New Year New You - Volunteer in 2020

If one of your resolutions is to volunteer this year then we have lots of opportunities for you to consider.

Join the millions of people who volunteer every week in the UK in a wide variety of roles. If you are interested in volunteering there are lots of fantastic charities in West Kent that need your help. Have a look inside this newsletter and you may find an opportunity that is ideal for you.

If nothing appeals, then give us a call on 01892 530330 or email volunteering@imago.community to discuss other options.

The Imago Volunteering Team
Volunteer at Bedegbury

We’re recruiting

Join our conservation group to work as part of a small team at Bedegbury National Pinetum, an internationally renowned conifer collection.

We would like to hear from you if you:

• Have a background or an interest in British flora and fauna
• Can commit to working most Tuesdays
• Would like to help us deliver Bedegbury’s conservation objectives

bedegbury@forestryengland.uk
Facebook: BedegburyPinetum
Twitter: BedegburyP

forestryengland.uk/volunteering-bedegbury
Could you make a difference as a volunteer Digital Champion?

- Are you reasonably confident with using computers, tablets and the internet?
- Do you enjoy helping others and would like to make a difference through volunteering?
- Could you spare 2-3 hours each week to help others?

Then why not become a local Digital Champion?
In return you’ll get free online training to develop your own digital skills and knowledge, ideas and support from a huge network of Champions and a great feeling of personal satisfaction!

Get in touch today to find out more
Tonbridge Angels Football Club - Friday 1-4pm fortnightly
Email: clarion@digitalunite.com

Or register your interest with this link:
www.digitalchampionsnetwork.com/clarion-futures
Did you know that 1 in 4 women and 1 in 6 men will experience some form of domestic abuse?

We are currently looking for male and female volunteers who are able to commit just one day a week to help us provide desperately needed emotional support, practical safety advice and advocacy services to victims in West Kent.

Full accredited training provided.
Just think... by committing just one day a week you will be helping local men, women and children rebuild their lives.

Interested? Want to find out more? office@davss.org.uk

Thank you.
Could you be a Fundraising Volunteer?...

Tree of Hope is a children’s charity that helps the families of children and young people with a disability or serious illness. We support them by helping them to raise the funds required, to access the specialist care for their child, which is not freely available through the UK healthcare system.

We are looking for volunteers to support our fundraising in the community, who are able to work without supervision – no experience necessary, just a big heart for the support that Tree of Hope provides and lots of enthusiasm.

So, if you would like to run fundraising events, support our fundraising activities, distribute collection pots, or become an Ambassador volunteer our Fundraising Manager would love to hear from you!

For more information please contact Karen Warner (Fundraising Manager) karen.warner@treeofhope.org.uk 01892 335311

Tree of Hope Patron | Ross Wilson, Paralympian

Tree of Hope is registered in England and Wales as a charitable company limited by guarantee Company No 8184807 Charity No 1149254 & SCO42611

Registered Office is at Salford House, Salford Terrace, 19-21 Quarry Hill Road, Tonbridge, Kent, TN9 2RN
Resourceful engineers make anything possible

Join Remap and help local disabled people live more independent lives.

We are looking for volunteers to design and custom make equipment for disabled people.

If you enjoy problem solving and have a strong practical streak, we want to hear from you.

Find out more: WWW.REMAP.ORG.UK/VOLUNTEERING

Remap 2020, a charity limited by guarantee registered in England and Wales with company number 07341430 and registered charity number 1137461.
Current Volunteering Opportunities

**Information & Advice volunteers:** We are looking for volunteers who visit older people, many of whom are housebound. Your main role would be to help them and their families complete forms and to give information about services that may help them.

**Pop-in café volunteer:** We are looking for someone to occasionally run our pop-in cafes. We run pop-in cafes in different areas of Sevenoaks District such as Chiddingstone Causeway, Chiddingstone village, Cowden, Dunton Green, Fordcombe, Leigh and Penshurst. They last for about 2 hours, usually between 10am and 12pm (Dunton Green is in the afternoon).

**Stepping Out Organiser:** Stepping Out is a social group for older people. It has a gentle exercise session followed by a short talk or quiz. It meets every Friday 2.30-4.30pm at the Age UK Hollybush Day Centre in Sevenoaks. We are looking for someone to organise and facilitate sessions including quizzes, activities etc.

**Stepping Out volunteer:** We are looking for someone to help find and book speakers and to help by setting up the laptop and projector each week.

**Postural Stability Class volunteer:** We need someone to help out at our Postural Stability class in Tonbridge. Postural Stability is an exercise class for older people to help prevent falls.

**Lunch Club helpers:** We are looking for helpers for our monthly lunch club in Tonbridge. We need another chef and we also need people to help serve and wash up etc. First Thursday of every month. There are also lunch clubs in Bessels Green, Cudham, Dunton Green, Fordcombe, Kemsing, Otford, Riverhead, North Tonbridge, Westerham and Woodlands. Some of these lunch clubs are monthly like Tonbridge and others are weekly.

**Day Centre assistants:** Helping out in one of our day centres for older people in Edenbridge or Tonbridge. You can help out one or more days a week. Tonbridge is open Tuesdays, Thursdays and Fridays. Edenbridge is open Tuesdays and Thursdays.

**Fundraising volunteers:** Lend a hand at fundraising events or help out in the office with admin support for fundraising.

**Befriending volunteers:** Visit people once a week for a cup of tea and a chat.

**Receptionists:** From time to time we have vacancies for volunteer receptionists in our offices. We are looking for people who can do one morning a week or one afternoon a week. Our offices are open Monday to Friday 10am to 4pm.

**Trustees:** We are looking for charity trustees to serve on our governing body.

To register an interest in any of these vacancies please contact Bob Carpenter, Information & Advice Officer
Tel: 01732 454108
Email: bob@ageuksevenoaksandtonbridge.org.uk
Web: www.ageuksevenoaksandtonbridge.org.uk
Spare time? Spend just a bit with us!

Our aim is to be as flexible as possible so it fits around what time and energy you can give. You don’t need to be an expert on Churchill or Chartwell, we’ll show you everything you need to know!

"We want visitors to remember their visits as something special, and if I can be a part of that, then I have enjoyed my day as well"

Doreen, Volunteer, Chartwell Portfolio

We are currently looking for Events Assistants, Audio Guide Assistants, Cadbury Easter Egg Hunt Volunteers, Visitor Experience Volunteers.

For other details, visit www.nationaltrust.org.uk/volunteering

@NationalTrustImages/RobertMorris
I find volunteering incredibly fulfilling - I love being part of a team and putting my experience to good use.

Emma, Learning Volunteer

Looking for your next adventure?

Come along to a free coffee morning (10:30am - 12pm) to find out more about volunteering at Knole. Next coffee mornings are: Fri 17 Jan | Tue 21 Jan | Mon 27 Jan | Wed 12 Feb | Thu 12 Mar | Tue 24 Mar 2020

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Holiday Volunteers

We are looking for volunteers to join us on our activity holidays to Exmoor 31st July – 7th August 2020 and the Lake District 22th – 29th August 2020.

Our volunteers enable our guests with disabilities to experience an amazing holiday, gain confidence and begin new friendships. You would also be giving their day to day carers a much needed period of respite.

Choosing to volunteer on a 3H holiday will give you the chance to be part of a team of like-minded people and to have fun!

As a volunteer on a 3H holiday you will be partnered with a guest to support them with their needs during the holiday. This may include helping your guest to dress, wash and transfer to and from their wheelchair. You may need to support their toileting needs and to assist at meal-times.

A volunteer total cost to join us on one of our adventurous holidays is only £70.00 or £35.00 for students. This includes your accommodation, meals and activities!

You will help the guests to take part in their chosen day-time activities and during any evening events. No experience is required, just a willingness to help people. Working together as a team you will be supported throughout the week by experienced helpers.

The outings and activities may be hard work but you can make a significant difference to someone’s life by enabling them to have a great time taking part in activities they never thought possible such as abseiling, horse-riding and canoeing.

You really make a difference!

Thank You

www.3hfund.org.uk

3H Fund
B2 Speldhurst Business Park
Langton Road
Speldhurst
Tunbridge Wells
Kent
TN3 0AQ

Tel: 01892 860207

Registered Charity No: 286306
JOIN THE TEAM

WE HAVE ROLES TO SUIT EVERYONE!

David and the Team at Oxfam would like you to volunteer in our shop: 37 Mt Pleasant Rd Tunbridge Wells TN1 1PN

Volunteering is a great way to:

- Use your skills and learn new ones
- Meet new people
- Indulge a hobby
- Make a difference and have fun

Find out more:
Tel 01892 542836
Email oxfamshopf4336@oxfam.org.uk

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Oxfam GB is a member of Oxfam International.
Interested in Volunteering?

Alzheimer’s Society is the UK’s leading dementia charity providing expert information, training and support services to all those who need our help.

We need Fundraising Volunteers to help us raise the funds we need to support our services in West Kent.

If you want a rewarding activity or to make a positive contribution to the lives of people living with dementia,

Visit: www.alzheimers.org.uk ;
Call: Rosie Hutchinson Volunteering Officer 01892 835541
Email r.hutchinson@alzheimers.org.uk

Join thousands of volunteers and unite with us against dementia
Helpline advisor volunteer

About the role
We’re an independent and highly respected social inclusion charity based in Maidstone, Kent. In this office-based role you will be providing high quality, relevant, up-to-date information, to people with convictions, their friends, families and supporters.

We’re looking for somebody who ..... 
- Is a person with a criminal record
- Is confident, with experience in a customer-facing role
- Has a passion for making a difference and challenging inequality
- Loves working in a small team but is self-motivated enough to excel without supervision
- Has excellent verbal and written skills and is able to communicate effectively with a wide range of people
- Is confident in using computers
- Is able to commit to volunteering 2 days per week for at least 6 months
- Lives near to our Maidstone office; we have a limited travel budget but travel costs can be covered where agreed in advance (up to a maximum of £15 per day)

Interested?
- Closing date – Friday 31st January 2020
- For further details about the role and an application form, please email debbie.sadler@unlock.org.uk or write to Debbie Sadler, Unlock, MCSC, 39-48 Marsham Street, Maidstone, Kent ME14 1HH
Citizens Advice in North & West Kent need volunteer event assistants to help with collections and man awareness and fundraising stalls across North & West Kent. If you can help contact Carol Hunt on 01732 373839 or email carol.hunt@nwkent.cab.org.uk

We’re delighted to be one of the Co-ops local good causes until October 2020. To get involved please go to https://membership.coop.co.uk/causes/35822

Crossways needs a volunteer driver. Their social enterprise project which up-cycles used furniture needs a driver who can collect and deliver items of furniture. They can provide a small van. Ideally it would suit someone who is happy to work on an ad hoc basis, maybe doing 2 or 3 trips a week, or it could be on a regular day once a week. They’d love to hear from anyone who has a clean full driving license who would like to join their small volunteer team.

If you are interested contact Julia Kirk, Administrator, Crossways Community Email: julia.kirk@crosswayscommunity.org.uk Tel: 01892 543290 www.crosswayscommunity.co.uk

Working for better mental health in the community
Emma's Volunteering Story

“I’ve been a Home-Start volunteer for 2 years now, and I love it! I visit families in Malling usually, and especially enjoy seeing new mums and dads’ confidence growing. Sometimes new parents just need someone to listen, who won’t judge them as they learn the basics.

It’s been great to be able to share all the advice my mum gave me when my children were young with families who have no one else to support them in the early days.”

Read our Volunteering FAQ

If you would like to volunteer with Home-Start contact the office by calling 01892 524916 or email contact@home-startswk.org.uk

VOLUNTEER MUSICIAN VACANCY AT TONBRIDGE COMMUNITY SERVICES

Tonbridge Community Service is a Kent County Council run organisation in central Tonbridge, by the main Library on the Adult Education Centre site, only 2 minutes’ walk from the railway station.

Tonbridge Community Service provides a service to adults with Learning Disabilities. Many of their activities take place out in the community where they are supported by trained staff. They are looking for a volunteer musician to come into our Hub and organise a music activity for a group of service users each Tuesday between 11.30am – 1.30pm. The number involved would be approx. 10 – 15 service users and from experience they really enjoy upbeat, happy music which they can join in with.

If you can assist with this please contact:
Natasha Rudge (Manager) on 07540-677230 natasha.rudge@kent.gov.uk
or Ian Eastwell (Admin Officer) on 07970-30882 ian.eastwell@kent.gov.uk
Are you looking for a new challenge in 2020?
Join our friendly team in Tunbridge Wells ..... 

- No specific training required - full training and support given
- Citizens Advice Tunbridge Wells & District are committed to equality and diversity
- Variety of roles available - from advisers to admin, research to marketing
- Students looking for experience during holidays are welcome

catwd.org.uk
advice@catwd.org.uk
@CA_TWaD
@citizensadviceunbridgewells
It's #StudentVolunteeringWeek 10-16th February!

If you are studying and looking to gain experience through volunteering whilst sharing the skills you have, we may have opportunities that are of interest to you on one of the Imago services.

Aged 14-18? We have roles with our Short Breaks for Disabled Children service helping once a fortnight at the Youth Cafés run Kent wide for a couple of hours after school time.
Aged 16+? Our Imago Charity Shop has opportunities in Tunbridge Wells.
Aged 18+? Peer Volunteers in Dartford, Gravesham & Swanley.
Dial 2 Drive drivers in Tunbridge Wells, Tonbridge & Sevenoaks.
CAMEO group facilitators in Dartford, Gravesham & Swanley.
Young Carers activities volunteers in Kent, East Sussex, Havering, Bexley & Southwark.

Contact volunteering@imago.community for more details of Imago opportunities near you.
The Imago Charity Shop has opportunities to join the team in central Tunbridge Wells. You will be involved in all aspects of shop life, from meeting and greeting customers, receiving donations, sorting stock for sale, pricing and selling.

If you can spare 4 hours one afternoon a week from 1-5pm, like customer service and making a real difference to the people Imago supports - thanks to the funds raised - then please get in touch. The role involves lifting of bags of donations as well as helping bring the popular £1 rail in and out of the shop.

If you can be the face of Imago to our customers, offer assistance and are happy to use the till and card machine (training provided) then this could be the role for you!

We offer a busy and friendly environment to volunteer in, with a team of volunteers who have a wide range of backgrounds. To have a chat about the role, please email volunteering@imago.community and the Shop Manager will be in touch.