

# Press Gang

The newsheet of

## Volunteer Centre Swanley & District

Areas covered: Ash, Crockenhill, Farningham, Eynsford, Hextable, Horton Kirby, New Ash Green, South Darenth, Swanley, Swanley Village and West Kingsdown

### SPRING IS HERE... OUR LAST FUNDRAISING EVENT OF 2007/08



Saturday 8th March 2008 started badly with cold winds, rain forecast and black skies. Just the day for a stroll around a garden in Spring. But being of a hardy disposition we still donned our winter coats, scarves, gloves and anything else that we needed for a long stay out in the cold.

Thankfully the British nation is also made up of people with 'true grit' and they too entered into the spirit of the afternoon, after a stroll around the gardens and the vineyard a hot cup of tea was very welcome.

We would like to thank all of those who helped on the day and especially to Barbara and Vivian for allowing us to visit their garden once again.

#### **Message from our 'Tea lady' Gladys:**

It was a pleasure making the tea and serving cake to all those marvellous people who supported the Spring Garden Open Day. The weather forecast had not been good so we were not expecting a big turnout; but surprise, surprise we were inundated and made £267.50 on the day. Thank you to all our supporters and Barbara and Vivian for the use of their garden.

#### **Volunteers 'Best Recipes' needed.**

After a very nice home cooked lunch with one of our Befrienders (you know who you are) we discussed the idea of producing a cookery book. Anyone who has a delicious favourite recipe can send them into us, we then compile a booklet to sell back to you. All proceeds will go to the Befriending scheme and it will give us all a new recipe to try out on our poor unsuspecting husbands, children and family

Please send us an easy to follow recipe your name and reason why you have chosen this particular dish.



**Advertise your events in our Newsletter**

**Contact: Pauline or Della on 0845 241 2180 Email: [info@swanleyvolunteers.com](mailto:info@swanleyvolunteers.com)**

# Get S.O.R.T.ed!

## With the Sevenoaks OutReach Team

The Get SORTed Team are back in action, they are in three different venues throughout Swanley.

- ◆ The Library every 1st & 3rd Thursday starting April 3rd from 10.00am—12.30pm
- ◆ ASDA from the 9th April and thereafter every 2nd & 4th Wednesday of each month.
- ◆ A stall in the market starting the 2nd April again every 1st & 3rd Wednesday of each month.

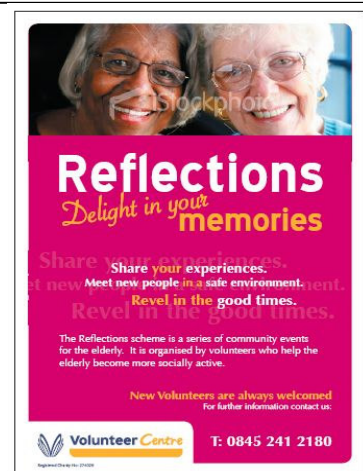
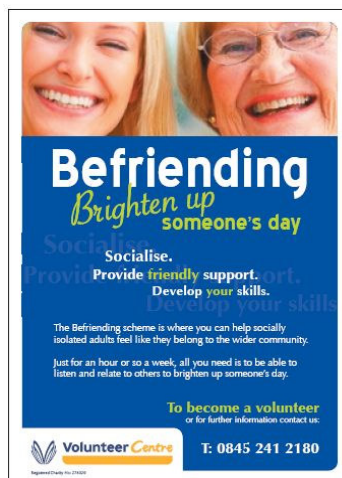
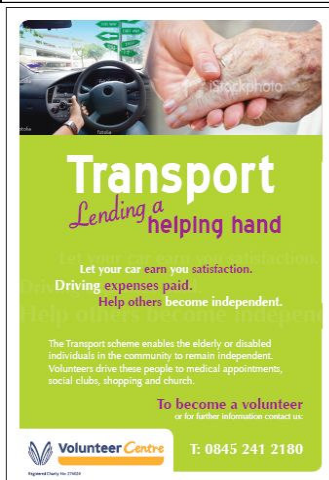
Gosh what busy people these fitness fanatics are!

They need volunteers to help them. If you are outgoing and enjoy talking to people this opportunity could be for you. Please contact either Pauline or Della for more information—01322 669292



### What is get S.O.R.T.ed?

It is all about helping you to make small changes towards a healthier lifestyle. If you ever wanted tips to improve your diet, help to encourage you to become a little more active or just general information regarding healthier living then just meet the Get S.O.R.T.ED team—It's a great place to start! Contact one of their team at Sevenoaks District Council on 01732 227000 or email: [healthyliving@sevenoaks.gov.uk](mailto:healthyliving@sevenoaks.gov.uk) or come and meet them (for days and places see above).



### Look out for our new Posters

Due to a grant from the Swanley Christian Community Trust we were able to produce new Posters and Leaflets advertising our three major services schemes. We have re-named our Reminiscence scheme to **Reflections** which we hope will encourage a wider cross section of participants.

We are actively seeking different, accessible places for these posters to be seen. If you can help us get to a wider audience by recommending a notice board we would be grateful.

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

I was given this poem and thought that it may make the Trustees of the Volunteer Centre smile.

### I'm On A Committee

Oh, give me some pity, I'm on a committee  
which means that from morning to night  
We attend and amend and contend and defend  
without a conclusion in sight.

We confer and concur, we defer and demur  
and re-iterate all of our thoughts  
We revise the agenda with frequent addenda  
and consider a load of reports.

We compose and propose, we suppose and oppose  
and the points of procedure are fun!  
But though various notions are brought up as motions  
there's terribly little gets done.

We resolve and absolve, but never dissolve  
since it's out of the question for us  
What a shattering pity to end our committee  
where else could we make such a fuss?

### Reflections

At the beginning of 2008 we started a pilot project in partnership with Swanley Technology College on the back of our Reminiscence (now known as Reflections) scheme. The project involves four Year 8 students, 2 elderly ladies from the community, and two of our facilitators. The idea behind the project was to get the two generations together; Too often society separates these generations leading to a lack of mutual respect and understanding.

The project was intended to last for six weeks but has been extended for another six weeks. The girls are using a recording device that was purchased by the Swanley Volunteer Centre, this enables them to edit the interviews and hyperlink them onto websites. We intend to link this to our website [www.swanleyvolunteers.com](http://www.swanleyvolunteers.com) and also Swanley College [www.swanley.kent.sch.uk](http://www.swanley.kent.sch.uk); The college are also intending to make a booklet.

Gillian Harris—The Community Projects manager at the College said "I am very impressed by the enthusiasm and commitment of the girls; they are really enjoying the whole experience". The ladies and facilitators thoroughly enjoyed their time spent with the girls and feel they have learnt more about the younger generation.

We feel this pilot project has been a huge success and are hoping to continue it later in the year with other pupils and guests, although this rather depends on funding.

**Della Jeffery**



Volunteer Centres and Councils for Voluntary Service  
working together for Kent

### **New Infrastructure partnership:**

Volunteer Centres and Councils for Voluntary Services (CVSs) across Kent and Medway have come together to share good practice, network and maximise existing and emerging county wide opportunities. They have created the **Kent and Medway Infrastructure Partnership (KMIP)**, to increase partnership working and communications.

**Volunteer Centres** across the county help people find suitable volunteering opportunities within their local communities. They work closely with individuals and organisations that need support from volunteers.

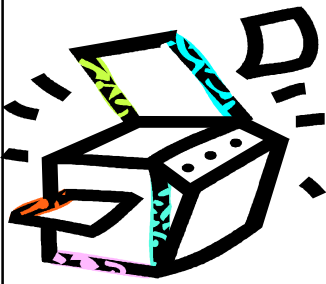
**Councils for Voluntary Services** offer a range of support services to help organisations work more effectively such as information, advice, resources, project management and training.

**KMIP** aims to improve and strengthen the infrastructure support it can provide across Kent & Medway by:

- ◆ Providing structured, strategic representation of volunteering at county level;
- ◆ Developing consistency of service across the county;
- ◆ Meeting the needs more effectively of county wide 'front line' voluntary organisation for example in the arenas of core infrastructure provision such as the recruitment of volunteers and in information management;
- ◆ By improving campaigning—with strength in numbers, and a more structured and representational approach that is underpinned by the Kent and Medway Compacts;
- ◆ Enabling gaps in infrastructure support to be more readily identified and work towards addressing these for the ultimate benefit of the population of Kent & Medway.

For more information, please contact—  
Pauline Annetts : [pauline@swanleyvolunteers.com](mailto:pauline@swanleyvolunteers.com)

KMIP Contacts: Chair - Mandy Wynne:  
[mandywynne@sevenoaksvolunteers.org.uk](mailto:mandywynne@sevenoaksvolunteers.org.uk)  
Vice Chair— Charlotte Osborn-Howard:  
[charlotte.oh@mybhub.org.uk](mailto:charlotte.oh@mybhub.org.uk)



**We have a new photocopying machine**

Our old friend has left us for that great 'photocopying resting place' better known as the 'junk yard'. After many strange clunks and clicks, whirling and grinding we exchanged him for a new 'up-to-date' model. The quality of the colour photocopies are excellent. So if you are in the market to have something photocopied please remember us.

Colour copies - 50p each  
Black and white - 10p each

**Village Drop - in**

We have changed our village drop-in times

New Ash Green Library - 1st Tuesday of every month - 9.15am - 11.15am

Hartley Library - 3rd Tuesday of every month - 9.15am - 11.15am

West Kingsdown Library - 3rd Friday of every month - 9.00am - 1.00am

Please note that due to there only being two members of staff we are not always able to attend every drop-in session

**Club Leader required**

Some time ago there was a thriving club for the partially sighted of Swanley held in the Northview Lounge. Unfortunately the club leader having to give up due to illness and no one wanting to take on the role the club closed. The Kent Association for the Blind would like to start up a club in the Swanley area again.

If you are the kind of person that likes to organise club activities, outings and speakers once or twice a month then the KAB would love to hear from you.



For more information regarding this opportunity please contact either:

**Dates for your diary**

**Family Charity Walk**

**Sunday 4th May :**

**9.30am - Olympic car park**

**Party in the Park**

**Sunday 11th May - Swanley Park**

**AGM and Community Lunch**

**Tuesday 3rd June**

**Strawberry & Cream Quiz**

**Tuesday 8th July - Alexander Suite**

**Charity Golf Day**

**To be confirmed**

*Swanley & District Volunteer Centre would like to thank our main funders for their continuing support*

