to earn funds / making products for sale or raffles (ie. knitted catnip mice).

Interested in direct hands-on CAT CARE?

- Be a '**Cat Chauffeur**' to transport one of our cats to the vet, or help to neuter feral cats.
- **Foster** a cat or kittens, indoors in your home or in a heated outdoor pen.
- **Rescue strays**, and help us to look for their owners.
- **Rehome cats**: Help to match the right cat to the right home.
- **DIY** handiwork (ie. repair and maintenance of outdoor cat pens).



Good with Internet & COMPUTERS?

- Post regularly on **Facebook** – to publicise local lost & found cats and our events.
- **Write stories** about our cats & successes for our newsletter/website, & local press.
- Arranging **publicity & PR** ie. newspaper adverts or radio coverage.
- Sell donated goods on **Ebay**, to raise funds for us.

Please chat to Anne to discuss how you would like to join us,
and how much time you can spare, on **07832 735929** or email annefrancerix@icloud.com.

Motor Neurone Disease Association
Tunbridge Wells



Volunteer Coffee & Information Morning

We are starting a new support group for people living with Motor Neurone Disease in the Tunbridge Wells area. If you have some time to spare, or would like to know more about MND, do come along to our free coffee and information morning to find out more.

Place

Christ Church Centre
High St
Royal Tunbridge Wells
TN1 1UT

Date

Friday 9th September

Time

10am to 12noon

For more details please contact Claire Tuckett on 07831 349382

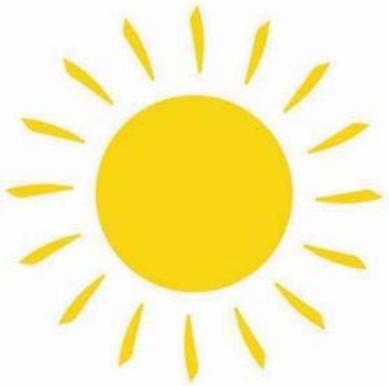
Email: claire.tuckett@mndassociation.org

or register for a place at this free event at: <http://bit.ly/MNDVolsEventTW>

Motor Neurone Disease Association
PO Box 246
Northampton NN1 2PR
Tel: 01604 250505
www.mndassociation.org

Registered Charity No. 294354





3H Helping Hands for Holidays

Holidays for Disabled People Respite for Carers

We are a great nation of volunteers, but the 3H volunteers are a bit special! Through their unstinting and dedicated service, they enable our disabled guests to achieve life-changing opportunities not normally available to them. They help them to abseil, kayak, do archery, sail – and it's where lasting friendships are born. Their levels of experience are matched to the needs of the guests, thereby contributing greatly towards the success of an enjoyable holiday for all. A break away with our guests will not only give them so much pleasure but will also give their carers a period of much needed respite.

A great, and fun way to help us raise the funds we so urgently need is to participate in one of our organised events or, as many of our volunteers, helpers and guests do, take it upon themselves to do amazing things on our behalf.

Practical training for volunteers is given before and during the holiday and transport by coach is provided for both guests and volunteers to and from Tunbridge Wells in Kent to the holiday venue.

If you would like to make a significant difference to the lives of people who need it most, please contact us on 01892 860207 or email info@3hfund.org.uk

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

volunteering@imago.community

01892 530330

www.imago.community



VolunteeringWK