

Staff Volunteering Opportunities 2018

The Regent's Place Community Fund is a collaboration of businesses based at Regent's Place sharing time, expertise and resources to support local charities and community groups to make a real difference to our local area.

This year we have donated over **£45,000 to 8 local grassroots charities** running projects focusing on the themes of Social Cohesion, Employability & Health & Wellbeing.

See below for a brief overview of each charity, the project their funding will go towards as well as further ways to support and volunteering opportunities:

CARIS Camden - C4WS Homeless Project

CARIS Camden supports vulnerable people in Camden experiencing homelessness so they can rebuild their lives and secure housing to avoid falling back into homelessness.

The funding from the Fund will help them deliver their weekly Job Club for five months encompassing tailored support and monthly workshops, and a further six months of one-to-one mentoring and befriending, for 37 homeless individuals in West Euston.



- **Volunteer as a Job's Club Mentor-** Jobs Club mentors support their mentees become job-ready (e.g. creating a CV, understanding where and how to apply for work, learning useful interview techniques) and support those actively looking for work into accessing training, work experience, volunteering placements and employment. Full resources and support are provided by the charity. You meet for one hour once a week for a four week period. Recruitment and training takes place in September and the Job's Club runs between Nov-March.

If you are interested please email Nicola.roberts@regentsplace.com, you will then be added to the list and invited to the next induction session.

- **Deliver an Employability Workshop at Job's Club-** Deliver a workshop on interview techniques, CV writing, application forms etc. (Nov-March)

If you are interested please email Nicola.roberts@regentsplace.com with the details of the session you would like to deliver.

- **CV Checking-** Make a huge difference without leaving your desk by checking a Job's club users CV and giving them personal feedback to improve their CV and help them on the road to employment. This will take place w/c 16th April.

If you're interested in taking part please email Nicola.roberts@regentsplace.com

- **Volunteer at the winter night shelter-** The winter night shelter runs every day from the beginning of November to the end of March each year, with a week's break from 23-30th December when their guests go to Crisis at Christmas. Each evening, overnight and morning shift relies on volunteers to help with set-up, food preparation, making and stripping beds, and providing hospitality to their guests.

If you are interested please volunteer directly on the C4WS Website- <http://c4wshomelessproject.org/volunteer>

North London Cares

North London Cares aims to reduce loneliness and isolation in younger and older people; improve the wellbeing, confidence and resilience of its participants; and bring people together across generational, cultural, technological and attitudinal divides.

With funding from the Fund they will be able to employ an outreach worker for 175 hours, to reach 125 isolated older people in Regent's Park Estate and connect them with social activities and necessary health and welfare services.



- **Sign up for the Love Your Neighbour programme-** Love Your Neighbour is a friendship matching scheme bringing older and younger neighbours together to spend a little time one-to-one. Friends will normally enjoy a cup of tea and a natter about all sorts – from work to relationships to days gone by – and build deep and mutual friendship over time that help bring a little of the outside world in for neighbours who can struggle to get out.
- **Volunteer at one of the Social clubs-** North London Cares' group activities take place several times a week and offer a chance for older and younger neighbours to share time, laughter and new experiences that help everyone to feel a part of our rapidly changing city, rather than left behind by it. Clubs during week days, evenings and weekends include dance parties, 'gizmos and gadgets' new technology workshops, choirs, games nights, pub clubs, podcast clubs and more.

If you are interested in either the Love Your Neighbour programme or volunteering at one of the social clubs please sign up directly on their website- <https://northlondoncares.org.uk/get-involved>

Home-Start Camden

Home-Start Camden (HSC) provides friendship and support to families with children under five who are facing difficulties. The service focuses on providing practical and emotional support to over 120 families a year.

With funding from the RPCF they will be able to provide one-to-one support to five vulnerable families with children under five in Regent's Park, Bloomsbury and Somers Town.



- **Volunteer to support a local family-** volunteers receive special training, they will then visit a family once a week for 3 to 4 hours, usually for as long as help is required (the charity asks for a 12 month commitment.)

If you are interested in taking part, please sign up directly on their website- <http://homestartcamden.org.uk/volunteer-information/>

The Third Age Project

The Third Age Project's (TAP) core mission is to turn the prevalent view that third age is a burden on society on its head, and to promote the view that older people are valuable and important community assets to be placed at the heart of communities.



The funding from the RPCF will help them deliver weekly 60+ Health Club sessions for 100 disadvantaged older residents with health conditions in the West Euston area.

- **Volunteer at the Christmas Party-** Every year the Regent's Place team holds a Christmas Party for 70 TAP members who otherwise spend Christmas alone. Guests enjoy a live band, a caricaturist and raffle as well as a home cooked meal at the local community centre. There are lots of volunteering roles involved from decorating, serving food, clearing up and entertaining guests. Date TBC.

If you're interested in volunteering please email Nicola.roberts@regentsplace.com

- **Volunteer at events throughout the year-** there are various events throughout the year, from a community café to tea dances.

If you would like to find out more and sign up please visit their website <http://www.thirdageproject.org.uk/volunteer.htm>

Fitzrovia Youth in Action

Fitzrovia Youth in Action aims to support disadvantaged children and young people aged 8-24 to overcome the barriers they face in everyday life so that they can fulfil their full potential. The organisation works across three strands to achieve its aims: Engagement, Youth-led volunteering and Mentoring & Employment.

With funding from the RPCF they will deliver professional employability mentoring sessions and 1-2 week work placements for 30 disadvantaged young people aged 15-21 from Regent's Park Estate and Somers Town.



Samuel Lithgow Youth Centre (SLYC)

SLYC was established to offer disadvantaged local young people aged 8-19 services and activities that promote their social and personal development.

The funding from the RPCF will go towards the running of their weekly youth club sessions on Tuesday and Fridays benefitting 120 8-12 year olds from Regent's Park Estate.



Just Enough UK

Just Enough UK (JEUK) is a registered charity established to help children and adults make sense of the world around them, in particular of the causes and effects of social issues.

With funding from the RPCF they will deliver modern slavery or radicalisation workshops to seven schools and provide each school with 10 follow-up lesson plans benefitting 600 pupils.



Scene & Heard

Scene & Heard (S&H) supports children from aged nine upwards to have fun, learn and grow. Children are mentored by volunteer theatre professionals and have the opportunity to progress through five creative courses.

The funding from the Fund will enable 10 disadvantaged children from Somers Town to complete a 'Replay' course. The children will write a play and will be mentored by a volunteer theatre professional.



Because of the nature of the above programmes there is limited volunteering opportunities, you can however support them, as well as our other charities, through pro-bono support, help with updating comms, joining their boards, providing event space etc. Requests for this type of support will be circulated as and when they come in.

CSR programmes

If you have existing CSR programmes that you think would be suitable for any of our supported charities please do email Nicola.roberts@regentsplace.com and we can help facilitate.

Opportunities outside of the Fund

Ongoing Collections

Professional Work Wear for Men and Women for [SmartWorks](#) and [Suited and Booted](#)

First Wednesday of every month at New Diorama Theatre 10am-5pm

Kit for Babies and Families for [Little Village](#)

Last Wednesday of every month at New Diorama Theatre 10am-5pm

Dry/Tinned food goods for [Camden Foodbank](#)

9 March, 13 April and then first Friday of every month (from 4 May) outside Sainsbury's 11am-2pm

If you have any questions about any of the above organisations and/or programmes please contact nicola.roberts@regentsplace.com Thank you for supporting our local community.