

## West Kent Volunteer Centre



### Have a summer to remember—volunteer!

If you have time on your hands and would like to volunteer we have lots of opportunities in this edition of the newsletter. Some are outdoors so you can take advantage of the good weather that we've been having.

If you are interested in any of the vacancies you can contact the organisations direct. To find out about other opportunities email [volunteering@imago.community](mailto:volunteering@imago.community) or call our team on 01892 530330.



# Summer volunteering opportunities at Chartwell

We are welcoming students and young adults aged 16+ to volunteer at Chartwell, the home of Sir Winston Churchill, over the summer. It is an opportunity to explore a passion for history and use your spare time in a way that will benefit both you and our visitors. This experience would be great for anyone working towards their Duke of Edinburgh Award, or is looking for a fantastic, unique addition to their CV!



## Studio support volunteer

You will be interacting with our visitors, and expressing your passion for history by sharing the story of Sir Winston Churchill the artist.

## House welcome volunteer

You will be providing our visitors with a warm and friendly welcome, engaging them in Chartwell's stories before they've even stepped through the door of the main house



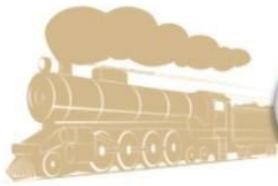
These roles would suit you if:

- You are passionate, enthusiastic and love talking to people
- You are able to cope in a busy environment
- You are looking to use or improve customer service and communication skills

**You will be provided with induction and training to allow you to get the best out of your volunteering. You do not need to know anything about Churchill or Chartwell; we will tell you everything you need to know.**

**Feel free to volunteer on your own or with friends and family.**





SEVENOAKS

• BAT & BALL •

KENT



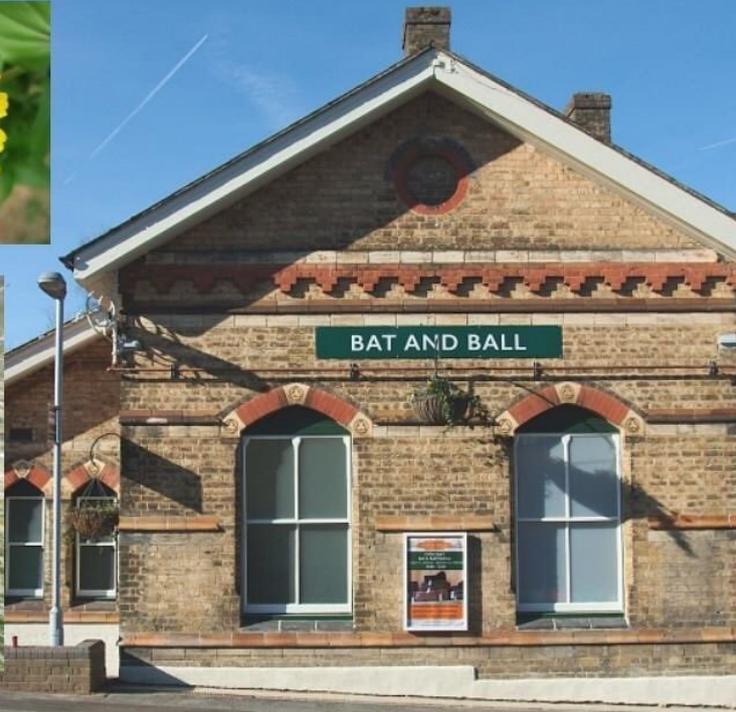
# GARDEN VOLUNTEERS WANTED

*ARE YOU INTERESTED IN GARDENING?*

*DO YOU HAVE SOME TIME TO SPARE?*

Sevenoaks Town Council are recruiting volunteers to help plant and maintain the outdoor spaces at

## BAT & BALL STATION



**FOR MORE INFORMATION**

[heo@sevenoakstown.gov.uk](mailto:heo@sevenoakstown.gov.uk) | [batandballstation.com](http://batandballstation.com)



# Memory Walk Volunteer



**What's involved?** We need over 2500 volunteers this year to help make Memory Walk a success. Without volunteers, we cannot hold the events and reach our target.

## Memory Walk Volunteer

Join us at **Mote Park Maidstone** for our Memory Walk on **Sunday 1 September**. With two routes to choose from, we need enthusiastic volunteers to make it a day to remember for our walkers. Volunteers are needed for just a few hours. Volunteers of all ages are welcome, but if you are under 16 you must be accompanied by a parent or guardian and if you're aged 16-18 you will need to complete a parental consent form.

Most of our volunteers will be needed between 08:30 and 13:30, depending on the role. Exact timings will be confirmed nearer the date.

There are lots of ways you can help make Memory Walk a great day for everyone involved; including marshalling, route marking, cheering walkers across the finish line, interacting with walkers, selling merchandise, helping to keep the site clean and tidy and helping with event setup and breakdown.

**About you:** Memory Walk welcomes everyone and we'll find a role to suit your needs! We love volunteers who are happy to take on a variety of different roles throughout the day and are comfortable talking to our walkers. Volunteering at Memory Walk is also great for pairs and groups.

**The impact you'll make:** Memory Walk is the Alzheimer's Society's flagship fundraising event, where thousands of walkers unite against dementia at sponsored walks across England, Wales & Northern Ireland. The money raised at Memory Walk helps to fund our universal and local services, as well as our research and campaigning work.

**What you need to know:** Have a read of our website for more information about the role.

We welcome volunteers from all backgrounds, communities and experiences. We will make you feel welcome, included and respected because together **we are united**.

**How to apply:** Register at [www.memorywalk.org.uk/volunteer/become-a-volunteer](http://www.memorywalk.org.uk/volunteer/become-a-volunteer) or call 0300 330 5452 to register over the phone



We get it



We are united



We will do it



## CURRENT VOLUNTEER VACANCIES

### **Day Hospital, Edenbridge War Memorial Hospital, Mill Hill, Edenbridge, Kent TN8 5DA**

The service is currently open between 10am and 3pm Monday to Wednesday. The role will involve interacting with those people (older adults) attending the day centre.

It will include encouraging attendees to take part in a variety of activities including arts and crafts, puzzles, discussing papers, listening to music and gardening. The role also involves helping attendees during lunchtime and engaging in conversation and group activities.

### **Dining Companion, Community Hospitals, Kent**

Do You Want to Make a Difference to our Patients?

Across our eight community hospitals in Deal, Edenbridge, Faversham, Hawkhurst, Herne Bay, Sevenoaks, Tonbridge and Whitstable & Tankerton we are asking volunteers to help our patients at mealtimes from 11.30am – 1.30pm.

Mealtime volunteers play an important role in encouraging patients to eat and drink, offering companionship to patients and spotting ways to make mealtimes easier and comfortable for patients, i.e. cutting up food, opening up packets.

The role will include assisting patients with menus and menu choices, giving out meals, assisting with refreshments, sitting with patients whilst eating and encouragement with food and drink.

### **Tonbridge & Malling Health Visiting Team, Larkfield Health Centre, First Floor, Martins Square, Larkfield, Aylesford ME206QJ**

This role would require the volunteer to assist the team by ensuring all information leaflets at the Centre are regularly replaced, organised and updated on site. The volunteer will liaise with the team to ensure information leaflets never run out of stock.

The role will also include making up information packs and some general admin and filing for the team. Days required would be Wednesday, Thursday or Friday between 9am – 5pm, a few times per month with hours to suit.

For information about any of the roles, please contact Maria S Swaby, Voluntary Services Manager by email: [kentchft.engagement@nhs.net](mailto:kentchft.engagement@nhs.net) or telephone: 01233 667810.

Trust HQ The Oast, Unit D, Hermitage Court, Hermitage Lane, Barming, near Maidstone, Kent ME16 9NT

## Peer mentors

**Do you consider yourself to be on the road to recovery and leading a crime-free life?**

**Could you become a peer mentor and use your experiences to help others stop offending?**

Do you have?

- Involvement either currently or within the last 12 months as a service user of KSSCRC
- A willingness to use your experiences to help others
- Good communication skills
- The desire to develop and build on your skills as a mentor
- 2/3 hours a week to volunteer with us.

Living a life away from offending is possible, and for those at the beginning of their personal journey, meeting people who can give them the confidence and the belief that they can progress can be life changing.

You will be able to offer service users the benefits of your experience, encouraging and supporting them through mentoring activities to help bring about the changes they want for their lives.

If you are interested in volunteering as a peer mentor and currently have a probation supervisor, please ask them for more details or alternatively contact the Volunteer Unit to request an application pack

To request an application pack contact:



[volunteers@ksscrc.probatonservices.co.uk](mailto:volunteers@ksscrc.probatonservices.co.uk)



01233 615599

# Volunteer at Bedgebury

## Brighten the rainiest day

Our wonderful team of Visitor Experience Volunteers play a key part in providing a warm welcome and giving our visitors all the information they need for a memorable visit.

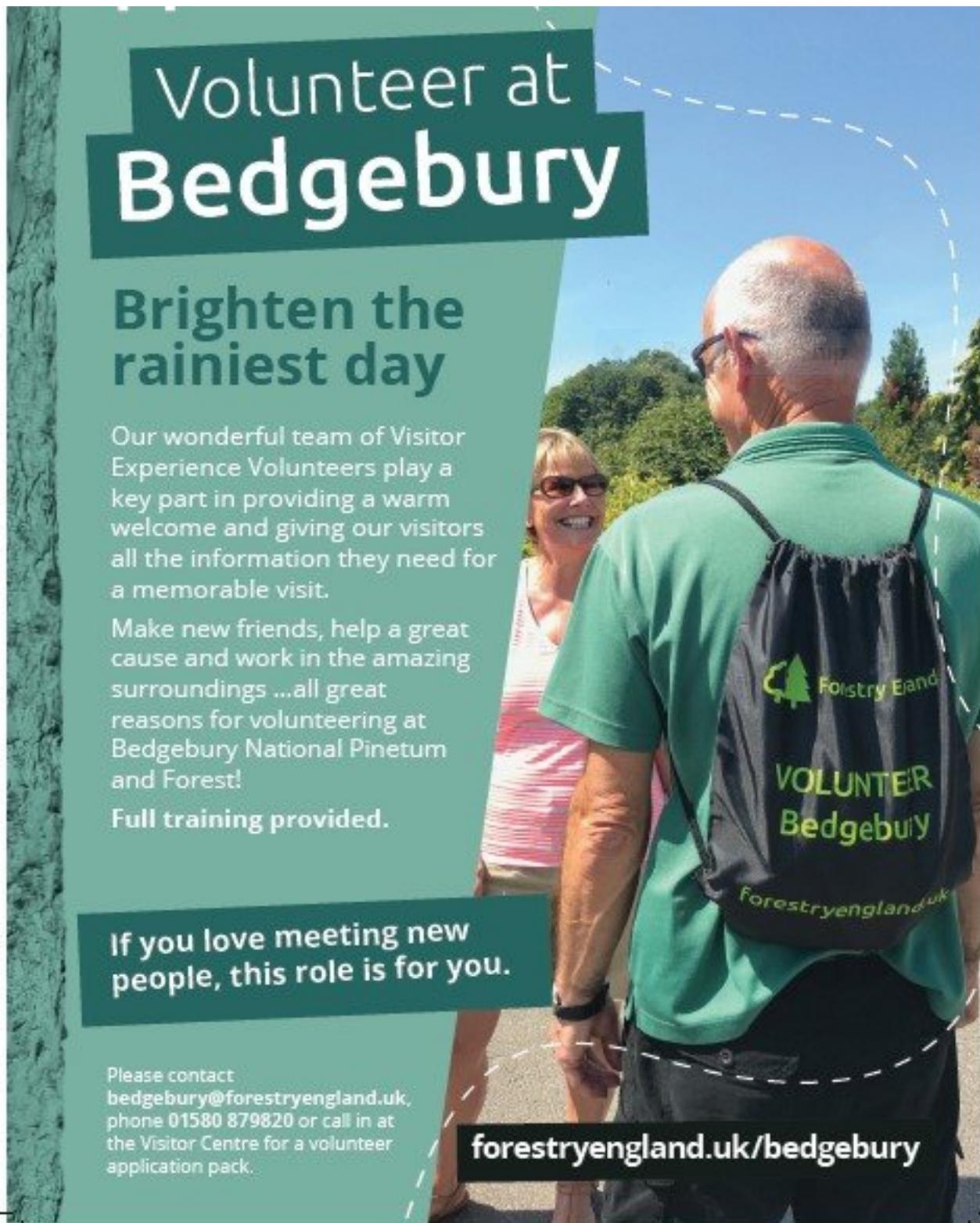
Make new friends, help a great cause and work in the amazing surroundings ...all great reasons for volunteering at Bedgebury National Pinetum and Forest!

Full training provided.

If you love meeting new people, this role is for you.

Please contact [bedgebury@forestryengland.uk](mailto:bedgebury@forestryengland.uk), phone 01580 879820 or call in at the Visitor Centre for a volunteer application pack.

[forestryengland.uk/bedgebury](http://forestryengland.uk/bedgebury)





**National  
Trust**

## Looking for your next adventure? Become a volunteer at Knole

12 Sep, 16 Oct & 19 Nov at 10.30am

Find out more during a FREE coffee morning at Knole

Knole's volunteers span a huge range of skills and there are many ways to get involved - we are particularly looking for afternoon volunteers to help out in our recently conserved showrooms, ensuring visitors get the most out of their visit.

If you are interested in volunteering at Knole, come along to a FREE coffee morning to find out more and meet our friendly team.

Call 01732 467159 for details  
[nationaltrust.org.uk/knole](https://nationaltrust.org.uk/knole)

When you visit, donate, volunteer or join the National Trust, your support helps us to look after special places for ever, for everyone.

## Looking for a volunteering opportunity?

At **Citizens Advice in North & West Kent** our goal is to help everyone move forward whatever problem they face.

If you would like to help make a difference in your community why not join our very welcoming team at **Tonbridge Castle?**



### Advisers

Our Volunteer Advisers are at the heart of everything we do, giving people the knowledge and confidence they need to find their way forward in areas such as debt and money, welfare benefits, employment issues, relationship challenges and housing difficulties. No experience required as full training provided. We prefer advisers to offer a minimum of one day per week.

### Fundraisers

Do you like getting out in the community meeting people? If so this could be the opportunity for you. We're looking for people to act as local ambassadors, manning stalls, placing collection boxes, doing collections and generally raising the profile of our charity locally. Flexible hours.

### Digital Champions

Could you supervise small groups of people learning how to use computers and the internet using the Learn My Way online packages? Volunteers should be confident using IT and helping people if they have problems or questions. Currently seeking volunteers for Tonbridge, Sevenoaks, Swanley, Gravesham & Dartford area to cover sessions of two hours once or twice a week.

### Research & Campaigns Assistant

Research and Campaigns Coordinator in our Tonbridge office for half or one day a week. Might this be you? The role is flexible and, depending on your area of interest, activities could for example include maintaining delivery documentation, producing quarterly newsletters and posters, carrying out surveys, researching information on our database, 'horizon scanning' for social policy issues in the north and west Kent region.

**To find out more about any of the above please email Carol at  
[carol.hunt@nwkent.cab.org.uk](mailto:carol.hunt@nwkent.cab.org.uk)**

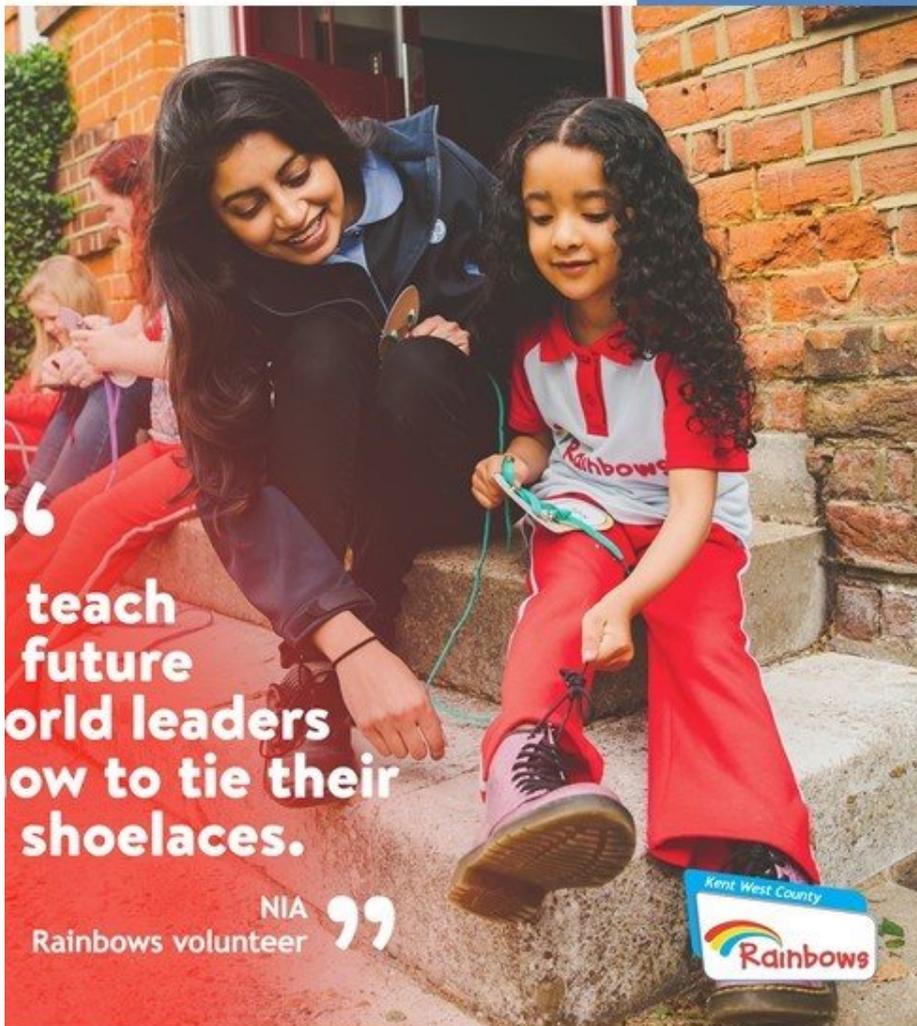


WE DISCOVER, WE GROW

**Girlguiding**

*Kent West County*

**Be an  
inspiration for  
girls and  
young women**



**“  
teach  
future  
world leaders  
how to tie their  
shoelaces.**

NIA  
Rainbows volunteer



**Help  
#InspireGirls  
to realise  
their full  
potential.**

**For more details contact:  
jenni.davis@girlguiding.org.uk  
07927353417  
www.girlguiding.org.uk/interested**

Girlguiding is the leading charity for girls and young women in the UK Reg Charity No 303470

# Volunteer as a Mentor with The Prince's Trust



YOUTH  
CAN  
DO IT

We believe that every young person should have the chance to embrace exciting opportunities. So, we help 11 to 30 year-olds who are unemployed or struggling at school to transform their lives. Our free programmes give young people the practical and financial support they need to stabilise their lives. We help them develop key skills while boosting their confidence and motivation so they can continue to dream big.

Mentoring supports young people to build their confidence, helping them to develop important life skills so that they can re-engage with or enter into education, training or work, or set up in business.

## **WE ARE RECRUITING VOLUNTEER MENTORS TO SUPPORT YOUNG PEOPLE IN KENT AND MEDWAY**

**Could you use your knowledge, skills and experiences to support and empower young people to fulfil their aspirations?**



This is an opportunity to:

- Be a powerful influence in an individual's life, making a real difference to the lives of those in your local area, turning their hopes and dreams into reality
- Take on a new challenge and have a rewarding experience

### **This role will involve:**

- Providing two young people with focus and support to progress into education, training or work, or set up in business, exploring skills and signposting to available and appropriate opportunities as required
- Building effective, meaningful relationships and supporting mentees according to their individual needs and preferences, providing one to one personalised support, guidance, encouragement and inspiration
- Meeting with a mentee on a regular basis, and proactively maintaining this frequent and sustained support
- Helping individuals to identify goals and work towards them to achieve their aspirations whilst regularly reflecting on the journey, sharing in the highs and lows and celebrating their achievements
- Providing guidance on employability and job search issues, including supporting with CV writing, completing application forms and job interview preparation
- Where necessary, support with other issues such as housing, benefits or childcare by signposting to other services and sources of support

Along with your mentoring role there will also be opportunities to volunteer in other areas supporting The Trust .

### **How much time do I need to give?**

As a Mentor, you'll commit to support The Prince's Trust for around four to six hours per month for a minimum of one year. Each mentoring relationship is reviewed at the 6 month point. You will receive support to carry out your role and meeting times can be flexible .

All volunteers must participate in training and reviews, follow Trust policies and procedures and embrace and live by the values and behaviours of The Trust.

**INTERESTED?** For further information about this role and to obtain a full role description and application form please contact: David Senga Lubendo (Kent Operations Executive) 07932 223159 or email

[David.Senga.Lubendo@princes-trust.org.uk](mailto:David.Senga.Lubendo@princes-trust.org.uk)

## **Circuit of Kent Volunteers needed Sunday 8th September 2019**

Sevenoaks Amherst Rotary Club are organising the 22nd running of the Circuit of Kent Cyclo Sportive on Sunday 8th September 2019. This personal cycle challenge for families, casual riders and enthusiasts raises money for Macmillan Care and Hospice in the Weald. The event involves three circuits of varying lengths across the beautiful Kent countryside (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, which is hosted at Sevenoaks Prep School, volunteers are needed to either marshal the car parks, routes in the west of Kent or assist with refreshments.

### **1. 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 park, offload their bikes and equipment in comfort and safety, and to leave the site when they complete their ride. Over 450 vehicles are expected. It is an early start and a briefing and hi-vis jacket will be provided on site at 06:20. Volunteers are needed from 06:15 to no later than 10:00. Main arrival time of participants is between 07:00 to 08:30.

### **2. Route Marshal**

Required at a number of locations to the East of Sevenoaks including Ivy Hatch, Shipbourne, Dunks Green and Crouch etc. You will initially meet for a 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 stood down from your post when a sweeper van comes through. This is expected soon after 10:30, so hopefully your should be finished by 11am.

### **3. Refreshments**

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 which will come from the Refreshments Manager. There will be an allocated parking area, or the general parking can be used and you should be finished by 14:30.

A free pick up at Sevenoaks Bus Station at 09:25 or 10:25 will be available to get you to TN15 0JU. Final return bus will leave the site at 14:00. Please indicate if you wish to use this service.

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 Sunday morning. Plus you will be helping to raise funds for two very worthwhile charities Hospice in the Weald and Macmillan Care. Go Coach will be providing free lifts into and return from, Knole for the House and Parkland, and town shopping centre throughout the day leaving on the hour from 09:00 until 14:00.

If you are interested, please contact Graham Moat via email at [graham.k.moat@btinternet.com](mailto:graham.k.moat@btinternet.com).

Graham will get back in touch with you direct. Please state one of the roles of either:-

1. Car Park
2. Route
3. Refreshments

Further information about the event can be viewed by searching online for The Circuit of Kent.

VOLUNTEER  
*all that's missing is U!*

CROSS  
ROADS  
CARE  
Kent

MACMILLAN  
CANCER SUPPORT

*Whether its minutes or months, hours or days, the time you give really does matter and make a difference.*

## Macmillan Crossroads Care Kent & Medway Volunteer Service

At Macmillan Crossroads Care Kent & Medway Volunteer Service, we help and support people living with cancer and their carers. Volunteering opportunities are across Kent and Medway, enabling you to support someone locally to you. Visits can be flexible and there are many ways to get involved; supporting people in and around their home or garden, taking to healthcare appointments; as a companion, or emotional support of a listening ear when someone needs it the most. You will be trained, supported and valued in your role as a volunteer.

For our 2019 training dates, please call us on the below number.

***For any further information on this volunteering opportunity, please contact us:***

**enquiries.macmillan@crossroadskent.org**

**0345 095 6701 ~ Option 3 for the Macmillan Office**

West Kent Office, Macmillan Crossroads Volunteer Service, The Oast, 170 Tonbridge Road,  
Wateringbury, Kent, ME18 5NS

Charity registration number 1073896.

## Tunbridge Wells Puppetry Festival Is Growing And Needs More Board Members!

Tunbridge Wells Puppetry Festival is a not-for-profit Community Interest Company which runs a festival in Tunbridge Wells every two years. The Festival is growing fast in both scope and audience numbers and we need more Board members, including a Treasurer, to help sustain that success. The Board meets every two or three months to monitor progress and to advise the Artistic Director and her team as and when required. This is a chance to play a significant role in the artistic life of Tunbridge Wells working with the Assembly Hall, Trinity Theatre and The Forum as well as TWBC and the Arts Council.

Please email your contact details and a very brief CV to Peter Emanuel  
[Emanuel.peter@yahoo.co.uk](mailto:Emanuel.peter@yahoo.co.uk)



Royal British Legion Industries (RBLI) is a national charity supporting the Armed Forces, people with disabilities and people who are unemployed. We improve lives every day by inspiring those we help and supporting them to find work and lead independent lives.

## VOLUNTEER AT RBLI



- Office support—including admin and reception
- Fundraising—cheering at events, holding a bucket collection or creating your own event
- Support in our Factory—volunteer alongside our team of veterans and disabled people as they manufacture products
- Estates Maintenance—help maintain our unique 70 acre site
- Bespoke opportunities—Do you have a specific skill such as singing, playing a musical instrument, arts and crafts, beauty therapy and/or make up?
- You could run sessions in our nursing home to provide much needed opportunities for engagement and participation for our residents

### GET IN TOUCH

  
01622 795924

  
[volunteer@rbli.co.uk](mailto:volunteer@rbli.co.uk)

  
[rbli.co.uk](http://rbli.co.uk)



## Crossroads Care Kent

### COGS Club

@ Christchurch 86 Prospect Rd,  
Southborough TN4 0EG

Our Cognitive Stimulation Group (COGS) is a club for people with mild to moderate dementia. We support up to 12 people and the clubs are aimed at encouraging members to participate in meaningful activities, such as word games, current affairs, number games and creative fun in order to maintain an active mind.

We are looking for volunteers to help out at our Wednesday club in Southborough from 09.45 to 14.45

If volunteers are unable to help for the full 5 hours we can be flexible and are happy to discuss this further

If you are interested please ring Kath Ireland or Jen Lane  
on 0345 095 6701 for a chat



Registered Charity No. 1073896



Hello

My name is Michael Porter and I am the manager at the Age UK store in Tonbridge High Street.

I am in need of volunteers to come and work in our shop. Weekday staff and weekend staff are needed!!

If you are interested in supporting this great cause please contact me.

Kind regards,  
Michael, Store Manager - Age UK  
[michaelporterwork97@gmail.com](mailto:michaelporterwork97@gmail.com)



**Volunteer Drivers Needed**

**DIAL 2 DRIVE**

In and around: Tunbridge Wells ~ Sevenoaks  
Tonbridge ~ Dartford ~ Gravesham

**Do you own a car?**  
Could you take an elderly or disabled person to a medical or social appointment once a week?

- Flexible to work around you
- A hugely rewarding way to help others
- Meet new people

**We pay your mileage expenses**  
dial2drive@imago.community - 0300 777 1200

www.imago.community  
IMAGO

## Social Prescribing Peer Volunteer Opportunities

Dartford Gravesham Swanley



**Social Prescribing:** Peer volunteers work alongside the Social Prescribers to support individuals to progress outcomes identified on their support plan. This may be achieved by visiting the person in their own home or meeting them in a community-based setting. Volunteers might help with household bills or budgeting; have a chat over a cup of tea; introduce someone to a social activity; or set up and support a befriending group. The types of activity will be determined by the needs of individuals.

We have a Volunteer Coordinator who would meet with you and work out a suitable match from those referred by the Social Prescribers. This is flexible to fit around your availability.

To find out more and for an application form contact:  
volunteering@imago.community or call 01892 530330  
<https://www.imago.community/About-Imago/Volunteer-for-Us>



## CAMEO Volunteer Opportunities

### CAMEO: Come and Meet Each Other

Supporting adults 50+ who are socially isolated or experiencing loneliness due to changing life circumstances.

A 12 week programme, meeting once a week for a few hours during the day. Bringing participants together through a series of activities including advice sessions, practical skills development, social events and peer support.

Volunteers help run the groups, providing someone to talk to, help with refreshments and encourage participation if someone is lacking confidence.

Dartford Gravesham Swanley



HM Government

To find out more and for an application form contact:

[volunteering@imago.community](mailto:volunteering@imago.community) or call 01892 530330

<https://www.imago.community/About-Imago/Volunteer-for-Us>

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

**Tonbridge & Malling, Sevenoaks, Tunbridge Wells**



@Volunteering\_WK



VolunteeringWK

[volunteering@imago.community](mailto:volunteering@imago.community)

01892 530330

[www.imago.community](http://www.imago.community)