

West Kent Volunteer Centre



Volunteers' Week is coming

Have you got Volunteers' Week in your diary? It takes place from 1st-7th June and it's the annual campaign to thank the millions of volunteers across the UK. The strapline this year is 'volunteering for all' - celebrating the range of people who give their time for a variety of causes.

Many organisations run events to thank their existing volunteers and to recruit new volunteers. At Imago we always get involved and will be having events for our own volunteers and retweeting messages from local organisations.

If you volunteer and would like us to share your story on social media during Volunteers' Week, contact us at volunteering@imago.community.

To find out more about Volunteers' Week sign up on the website <https://volunteersweek.org> and follow @VolunteersWeek on twitter for updates on plans for 2018.

If you'd like to talk to our team about volunteering, contact us on 01892 530330 or email volunteering@imago.community.

Fancy volunteering and starting up your own community group?



Do you have a skill, talent or interest you would love to share?

Royal Voluntary Service and Prudential are looking for volunteer co-ordinators to help kick start a vibrant range of activity groups and clubs for people in later life in your local area. From social activities and hobby classes to running a lunch club or providing companionship to older people in their homes, your talents, ideas and life experience would be put to valuable use. It could be a lot of fun even if you've never done anything like this before and we'll guide you through it step by step.

To find out more call Karen Hilson, Community Engagement and Development Worker on 079183 67198 or email: Karen.Hilson@royalvoluntaryservice.org.uk



Forestry Commission
England

bedgebury
adventure in a world of trees

Volunteer at Bedgebury?

Your time could help others.

-  Our Visitor Experience Volunteers help our visitors to get the most from their time at Bedgebury.
-  They play a key role in meeting the visitors, helping them with their queries, giving them directions and advice.
-  You could make a real difference by giving visitors a warm welcome at Bedgebury.



If you are interested – please get in touch:

bedgebury@forestry.gsi.gov.uk





VOLUNTEER OPEN DAYS

Monday 4th June, 10am - 12.30pm
Wednesday 6th June, 1.30pm - 3pm

at Base Camp, Community Hub & Cafe
Royal British Legion Village, Aylesford, ME20 7NL

Come and speak to our volunteer team and find out
about all of the fantastic ways that you can get involved
and volunteer to support an amazing local charity!



For more information please contact:

01622 795924

volunteer@rbli.co.uk



What will motivate you to become a volunteer?



Volunteers are essential to the support that we give to victims of crime.

As a Victim Support volunteer, we will train you to support victims from the first time you meet them until they feel strong enough to move forward on their own. You will listen to their concerns and make sure that their needs are met.

For more information contact the Community Team on **01233 896427/ 01233 896422** or register your interest by sending an email to: kentvolunteering@victimsupport.org.uk



Macmillan Crossroads Care Kent & Medway Volunteer Service

Volunteering can be wonderful and fulfilling, it can provide help and support to those who need it the most. At Macmillan Crossroads Care Kent & Medway Volunteer Service, we support people affected by cancer and their carers. Our team provide quality information and guidance, along with a helpful assessment process to understand what support is needed. Currently our volunteers provide:

- companionship
- emotional support
- light housework or gardening
- social outings
- shopping
- escorting to medical appointments

Can you spare some time each week?

Do you have a good listening ear, the first and most important part of helping?

Do you have a special interest or skill that someone could benefit from?

Volunteering is a very positive addition to your CV as it can demonstrate your commitment to a work ethic and your caring nature. There is also in-house training available for all volunteers and volunteering expenses can be reimbursed in line with our volunteering policy.

If you would like any more information, please call Jen or Charley on 03450 956701 option 3 or email us at: charley.macmillan@crossroadskent.org

If you would like to volunteer for us please download an application pack on our website: <http://www.carerskm.org/Home/VolunteerService>



<https://www.facebook.com/MacmillanEKVolunteerService/>

West Kent Mind are looking for volunteer befrienders



Everyone
needs other
people,
but not
everyone has
someone.

**Do you have a one or two hours spare each week to help
someone who is socially isolated?**

West Kent Mind operates a befriending scheme called Many Minds with the help from Sevenoaks District Council and Tonbridge & Malling Borough Council. The scheme is aimed at helping people with mental health problems who may be struggling to go out into the community alone.

We are looking for people who can commit to a minimum of 6 to 18 months. You will be carefully matched with someone who is looking for a befriender to meet each week at a venue in the community, for example it might be a visit to a coffee shop, the gym, a walk and a chat, or even joining a local class where there is a shared interest.

Full training and expenses will be given.

If you are interested in becoming part of our team and would like to find out more please visit:

www.westkentmind.org.uk/manyminds or call Ruth on 01732 744950



Kenward Trust

transforming lives, creating new futures



Want to make a difference in your local community?
Can you spare a few hours?

Kenward Trust's alcohol and rehab programmes have helped thousands of people transform their lives.

We have several volunteer roles to offer;

- gardening ◦ woodwork ◦
- art & crafts ◦ café front of house ◦
- retail assistant ◦ mentoring ◦

 01622 814187

 @kenwardtrust

 kenwardtrust.org.uk

 sian.williams@kenwardtrust.org.uk



Kenward Road, Yalding, Maidstone ME18 6AH

Volunteer for 1st East Peckham Rainbows

We need a Unit Leader, Assistant Leaders and Unit Helpers.

Unit Leader

Get creative, have fun and be an inspiring role model to girls and young women. As Unit Leader, you'll be responsible for running the unit, leading a team, and planning and delivering a high-quality programme of activities and events. This is a key role that works directly towards the aims of Girlguiding. If you've got what it takes to be a Unit Leader, we want you!

Assistant Leader

Give essential support to the Unit Leader in running the unit, and have plenty of fun as Assistant Leader. You'll share responsibility for delivering an engaging programme to your girls by helping to plan and deliver meetings, events and activities. Make the most of this great opportunity to work directly with young people, get to know other volunteers and contribute to the smooth running of a local unit.

Unit Helper

If you're enthusiastic about great guiding, then you'll make a perfect Unit Helper. You'll provide valuable support to the Unit Leadership team. There's no responsibility for planning or carrying out the programme in this role but you'll be key in providing the extra help needed to make unit meetings and events happen. Plus, you'll get to know the girls and other volunteers, and be part of the Girlguiding community.

If you are interested in any of the above roles contact Emily Ellis by email on ep.rainbows@gmail.com



Community Wellbeing Volunteers Required

Tonbridge, Tunbridge Wells, Sevenoaks, Maidstone

Could you provide short term buddy support to our clients

Our clients want to improve their everyday living, become more independent and confident, meet new people, reach their goals

We are looking for people who:

- **Want to help people work towards achievable goals**
 - **Are able to work with vulnerable adults**
- **Have excellent communication and interpersonal skills**
- **Have a professional manner and the ability to work**
 - **Have patience and excellent listening skills**

To find out more about becoming a Shaw Trust volunteer please email Karen Warner – Community Wellbeing Volunteer Coordinator karen.warner@shaw-trust.org.uk

Volunteer at Rusthall Community Cinema

Rusthall Community Cinema is entering its third successful season. It's a well managed, registered charity No. 1171282. For a good overview of what we do and who we are visit our website: <http://www.rusthallcinema.club/>

We need:

A Snapchat and Instagram volunteer

Text of upcoming films with related photos will be supplied to someone knowledgeable in Snapchat and Instagram for creating posts to help boost our coverage. Currently we are running posts in Facebook, Twitter, and Nextdoor. We understand from our younger audience we need to expand to Snapchat and Instagram.

Our films run once a fortnight to 3 weeks apart. We advertise a week before the film runs. We also post advertising when voting on films is open which occurs once every 6 months.

An admin volunteer

We require a volunteer to prepare the cinema's film schedule into a 16 page brochure. This is a post for anyone who enjoys films or fairly simple administrative tasks.

Any help you can give us would be greatly appreciated. If you are interested in either role please contact Karen Gardner on 01892 521307.



Sevenoaks Counselling provides a professional counselling service by Christians for the whole community. The organisation is in need of admin volunteers. The role would involve answering telephones, replying to emails etc. during the day at the service, which is conveniently located next to Sevenoaks train station. To express an interest email: info@sevenoakscounselling.org.uk or call 01732 450118.



Volunteer Visitors Required

Would you be able to spare a couple of hours every 2 to 3 weeks to visit a person in their home. We are looking to recruit some more volunteer visitors, particularly in Hildenborough, Lamberhurst, Westerham, Southborough, West Malling, East Farleigh, Tunbridge Wells and Tonbridge.

For many of our service users getting out and about is extremely difficult or an impossibility and this can lead to people becoming very lonely and socially isolated. If you have a couple of hours to spare we would love to hear from you. Befriending is a wonderful way to help your local community and also make new friends, the people we visit often have the most fascinating stories and lives.

For more information please contact Jo Wilkinson on 01622 691357 or send an email to jo.wilkinson@kab.org.uk



**Kent
Association
for the
Blind**

Could you help turn someone's life around?

When Home-Start meets a family, lives change

Home-Start's volunteers visit families in their own homes.

Support can be offered for a variety of reasons including: isolation, multiple birth, parental or child illness, disability and parenting issues.

We work using a non-judgemental approach offering practical and emotional support to build the families confidence and increase their ability to cope with lifes ups and downs.

If you know about being a parent, are patient and understanding and can volunteer for a few hours a week to help a family, you could become part of our local Home-Start team supporting families across South West Kent.

Apply now to join our free Preparation Course starting in May offering information, self-development and transferable skills.

For more information please telephone, Lisa or Lollie on 01892 524916, or email home-startswk@btconnect.com



3H Helping Hands
for Holidays

Holidays for Disabled People
Respite for Carers

3H Fund organise subsidised group activity holidays for physically disabled children and adults from the age of 13

BENDRIGG TRUST ACTIVITY CENTRE, KENDAL, LAKE DISTRICT
Saturday 4th August – Saturday 11th August 2018 (Age 13-19)



Bendrigg is situated in the open countryside between the Lake District and the Yorkshire Dales National Parks. A programme of activities will be organised to suit the needs and aims of the group. Guests and helpers can enjoy various activities which will include archery, an aerial runway, a floodlit challenge course, tube slide and a range of orienteering courses. There is also a state of the art sensory room, indoor caving system, sports hall and an impressive indoor climbing wall. There will also be a day off site and evening activities.

Guests £750 - £200 Deposit
Helpers £70 - £35 Deposit

All application forms are now on our website www.3hfund.org.uk and can be easily completed this way. Alternatively contact us and we can send you a copy.

For more information contact Alex or Kim at:
3H Fund, B2, Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent, TN3 0AQ
Tel: 01892 860207.

Volunteer Opportunity

Paddock Wood Community Advice Centre is currently seeking Volunteer Advisers who can commit to at least one day per week (9.30am-1.30pm) for a minimum of six months. No experience is necessary however it would be beneficial if you have a customer service, advisory or legal background. Law students wishing to gain experience and apply their skills in practice are welcome to apply and encouraged to do so.

About us

We are a registered company with charity status and all of our advisers and caseworkers are volunteers. We are a member of Advice UK, the UK's largest support network for free, independent advice centres and we are also registered with the Money Advice Trust and National Homelessness Advice Centre for additional support.

What service do we provide?

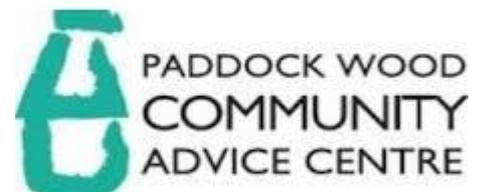
We offer a full, free, confidential and impartial advice service for Paddock Wood and the surrounding areas. All our advisers can provide generalist advice in a wide range of areas, including benefits, consumer matters, employment, family, housing, money advice and relationship breakdown. We also have specialist debt and welfare rights advisers who can help clients manage their finances when things become overwhelming and represent clients at benefit tribunals to challenge Department of Work and Pensions' decisions.

Volunteer Adviser role:

- Interview clients face to face or by telephone to identify the nature of their issue(s)
- Provide advice and signposting to empower clients to resolve their own issue(s) where possible, making referrals to external agencies if appropriate
- Provide guidance on filling in forms, making telephone calls and completing online applications
- Act on behalf of clients where necessary by making telephone calls, drafting letters or negotiating with third parties such as creditors, the Local Authority, the Department of Work and Pensions or Housing Associations
- Maintain accurate, confidential client and case records using the AdvicePro case management system
- Attend team meetings and training sessions as required and keep up to date with relevant developments and new information concerning client issues
- Comply with all internal policies and procedures

To apply:

For more information and/or to apply for the role, please call 01892 838619 or email your CV to info@pwadvice.org together with your availability



Volunteer with us



CURRENT VACANCIES **COFFEE SHOP ASSISTANTS:**

- **Serving customers**
- **Operating the till**
- **Food Preparation**

We want you!

We are always looking for enthusiastic and reliable volunteers to help out and support us.

Just a few hours of your time each week can make a difference to the lives of people with Learning Disabilities and Autism Conditions.

Whether you are retired or looking for work, a student or a parent, if you have some spare time, we'd appreciate your Help

Give a little, gain a lot!

- **Work Experience**
- **Meet new people**
- **Help out, have fun**
- **Learn New Skills**



For further information please call 01892 822168 and speak to Sue Lawrence or email reception@pepenbury.info

Imago opportunities

Young Carer Activity Volunteer

Join us in supporting Young Carers! We deliver a 12 month rolling programme of workshops for Young Carers aged 8-18, who have caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue. Workshops run for 2 hours, once a month, and are led by Imago Young Carers staff. We are looking for volunteers who can make the monthly commitment to support the group.

The workshops are designed to support Young Carers to develop confidence, self-esteem and resilience, while learning important life skills and having fun. It's a great opportunity for them to meet other Young Carers, which helps reduce social isolation. The workshops are themed, and activities are based around topics such as healthy eating, first aid, stress and teamwork. We also have time to play games and eat a snack together. Social interaction is important, so we expect volunteers to take the time to talk to Young Carers and encourage them to join in the activities. Volunteers will help staff set up and pack away resources, deliver activities, help the group as a whole, and provide one-to-one support as needed.

We provide a range of short-term interventions which aim to reduce excessive or inappropriate caring, and help Young Carers to develop confidence, self-esteem and resilience.

What are we looking for?

Volunteers must be aged 18+, and should be good at listening, be approachable, have empathy and know how to have fun! Experience of working with young people is desirable. Travel expenses can be reimbursed to local applicants.

We have a new online application form to complete:

<https://imagocommunity.typeform.com/to/B8Zp0Z>

To find out more about volunteering in your local community,
please get in touch

Tonbridge, Sevenoaks, Tunbridge Wells



@Volunteering_WK



VolunteeringWK

volunteering@imago.community

01892 530330

www.imago.community