


Health and well-being

Becoming a blood donor

Only four per cent of the eligible population gives blood but the National Blood Service needs 7,000 donations of blood every day to supply the blood needed to treat patients. New donors are always welcomed.

The National Blood Service depends entirely on voluntary donations from the general public and encourages existing donors to give three times a year. To be eligible to give blood you must be between 17 and 70 years of age and in general good health.

 08457 711711

 www.blood.co.uk

Samaritans

Samaritans provides completely confidential emotional support 24 hours a day thanks to its 17,000 volunteers. Your local branch of Samaritans is always looking for people able to listen without passing judgement.

You don't need formal qualifications or previous experience, only a natural ability to listen and remain open-minded. If you have expertise in accountancy, administration, construction and maintenance, the law or psychiatry, you will also be able to help in other areas and some branches also have charity shops that need managers and shift workers.


 020 8960 3722 **Volunteer Centre**

 www.samaritans.org

RBKC LINK (Local Involvement Network for Health and Social Care)

The Royal Borough of Kensington and Chelsea Local Involvement Network (LINK) is a network for individuals, organisations and groups that want to improve local health and social care services.

The LINK encourages and supports anyone who wants to get involved in influencing how local care services are planned and run. Working with RBKC LINK can help you to draw attention to neglected issues and talk to decision makers. It is a way for the community to speak with a stronger local voice

 020 8968 7049 / 07967 225015

 rbkclink@hestia.org

 www.rbkclink.org

Blenheim Community Drug Project

Blenheim Community Drug Project has a long and proud history of providing high quality services to communities affected by substance misuse. Volunteers have a key role in helping us continue to meet the high standards we set ourselves. You could become a volunteer in the Portobello Road Drop In Centre, offer counselling or play a part in one of the education and training sessions.

There is also the option to join "A Pathway to Drugs Work", a course accredited by the Open College Network London Region and useful as a stepping stone to becoming a drugs worker. The course is free if you are a volunteer at Blenheim CDP.

 020 8960 3722 **Volunteer Centre**

 www.blenheimcdp.org.uk





The Royal Borough's hospitals

The Royal Borough's hospitals have a community dedicated to supporting staff and patients. They raise money, provide services and campaign on behalf of the patients and visitors in Kensington and Chelsea's public health facilities.

Other organisations include

The Friends of the Chelsea & Westminster Hospital

 www.chelwest.nhs.uk/patients/helping_us.htm

Friends Of The Royal Marsden

 www.royalmarsden.org/campaign/support/howtohelp

Friends Of Royal Brompton Hospital

 www.rbht.nhs.uk/jobs/volunteers/friends

Royal Brompton Volunteers

 www.rbht.nhs.uk/jobs/volunteers

Imperial College

 www.imperial.nhs.uk/workwithus/volunteering

[case study]

Friends of Chelsea Children's Hospital School

Chelsea Children's Hospital School provides education and creative art therapies for 50 weeks a year. The school has facilities at St Mary's, Chelsea and Westminster, Royal Brompton and Collingham Child and Family Unit.

There are many active volunteers providing vital assistance to the everyday work, both raising money for the charity, helping take young people on outings and assisting in the classrooms.

 janettesteel@cchs.org.uk

 www.cchs.org.uk

Response Community Projects

Response Community Projects is a charity occupying a shop in the Old Brompton Road and run by a volunteer management committee. Around five hundred individuals a week use Response's premises making it one of the busiest and best used community resources in the borough.

Response relies on its local membership to ensure that it continues to provide its services, from the free internet shop, room hire facilities and drop in coffee bar to the homework club, IT, language and Yoga courses, with regular social activities for the elderly. You can play a part by becoming a member of Response.

 020 8960 3722 **Volunteer Centre**

 www.responseprojects.org.uk

St Mungo's

St Mungo's is London's largest charity for homeless people. It opens its doors to homeless and vulnerable people, enabling their recovery, and works to prevent rough sleeping in the first place.

Volunteering at St Mungo's is perfect for people who want to gain experience in the housing sector, or for those who may simply wish to donate a few hours of their time every week. St Mungo's especially encourages people with their own experience of homelessness to volunteer.


 020 8960 3722 **Volunteer Centre**

 www.mungos.org

Staying Put Services/Furnish

Staying Put Services/Furnish collect items of donated furniture and redistribute them to vulnerable clients. They also provide new furniture, including domestic appliances, to social housing clients.

You could donate your good quality furniture to Staying Put or play a part in the running of the organisation. As a volunteer you could work on one of the four vehicles delivering and collecting furniture, helping in the warehouses or in the office and assisting clients.

 020 8969 3332

 furnish.enquiry@sbhg.co.uk

 www.stayingput.co.uk/furnish



The CARA Trust

The CARA Trust is a local volunteer organisation working in west London since the late 1980s. CARA provides a range of services to people living with HIV, helping them to live life to the full.

Volunteers will work in this caring environment in a variety of roles, from providing care to using your organisational and administrative skills. You would support the Trust's many services, including home and hospital visiting, peer support groups, information provision, discussion and personal development, spiritual reflection and regular group meetings.

 020 8960 3722 **Volunteer Centre**

 www.caralife.com

Chelsea Methodist Centre

Chelsea Methodist Centre accommodates a wide variety of groups and activities, including work with families and a counselling service. Volunteers work in the café and assist in the Centre's projects, such as the Winter Night Shelter, working with wide variety of people who use the facilities, including those who are homeless, the lonely, people living with mental health problems, and guests from Chelsea and from far afield.

 020 8960 3722 **Volunteer Centre**

 www.chelseamethodist.org.uk

Action Disability Kensington and Chelsea (ADKC)

ADKC works to enhance opportunities for disabled people living or working in the Royal Borough of Kensington and Chelsea. ADKC provides a Resource Centre, helping to set up and support new services in response to needs.

As a volunteer you could help to remove the barriers that disabled people face. Volunteers assist by giving practical help, such as completing small DIY projects, spending one-to-one time with our users or providing assistance at the team's office.

 020 8960 3722 **Volunteer Centre**

 www.adkc.org.uk

Terrence Higgins Trust (THT)

THT is the UK's leading HIV and sexual health charity, providing a wide range of services across England, Wales and Scotland.

THT was founded in 1982. People voluntarily offering their time and experience continue to be vital to the charity. People volunteer for all sorts of roles, from helping out for a few hours at a fundraising event to running the reception desk at a service centre for a couple of days a week. They train all volunteers for their role and give support and supervision to ensure that they remain happy with the work they are doing.

 020 8960 3722 **Volunteer Centre**

 www.tht.org.uk



Positively Women

Positively Women is a charity where women living with HIV provide support to other women living with HIV. Its services and volunteer opportunities are specifically intended to help women build skills, confidence, and move into employment, further education or other areas of volunteering.

If you are a woman living with HIV then getting involved with Positively Women is a chance to share your skills and experiences with others, help with fundraising or enjoy the opportunities for personal development through training and volunteering.

 020 7713 0444


 info@positivelywomen.org.uk

 www.positivelywomen.org.uk

The Kensington and Chelsea Talking Newspaper

The Talking Newspaper is a fortnightly publication gathering together the most interesting and informative stories of the past two weeks.


It is put together by volunteers and new members are always welcome to join the team of editors, readers and technicians. Editors select items from national and local press to produce a sixty minute audiotape for visually impaired listeners in the Royal Borough. Readers and sound technicians then produce the tape before it is dispatched to all our listeners. Come and join in at the recording sessions in the Central Library.

 020 7727 7626

Nucleus LAC

Nucleus is an independent agency offering general legal advice and assistance. The organisation specialises in cases related to debt, housing, and welfare benefit. Nucleus is based in Earl's Court and provides advice to the local community through open door sessions, advice lines and by appointment.

Volunteers work throughout the organisation, complementing the service provided by paid staff. Volunteers help in all aspects of the service from admin work to providing information and advice up to tribunal level.

 020 7373 2102


 advice@nucleus.org.uk

 www.nucleus.org.uk

Cruse Bereavement Care

Cruse exists to promote the well-being of bereaved people and help them understand their grief and cope with their loss.

Anyone can apply to be a volunteer for Cruse. You do not need to have any qualifications or previous experience but you do need to care about bereaved people and have time to offer. You will be given all the preparation, training and support you need to give support to people coping with loss of loved ones. Cruse also needs administrators, trainers, supervisors and fundraisers to maintain the organisation's service.

 020 8964 3455

 kensington@cruse.org.uk

 www.cruse.org.uk



The ClementJames Centre

The ClementJames Centre is based in Notting Dale and its Community Education Programme provides a structured, integrated set of activities for disadvantaged people in the local area.

This includes English language classes, a film club, the IntoUniversity scheme (see p21 for more information), a community shop for those on low incomes and a community garden. As a volunteer you could support this by using your gardening skills, providing administrative support, becoming a mentor, supporting the IntoUniversity scheme or taking part in fundraising.

 020 8960 3722 **Volunteer Centre**

 www.clementjames.co.uk