

Press Gang

The newssheet of

Volunteer Centre Swanley & District

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

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Every year we invite all of our volunteers to a Christmas gathering to thank them for all their hard work. Our programme this year included the usual quizzes, raffle and refreshments; giving everyone a chance to mingle and talk to each other, exchanging news and information.

This year the Well Hill Morris Dancers kindly nominated us as their chosen charity, so we asked them to join us and give a surprise demonstration, bringing some sunshine into the dark days of winter and cheering everyone up, especially those who jumped at the chance of 'having a go'. At the end of the performance we were handed a cheque for £474.05

Everyone attending was surprised that Morris Dancers collect money for local charities, so remember the next time you see a group of Morris Dancers, jingling their bells, flapping their hankies and bashing their sticks; give generously .

To advertise your events
in our Newsletter

Contact: Pauline or Della

01322 669292 or 0845 241 2180

Email: info@swanleyvolunteers.com



United House
sponsor our
Newsletter

Recipe Book

We are still interested in putting together a Recipe Book of all your 'favourite recipes' or 'like mother used to make'.

The Volunteer Centre have a "Radiation Cookery Book" 16th edition : February 1933, the first edition being October 1927. It has some truly unusual dishes and some that we would never attempt today!

For example:

Sheep's Head Broth

1 sheep's head

6 pints water

1½ lbs. carrots, turnip,
onion or leek, celery mixed

¼ lb. pearl barley

1 tsp chopped parsley

6 peppercorns

Salt & Pepper

Method:- Split the skull lengthways and remove the brains carefully; place them in cold salted water. Chop off the nose and well clean the head all over with salt. Remove the tongue. Tie the head together and place in a saucepan with tongue. Cover with hot water 2 tsp of salt and as the water boils, skim well..... I won't tell you the rest but you can serve the head separately with brain sauce.



If any of you want to try Sheep's Head Broth or any other recipe in the book, such as, Stewed Eels, Mutton Pie or Calf's Brain Fritters, let me know and the recipe is yours.

Can you let us have any tasty recipes that you have tried and feel that others may want to try them out. Either send to the Volunteer Centre. or email them to info@swanleyvolunteers.com

Join the Kent Event Team.

Want to get involved with a range of exciting events across the county?

Why not join our network of volunteers and help at community, sport, leisure and cultural events throughout Kent.

Register as a volunteer today, no commitment involved, you volunteer for only what interests you.

Have fun, make a difference and be part of something GREAT.

Email: info@swanleyvolunteers.com

Tel: 01322 669292

www.kenteventteam.org.uk



Who ya gonna call!!!!

Swanley Volunteers

The Volunteer Centre is often contacted by charitable and statutory organisations asking us if we can help them to solve particular problems.

Recently a request came in from the Stroke Association regarding a Swanley family whose lives had been turned upside-down by a stroke condition. We were able to find a local organisation that would donate some money to buy some equipment to help alleviate the problem.

Darent Valley 41 Club (pictured below) is a local organisation that fundraise for local charities. We take this opportunity to thank them for helping us.



For more information on the Stroke Association go to: www.stroke.org.uk



BritishRedCross Registered Charity
No: 220949

Medical Equipment Loan Service in Kent

In 2007 the British Red Cross assisted over 7,000 people in Kent & Sussex, this was limited to areas in which they had centres. They are now actively looking at taking the service out and about and reaching areas not currently covered by existing services.

The Equipment Loan Home Delivery Service can provide equipment on short term loan such as **wheelchairs, commodes, back rests and bed cradles.**

Using the Service enables people to return home early from hospital, stay at home during an illness or even go on holiday.

Equipment is loaned free of charge, although a suggested donation system is in place and delivery/ collection to a person's home is £5.00 each way.

For more information

Elaine Chapman, Service Manager

Tel: Kent 0800 0280 831

echapmanr@redcross.org.uk

www.redcross.org

Leaflets available at the Volunteer Centre

Hextable 'Open Garden' Weekend / 20th & 21st June 2009

We are planning a weekend fundraising event for Hextable village this year, to promote and advertise the role of the Volunteer Centre and how we can be of assistance to everyone in the village.

Two of our main support services are our Transport and Befriending schemes which we run for the elderly. The proceeds of this weekend will add towards helping us recruit, train and place new volunteers wanting to be helpful to their community.

How can you Help! Either by opening your garden for one or both of the afternoons, spreading the word to the village regarding this event, making sure that the whole village is involved. Or by volunteering to help us on the day. We are hoping that the Hextable Parish Council will allow us to open the Hextable Heritage Centre on this weekend.

If you would like to help us with this weekend event please contact Pauline or Della on 01322 669292 Email: info@swanleyvolunteers.com



Diary Dates — 2009

- Open Gardens 'Spring bulbs' - Saturday 21st March 2.00 / 4.00pm
At Lady Ramsey's, Swanley Village Tickets £3 children 50p
- "Party in the Park" - Sunday 31st May—Swanley Park—Churches Together
- Volunteer Centres AGM - Tuesday 2nd June 5.30 / 7.30pm Hendry Room—Olympic
- Hextable Gardens Weekend - Weekend of 20th / 21st June
- Strawberry Quiz - To be confirmed—generally 1st week in July
- Open Gardens 'Garden party' - Sunday 26th July time : tbc
with Jazz band Mr & Mrs Fittock, Swanley Tickets £5pp inc glass of wine
- Charity Shop Fashion Show - 1st week in October



Inside track



Every month we receive this very informative news-letter regarding the different grants and funding that is available to large & small organisations who need help with their funding or small projects. If you are looking for funding and don't know where to turn then come and see the Volunteer Centre and we can look through and find the right funders for you.

Unwanted Furniture

For those bits of furniture that are too good to throw but you no longer want them, contact:-

Furniture Project—01732 743365

They have a van and will collect

Respond—0208 316 1099

Will usually take white goods

Training

We are planning to put on a number of training sessions this year for volunteers and anyone else who is interested.

They include:

- Responsibilities of Trustees (2 ½ days)**
- Emergency First Aid (full day)**
- Lone Working (½ day)**
- Moving & Handling (full day)**
- Personal safety (½ day)**
- Mental Health Awareness (½ day)**
- Confidentiality (½ day)**

If you are interested in any of these and are not a volunteer there is a small charge of £15 per person

For more information call
Pauline or Della
01322 669292

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



