

# Press Gang

The newsheet of  
*Volunteer Centre Swanley & District*

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## **Award winning Befriender Team.**

The picture above show just some of our Befriending Volunteers who won the Saga Award at the Kent Volunteers presentation, Ramada Hotel , Maidstone in November of 2006

We have a very strong team of ladies and gentlemen who kindly give up some of their time to visit the elderly who are usually isolated in their homes.

The Befrienders get together at coffee mornings that we arrange throughout the year so as they can share their experiences, plus enjoy the company of other volunteers.

**To join the Befriender team and get more out of life contact Della on 0845 241 2180**

We look forward to hearing from you.

**Advertise your events in our Newsletter  
Contact: Pauline or Della on 0845 241 2180  
Email: [info@swanleyvolunteers.com](mailto:info@swanleyvolunteers.com)**

## **Community Lunch**

**Speaker  
District Chief Inspector  
Gill Ellis**

***“Law and Order  
in your Community”***

**Tuesday 13th March 2007  
Alexandra Suite  
12.30—2.00pm**

**To book call 0845 241 2180  
Cost of Lunch £3**

**Welcome** to our first Newsletter where we are designing and doing our own layout.

Kevin Spencer who had been a Newsletter Editor/Trustee of the Volunteer Centre for many years resigned at the end of last year due to other commitments. We would like to take this opportunity of thanking him for all his hard work and dedication. Because of this I am having a crash lesson in publishing so as we can still bring you all the News of what is happening in the world of Volunteering.

January has been very busy getting to grips with the changes made at the end of last year but we are rising to the challenge. Our office volunteers have been very supportive and we do not know what we would do without them.

On that note lets have a good year volunteering to keep us all young fit and active.

**Pauline Annetts**

Hi from the other half!!! Busy as ever keeping tabs on all the befriending volunteers and the Reminiscence team. If you haven't heard from me yet, you soon will.

I have been out and about in four of the villages that we serve and I will return. Hopefully more residents from the villages will come along to our drop in sessions and meet us, or has someone warned them off!

Yet again I'm stupid enough to embark on another Marathon. This time it's the London marathon. Anyone volunteering to run with me on the training days? I shall be raising money for the Volunteer Centre and Swanley Day Centre—Learning disabilities team. Sponsorship forms will be available from the office. Support on route would be appreciated. See you all at the London marathon , if not before.

**Della Jeffery**



## Sport and Volunteering

The value of the time contributed by sports volunteers in England alone is estimated at over £14 billion.

Sport relies heavily on volunteers to be able to function efficiently. All clubs use volunteers, there are many different roles to be undertaken; coaches, managers, catering, event organisers, time keepers, marshals, committee members, web design to name a few.

### How do we fit in?

The role of a volunteer centre is to recruit and place volunteers into opportunities that they are interested in. Sports clubs tend to operate by using existing members' parents to help out. Many do not know or realise volunteer centres exist or can help them.

With the 2012 Olympics getting closer, the time is right to get on board and encourage more people to become involved with sports. Local clubs need local volunteers.

**Lets work together to provide the opportunities for more people to get involved and for more clubs to have the volunteers to help them succeed.**



**Contact us on: 0845 241 2180**  
**Email: [info@swanleyvolunteers.com](mailto:info@swanleyvolunteers.com)**  
**Web site: [www.swanleyvolunteers.org.uk](http://www.swanleyvolunteers.org.uk)**

All the villages that we service have there own web page to advertise their own events. Please let us know if you wish to advertise your village.

**'Get on Board'** is the new campaign being launched in January 2007 by The Governance Hub, Charity Commission and Volunteering England.

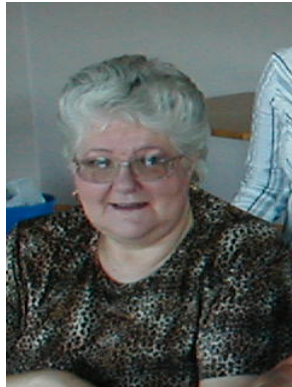
The campaign aims to encourage more individuals to become Trustees for their local organisations. It is a way of making a difference to either a cause you care about or the community you live in. The Volunteer Centre is always on the lookout for Trustees, particularly in the villages that we serve, it would make a big difference to each of the villages if we had a Trustee on the Board who understood the local issues.

For more information on being a Trustee or registering the need for a Trustee just contact us on 0845 241 2180 or [info@swanleyvolunteers.com](mailto:info@swanleyvolunteers.com) [www.getonboard.org.uk](http://www.getonboard.org.uk)

### One of our New Trustee Recruits:

My name is Carol Theobald I joined the board of trustees last year. I was very interested as to how it all worked and I was surprised as to how much work goes into the smooth running of the Centre. I get a great deal of satisfaction when something we have been working on comes to fruition and makes a difference to someone's life. I have also become a befriender for the Centre and can see and comment on the work in progress regarding this particular project. You can join in the day to day running of the Centre as much as you like. I have also put my hand up to be on a sub committee that helps organise the Centres Fund Raising Events which include our Annual Community Lunch, Strawberry & Cream Quiz etc. There are four full Trustee meetings a year, but we are always there to lend a helping hand when necessary.

Please consider becoming a Trustee for the Volunteer Centre as I am sure you will be rewarded in many ways.



### Above the call of duty?

- ◆ One Saturday two of our volunteer drivers helped transport some personal items from Swanley to a family's new home as the removal van had only taken the furniture and white goods, leaving them stranded paying rent on two homes. After a chat I said that we would try and find someone to help! Thankfully the Volunteer Centre came to the rescue and they are now settled in their new home. Another happy ending.

### Keeping the Sundays

#### Afternoon Teas going.....

- ◆ At the end of last year, knowing that we were going to lose a member of staff, we had to take a decision that meant we would no longer organise the "Vb Teas" in the New Ash Green area. We were not happy walking away from a very successful project but felt that we had no choice.

The good news is that we were successful in finding an organiser and handed over the scheme to Contact the Elderly who are an organisation that hold tea parties throughout the Country.

### Jack Deal - Work Experience.

- ◆ I am a student at Dartford Grammar School. I came to the Volunteer Centre to do one week's work experience, and have had a very good time. All the people in the centre were very welcoming, and gave me all sorts of tasks to complete, including printing out labels, photocopying, delivering some letters and posters about upcoming events, and phoning around the organisation requesting some up-to-date information. This has been a valuable experience which I have enjoyed, and has certainly improved my confidence when talking to people. I would like to thank the Volunteer Centre for providing me with this opportunity.

*Jack Deal*



*Mystery Walk*

*Easter Monday - 9th April 2007*

*In aid of the Swanley Volunteer Befriending Scheme*

*£5 per walker (children under 16 free)*

We are organising an Easter Monday *Mystery Walk* . It will start from The Olympic, Beechenlea Lane, Swanley at 10.00am. The Olympic is open till 3.00pm so why not finish your walk with lunch (to book call the Olympic 01322 613900)

The route is approximately 7 miles easy terrain with some clues to find on the way

To book your place contact: David Coates 01322 661159 / Email: Daviddvd199@aol.com

**Are you interested in your community**

Do you enjoy finding out about your area's history, local experiences, schools, shops anything to do with Swanley West Kent Housing & West Kent Extra are looking for people to help with this project as researchers.

For more information contact the Volunteer Centre on  
**0845 241 2180**

***Dates for your diary***

Friday 2nd March	Women's World Day of Prayer <small>(Hextable Methodist Church at 8.00pm)</small>
Tuesday 13th March	Community Lunch - DCI Gill Ellis
Easter Monday 9th April	'Mystery Walk' around Swanley
Sunday 22nd April	London Marathon
Monday 4th June	Stand in Asda for Volunteers Week
Tuesday 5th June	Volunteer Centres AGM
Sat 9th & Sun 10th June	Garden Safari starts

***Training***

***We are organising two training courses dates to be confirmed***

***Listening Skills***

***Food Hygiene***

***If you would like to attend one or both of these courses please contact  
The Volunteer Centre on 0845 241 2180***