What’s On This Month

If you are interested in volunteering there's lots of choice in this bumper edition of the newsletter—including opportunities to volunteer, inside or outside, this summer.

There are currently a number of initiatives that aim to promote the benefits of volunteering. The latest comes from Comic Relief with their Active Ageing Programme. They point to evidence that shows that volunteering brings an enhanced sense of purpose and contributes to overall wellbeing.

So have a look to see some of the opportunities currently available in west Kent. Contact details are given with each advert but if you need to talk about volunteering more generally then contact our volunteering team on 01892 530330 or email volunteering@imago.community.
“With every little bit of art we create, we take a step somewhere much bigger.”

Volunteer with us to run fun group activities with our clients

The people who come to our Live Well Kent service say they like to take part in activities that help with their mental health and wellbeing. Carol helps by running an art group – what could you do?

We have a range of flexible volunteering opportunities across Kent. Apply via our ‘Get Involved’ page on our website, email us at volunteers@shaw-trust.org.uk or call 0300 247 2222
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
sian.williams@kenwardtrust.org.uk
kenwardtrust.org.uk
@kenwardtrust

Kenward Road, Yalding, Maidstone, Kent ME18 6AH
Make this year, the year YOU become...

Volunteer for a young person in your community!

The Young Lives Foundation is a Kent-based children’s charity looking for HEROES to reach out and support vulnerable children and young people!

MAKE A DIFFERENCE

CHANGE A LIFE

BE SOMEONE’S HERO!

01622 693459 | www.ylf.org.uk | volunteering@ylf.org.uk
facebook.com/ylf.org.uk | twitter.com/ylfcharity

The Young Lives Foundation is a company limited by guarantee with charitable status. Registered in England & Wales Company No. 09891644, Registered Charity No. 1116838
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
Volunteer with us and make a difference

Our volunteers work directly with people during their sentences. This work improves lives and can make a difference to the community by reducing reoffending.

Come join us!

As a volunteer you will:
- support individuals and help improve lives
- gain transferable experience for a career in the criminal justice or social care sector
- benefit from formal training.

Register your interest at:
E: volunteers@ksscrc.scc.gsi.gov.uk
T: 01227 812526
Finding my place in the world through volunteering at Unlock

At the end of 2013, I received a criminal record. As a result, I lost my job, my reputation and my self-esteem and I attempted suicide. My wife, my family and most of my friends stood by me, but I had lost many things that were important to me and after several unsuccessful job applications I thought I would never work again.

I saw Unlock’s advertisement for volunteers in Spring 2014 and, having used their helpline myself, I decided to apply.

I got the job and volunteered for two days each week doing administrative work in the office. As well as enjoying the work, I also enjoyed the social interaction in the office and I enjoyed putting on a shirt and trousers and travelling to work each day. I felt normal again!

I think I made a positive contribution to the work of Unlock in the time I was there, but the best thing for me personally was when I was asked to represent Unlock at a training workshop in London. I travelled up on the train, took part in the discussion, made some new contacts and came back with some useful information. This might seem strange, but it made such a difference to how I felt about myself. These were things that I did all the time in my old job, but now I felt normal again and part of the working world. Yes, I could still do it!

Anyway, to cut a long story short, I little while later I felt confident enough to start applying for paid work and was offered a permanent paid job.

I hope you will see from the above that Unlock helped me to find my place in the world after a very traumatic experience. They helped me to get back to work, but more than that I also made some new friends. We have kept in touch and I intend to keep it that way.

By Dave

If you have a criminal record and would enjoy working in a customer-facing role then find out more the roles we have available and how to apply at http://www.unlock.org.uk/get-involved/volunteer/
Volunteers Needed

To join our friendly team supporting our work as a disability charity based in Paddock Wood.

**Computer Assistants:** Can you support our clients to learn or relearn computer skills in a fun and informal way. Activities may include creative writing, using art or photography software, researching the internet, playing games and sending emails.

**Arts & Craft Volunteer:** Are you creative and would like to share your passion for art? One afternoon a week is all it takes to inspire a group of people with disabilities to discover the fun and sense of achievement that making or painting something can bring.

**Greetings Card Volunteer:** Using our clients' unique digital designs, we create greetings cards which are for sale to help raise funds for our charity.

Are you able to spare a few hours a week to help us with the printing, cutting and packing of these cards.

**Volunteer Driver:** Can you drive a specially adapted minibus to collect vulnerable people from home to go on day trips, to social events, to day centres and to do their weekly shopping.

To find out more contact:
Judith Williams, H R Administrator
Compaid
tel: 01892 834539 extn 3
Email: judith.williams@compaid.org.uk

charity registration number 1054160.
Volunteers, unite against dementia

Without volunteers we can’t raise the funds needed to beat dementia. Let’s take on dementia together at a Memory Walk near you this autumn.

Sign up to volunteer at your nearest walk memorywalk.org.uk

Location: Eliot Lawns, University of Kent, Canterbury Kent CT2 7NZ
Date: Saturday 2 September 2017
Time: 9am - 2pm
VOLUNTEERS WANTED

We are looking for new volunteers to join our friendly team.
We have a range of volunteering roles, such as:

- Face to Face befriending
- Telephone befriending
- Helping out at support groups
- Administrative work
- Welfare Benefit Forms Support

All you need is commitment and some spare time!
We provide regular support and training.
If you are interested please call 0300 303 1555 or e mail

volunteer@carersfirst.org.uk

We are a Charity supporting Carers, providing them with information, advice & support in Medway, South West Kent, Dartford, Gravesend & Swanley, Waltham Forest and Lincolnshire.
Volunteer Independent Supporter

Do you have the time to be a volunteer Independent Supporter?

Could you support and empower parents and young people to be equal partners in decisions made about their special educational needs/disabilities?

Volunteer applications are welcome from parents and anyone who has knowledge, experience and understanding of Special Educational Needs and Disabilities and have the skills and dedication to work with parents, children and young people to help them express their views.

To find out more contact:

Tel: 03000 412 412

Email: iask@kent.gov.uk
At Ightham Mote, we are currently looking for room guides, welcome volunteers and garden guides, particularly on the weekends or afternoons during the week.

If you are interested please contact: Iain Sanders, Volunteering Officer, Ightham Mote

lain.sanderS@nationaltrust.org.uk

01732 810378 extension 130
Volunteers needed!

We are in need of a volunteer to help in our Tonbridge Centre on Thursday mornings. The role would entail engaging with our clients with mental health issues, mostly working in the small garden at our centre but also possibly taking walks, doing some low-key birdwatching and plant-spotting. We are not looking for an expert, but someone who enjoys these activities, has good people skills and a listening ear!

We also need a volunteer for one of our Sevenoaks groups. This group meets weekly on Tuesday mornings at a local church hall where on alternate weeks clients stay in the hall to play table tennis, pool and spend time socialising and supporting each other, whilst on the other Tuesday the group goes for a walk or a run around Knole Park for about an hour. Our clients are generally people who are quite isolated and have a range of mental health issues, for whom these activities are very beneficial.

Please contact sue.revell@westkentmind.org.uk

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Bedgebury National Pinetum and Forest

Sunday Volunteer Working Group

Every 2nd and 4th Sunday

Weeding
Ditch maintenance
Scrub clearance
Bonfire

For more information:
Bedgebury
@forestry.gsi.gov.uk

Bedgebury Road
Goudhurst
Kent TN17 2SJ
CURRENT VOLUNTEER VACANCIES – KENT COMMUNITY HEALTH NHS FOUNDATION TRUST

Meet and Greet Volunteer – 1st Floor, Outpatients Clinic, Sevenoaks Hospital, Hospital Road, SEVENOAKS TN13 3PG

We have an exciting opportunity for a volunteer to assist our receptionist greeting patients to ensure that they are in the correct area, assisting patient surveys, telephoning patients to remind them of their appointments plus some general administrative duties.

We require someone for 2 hours per session on a Tuesday morning, Wednesday am and pm and Thursday morning.

Please contact Maria S Swaby, Voluntary Services Manager, Tel: 01474 360508 or email kchft.volunteerservices@nhs.net or maria.swaby@nhs.net

The Stag Community Arts Centre is recruiting volunteers to join their cheerful Front Of House Teams.

On Saturday 23rd September we will be running our next Induction Session. If you are interested in joining the volunteers this short (90 min) presentation will give you a tour of the areas that volunteers operate in and an introduction to the roles that our volunteers undertake. Volunteering is a good way to meet new people and enjoy their company whilst being part of the Front of House team that ensures the safety and well-being of our audiences, as well as the opportunity to see the fantastic productions that are put on in the Theatre. Volunteers are given a Parking Permit and we offer a ‘rewards ticket’ scheme for volunteers to bring a friend to see a show or a film as a treat!

To find out more e-mail: Volunteers@stagsevenoaks.co.uk or phone: Mary Scott on 01732 466594
**ellenor** Hospices are the provider of all-encompassing hospice care for both adults and children living in North West Kent and children in Bexley and South West Kent. Our services include Adult Inpatient and Day Therapy at the Hospice in Northfleet, and 24 hour Hospice at Home for all ages. Our strategic aims recognise our role in leading

We currently have vacancies for Sales Assistant Volunteers in our ellenor shops in Westerham and Tunbridge Wells.

When: Any day/days Monday – Saturday  
Commitment: One morning or one afternoon or more if able  
No previous experience required as training will be given.

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<th>Other volunteering opportunities include:</th>
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<tr>
<td>Administrative and clerical</td>
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<td>Shop Assistant</td>
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<td>Befriending</td>
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<td>Bereavement support</td>
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<td>Counselling</td>
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For more information contact: Volunteer Co-ordinator - 01474 320007 ext 1112

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**Visitor Experience Researcher - Chartwell**

Chartwell, near Westerham in Kent, is currently recruiting for short term volunteers over the summer months to assist with some visitor research.  
Do you enjoy talking to people? Do you share a passion for trying to make things better? Our Visitor Experience Researchers do both these things, helping to understand what visitors enjoy about their visit to us and what we could do to improve.

**About Chartwell**

Chartwell was the much-loved Churchill family home and the place from which Sir Winston drew inspiration from 1924 until the end of his life. The rooms remain much as they were when he lived here, with pictures, books and personal mementoes evoking the career and wide-ranging interests of a great statesman, writer, painter and family man.

The Churchill’s Chartwell project aims to inspire a new generation to engage with Churchill’s history, his love of Chartwell, and how he continues to impact our lives today.

We’ll help you get to know Chartwell, how you can help and how you will work with the rest of the team – with induction and training.

**Find out more**

Contact Claire Vincent on 01732 861 187 or at claire.vincent@nationaltrust.org.uk, or visit [http://www.nationaltrust.org.uk/chartwell/lists/volunteer-at-the-home-of-sir-winston-churchill](http://www.nationaltrust.org.uk/chartwell/lists/volunteer-at-the-home-of-sir-winston-churchill)
Reebok Ragnar White Cliffs 23-24 September 2017
The Grounded Events Company, who organise the Brighton Marathon, are launching a new event in September called Reebok Ragnar White Cliffs, and need volunteers to help deliver the event.

The Ragnar Relay is the first UK edition of the world’s largest relay series where teams of 10 runners come together to conquer a 170-ish mile course over 24 hours, and push their limits, on little amounts of sleep, with friends and a community of runners by their side. Starting in Maidstone, teams of 10 will pile into two vehicles and run relay style for 24 hours along a scenic route to Dover and finishing in Brighton.

Volunteer Opportunities: Volunteer shift times will vary as this is a 24 hour race, but once volunteers have registered their interest they can sign up for the location and shift which best suits them. Shifts are generally four to seven hours long and they need groups of 6-12 people at each ‘exchange’ point along the course and then more at the start and finish.

Locations which they need small groups of volunteers include:
The Start – Maidstone
The Finish – Brighton

Payment Incentive: To any groups who sign up and can commit to 6 volunteers for one exchange station they are offering £100 per group and to any groups who can commit to 12 volunteers for one exchange station we are offering £200. This could be a church group, a group of employees, a group of students etc.

For more information contact Shelley Tregidga on 01273 201260 or go to https://www.runragnar.uk/.
Circuit of Kent Volunteers needed Sunday 10th September 2017

Sevenoaks Amherst Rotary Club are organising The Circuit of Kent Cyclo Sportif on Sunday 10th September 2017. The event raises money for Macmillan Care and Hospice in the Weald. The event involves three circuits of varying lengths (40km, 80km & 130km) and has attracted up to 600 riders from across the South East in the past from all cycling backgrounds. To help with the event, volunteers are needed to marshal the car parks and routes in the west of Kent. Further information about the event can be viewed on their website: http://www.kentcyclosportive.co.uk/

Car Park Marshal

You will be based at Sevenoaks Prep School, Godden Green, near Sevenoaks TN15 0JU. There are two Car Park entrances handling traffic arriving to the event from roads to the North and South. Participants arriving for their ride need to be marshalled across the school playing fields, enabling them to offload their bikes and equipment in comfort and safety, and to leave the site when they complete their ride. Over 450 vehicles are expected. A briefing and hi-vis jacket will be provided on site. Volunteers are needed from 06:15 to 10:00. Main arrival time of participants is between 07:00 to 08:30.

Route Marshal

Are required at a number locations to the East of Sevenoaks including Ivy Hatch, Shipbourne, Dunks Green and Crouch etc. You will initially meet for briefing at Sevenoaks Prep School, Godden Green, near Sevenoaks TN15 0JU at 07:30 and to pick up a high visibility vest. You will then be allocated a post by 08:00. Own transport will be required to get to various locations. You will be released from post when a sweeper van comes through, this is expected soon after 10:30, so hopefully your should be be finished by 11am.

Catering

Working within a team in the modern school kitchen and canteen area from 10:30, assist in the final preparation and then the serving to returning cyclists who have prepaid, soup, filled rolls, fruit, drinks & tea etc. Various shifts will be available, so please make contact for further details.

This promises to be a great event for all involved with cyclists of all ages and abilities and crowds cheering them on. A great way to spend a Sunday morning and you will be helping to raise funds for two very worthwhile charities—Hospice in the Weald and Macmillan Care. The Sevenoaks Town Mayor will be in attendance to start proceedings.

For more information on the above roles please contact Graham Moat via email at graham.k.moat@btinternet.com. Graham will get back in touch with you direct.
Save Our Sevenoaks Club

Our Sevenoaks Social Club Needs You!

Just 4 hours a month of your help could save our Social Club in Sevenoaks from closing down.

The group is a small group of roughly 10-15 regular attendees. They really enjoy activities, such as a quiz, a speaker, musical entertainment, or a gentle exercise activity and we are certainly keen to have new ideas!

Sevenoaks Blind Club meet just once a month, on the third Monday of the month in the Community Centre between 2pm and 4pm.

However, without support from volunteers’ we will not be able to keep this club running, and for many, this club offers an opportunity for people to get together. People, who are at a real risk of social isolation.

The role will include designing an annual program of entertainment, booking entertainers, chatting to clients, helping with a raffle, helping with refreshments – it does not include any personal care duties.

If you are looking for something a little ‘extra’ in your life and have the time, I’d love to hear from you to have a chat. Or, if you would like to visit the group to see what goes on, then please give me, Jo Wilkinson, a call on 01622 691357.

It would be a real shame to have to close the Club.................
Project Feature: Dial 2 Drive

Dial 2 Drive is Imago’s driving service. The service is there for people who are unable to use public transport independently. Volunteer drivers take our clients to medical appointments, shopping trips and social visits. The clients pay an annual membership fee and then pay enough to cover the volunteer’s mileage. The scheme takes older and less mobile people to their appointments, keeping them active and independent and part of their community. The service operates in west Kent.

Our community transport scheme needs to recruit more volunteer drivers in Tunbridge Wells, Sevenoaks, Tonbridge and surrounding villages.

If you would like to join our team of volunteer drivers please contact us on 0300 777 1200 or email driving@imago.community.

For more information have a look at our website: http://www.imago.community/Community-Services/Dial2Drive

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