

FACULTY OF SCIENCE & TECHNOLOGY

# VOLUNTEERING FAIR 2016/17

12 OCTOBER 2016, 1.30 – 4PM

The Pavilion & C1.15  
115 New Cavendish Street  
London W1W 6UW



UNIVERSITY OF  
WESTMINSTER 

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# ABOUT THE FAIR

## ABOUT THE FAIR

Welcome to our Westminster Volunteering and Work Experience Fair 2016/17 for the Faculty of Science and Technology.

Enclosed in this booklet is information on the exhibitors and the opportunities they have on offer. If you are interested in taking up any of these opportunities, the quickest way would be to visit the fair. In addition to the exhibiting organisations, one of our Careers Consultants, Vanessa Amliwala, will also be on standby to answer questions and offer advice about your career generally but also how you may access and make the most of all the services in the Career Development Centre.

The Career Development Centre is also organising a series of other events, which we also hope you attend. You can find out more by going to [westminster.ac.uk/careers-fairs](http://westminster.ac.uk/careers-fairs)

## WHY ATTEND THE FAIR?

Studying at university can be about much more than simply getting a good degree. Volunteering can be a great way for you to access opportunities that otherwise might not be accessible. By taking part in volunteering and engaging in tasks that are familiar and those that are not, the potential is there for you to discover and learn a great deal more about yourself, the people around you and the world at large.

In preparing for the Fair don't forget to read our top tips and advice section on page 4 to get the most out of the event and to increase your chances of securing a position. If you have any questions about the Fair or would like to know more about volunteering, email [volunteering@westminster.ac.uk](mailto:volunteering@westminster.ac.uk)

# VOLUNTEERING FAQs

VOLUNTEERING IS ONE OF THE SERVICES OFFERED AT THE CAREER DEVELOPMENT CENTRE (CDC).

It is an activity that involves spending time (unpaid except for out-of-pocket expenses such as travel and lunch), doing something that aims to benefit the environment, a community or an individual.

Activities can be long-term, short-term or one-off; based locally, internationally, and even online. They can range from administration in an office to supporting teachers in a classroom, to youth work in fields such as art, conservation, domestic violence, health care, politics, sport and many others.

## HOW WILL I BENEFIT?

You will gain valuable work experience, enhance your CV and make many new friends! For more on the benefits of volunteering and to read some inspiring stories from student volunteers, go to [westminster.ac.uk/volunteering](http://westminster.ac.uk/volunteering)

## WHAT ELSE CAN I GET OUT OF MY VOLUNTEERING?

A Certificate of Achievement given out by the Vice-Chancellor in recognition of the exceptional progress that students have made in their personal development and/or support they have given to fellow students and the wider community.

## WILL IT TAKE UP TOO MUCH OF MY TIME?

We totally appreciate the need for flexibility when it comes to volunteering. Time is the number one reason preventing students from volunteering. This is why we have one-off projects and opportunities that you can do without leaving the comfort of your own bedroom – eg e-mentoring or desk research. These might be especially useful if you have a busy schedule or if you are new to volunteering.

## AM I ELIGIBLE TO VOLUNTEER?

We cater for all students. It doesn't matter if you are a home student, international student, young or mature, undergraduate or postgraduate, simply come in for a chat and our staff will work with you to identify an opportunity that suits your needs.



## WHAT IF I AM ON A SCHOLARSHIP?

If you are a scholarship student and you have to complete a few hours of volunteering as part of your agreement with the University, we have a number of one-off, campus-based volunteering opportunities that you will be able to do as and when you are available throughout the course of the year.

## WHAT IF I HAVE A DISABILITY?

Your disability should not stop you from volunteering. However, not all volunteering opportunities are suitable. We will work with you and your Disability Advisor to find one that fits your specific circumstance.

## WHERE DO I START?

The best place to start would be to register yourself on our online vacancies and events system – Engage.

The Engage system: [engage.westminster.ac.uk](http://engage.westminster.ac.uk) has a wide range of opportunities for students and you will find information on voluntary opportunities as well as paid internships, full-time, part-time and vacation jobs. Setup your own searches and alerts to personalise your job hunt.

## WHAT IF I NEED TO SPEAK TO SOMEONE?

You can drop in for a quick chat on Tuesdays mornings 10–11.30am or Wednesday afternoon from 2–2.30pm. Simply book a slot through Engage. We are based on the first floor of 101 New Cavendish Street, W1W 6XH. Alternatively, you can email us at [volunteering@westminster.ac.uk](mailto:volunteering@westminster.ac.uk) or call us on 020 3506 6112 to book an appointment.

## BEFORE THE EVENT

- Consider your areas of interest as well as the type of volunteer work which might benefit your future career.
- Read through the list of charities on the following pages and choose a few that you would like to approach at the Fair.
- Calculate how much time you have to spare in a week. Some charities ask for a minimum number of hours commitment a week and some will also expect you to commit to a minimum time period, perhaps three or even 18 months. Check how much time you will be expected to commit before you consider working for an organisation.
- Research your chosen charities' websites to find out more about what they do, what their aims and objectives are and prepare some questions for the representatives on the day.

- Prepare a short introduction about yourself and why you are interested in working for the charity.
- Bring along a notebook and a pen.
- Make a note of the name of the people you speak to or take their business cards, if available.

If you demonstrate that you have done some research and you are passionate about the organisation, your enthusiasm will help you secure a volunteering position.

## AFTER THE EVENT

Don't forget to follow-up by contacting the representatives you spoke to on the day. Be proactive!

The Work Experience in a Psychological Setting module - 1PSY640 (15 credits) provides an opportunity for you to work for a minimum of 30 hours in a setting that is related to psychology.

The aim of the module is for you to gain valuable work experience, develop professional skills, learn how to apply psychology to a real-world work situation and to integrate the theory of psychology with practice.

## EXAMPLES OF WORK SETTINGS:

- Working with people with mental health issues, drug or alcohol dependence
- Supporting parents and children with autism
- Befriending people with dementia
- Working in a research setting

## SKILLS DEVELOPED THROUGH THE MODULE:

- The opportunity to gain specialist subject knowledge
- Communication skills
- Team-working
- Judgement and decision-making
- Problem-solving
- Persuasion and influence
- IT

The volunteering opportunity is chosen and organised by you, to enable you to work in a setting tailored specifically to your interests and goals.

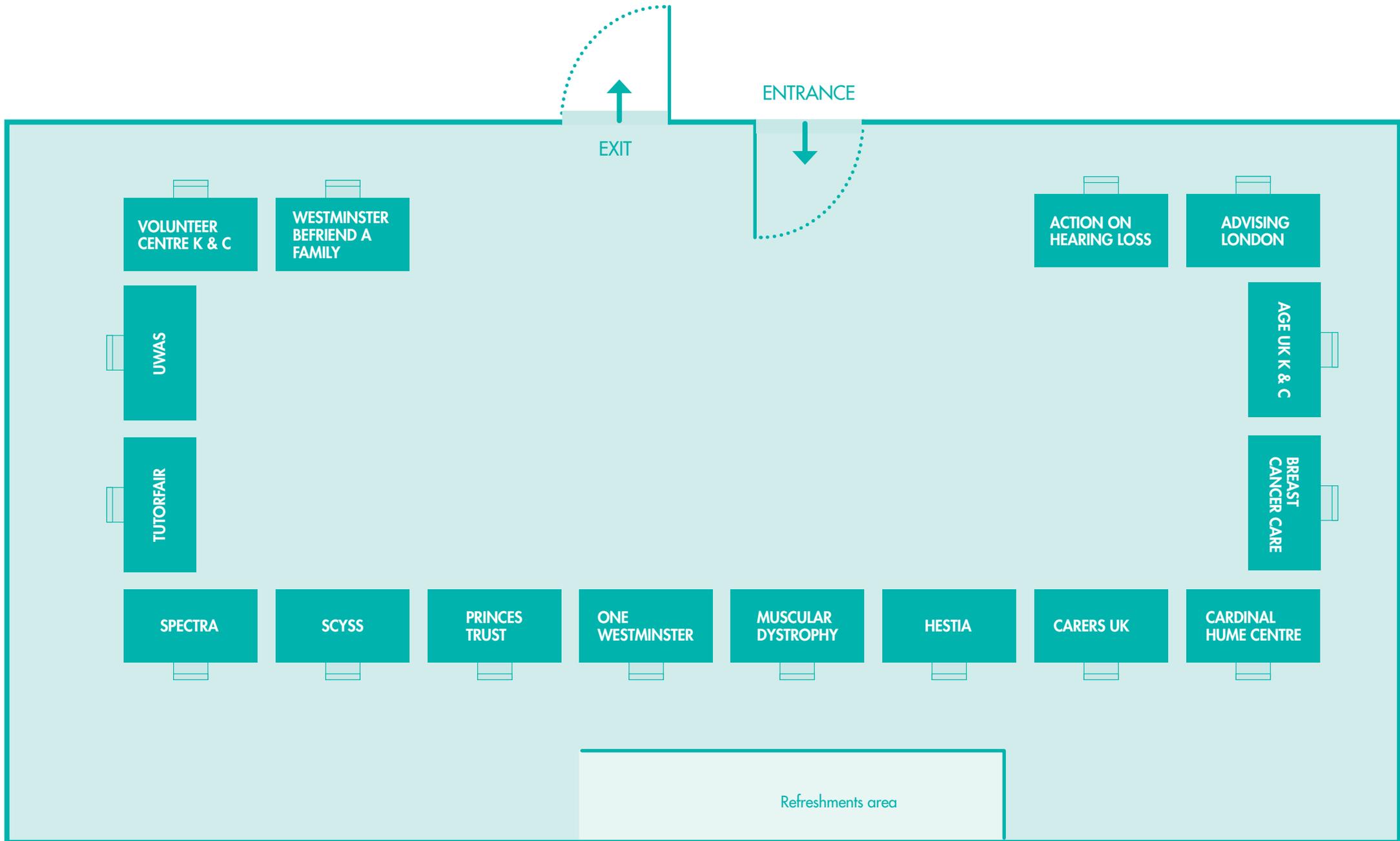
The volunteering services at the Career Development Centre, and your Faculty's Work Placement Team will support you to find suitable opportunities.

Contact us via [volunteering@westminster.ac.uk](mailto:volunteering@westminster.ac.uk) or [fst-placements@westminster.ac.uk](mailto:fst-placements@westminster.ac.uk)

Any general queries about the 1PSY640 module should go to Sanjay Joban: [s.joban@westminster.ac.uk](mailto:s.joban@westminster.ac.uk)



# THE PAVILION – ROOM LAYOUT



## ACTION ON HEARING LOSS



### AREAS OF SERVICES

We're experts in providing support for people with hearing loss and tinnitus. We provide day-to-day care for people who are deaf and have additional needs and supply communication services and training. We offer practical advice to help people protect their hearing and campaign to change public policy around hearing loss issues as well as supporting research into an eventual cure for hearing loss and tinnitus. We aim to make a real difference to the lives of 11 million people who are deaf or have a hearing loss across the United Kingdom. You can help us.

### BENEFITS OF VOLUNTEERING:

- Have access free training, guidance and relevant information throughout your time as a volunteer.
- Be part of a diverse group of volunteers from all over the country.
- Whatever your skills, you can really make a difference in the lives of people affected by hearing loss.

### CONTACT DETAILS

Richard France  
Regional Information Co-Ordinator  
E: [volunteering@hearingloss.org.uk](mailto:volunteering@hearingloss.org.uk)  
T: 020 7296 8000  
[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

## ADVISING LONDON



### AREAS OF SERVICES

Our vision is of an increasingly self-confident community that works locally for economic progress and social justice; of a community service that moves beyond citizen information and advice to enablement and empowerment, that is responsive to the diverse needs and aspirations of the people it serves, and that communicates effectively and efficiently; a service that puts community problem-solving at its heart. At the core of our approach is an emphasis on building and enhancing citizen capability and the community's capacity. We advise, support and educate support people so that they can exercise their rights, responsibilities and entitlements around everyday problems.

### BENEFITS OF VOLUNTEERING:

- Volunteering opportunities in administration, project and digital support as well as social welfare and law.
- Gain direct experience of supporting clients.
- Develop new skills and put existing skills to good use.

### CONTACT DETAILS

Jason Austin  
Volunteers Program Manager  
E: [volunteering@advising.london](mailto:volunteering@advising.london)  
T: 020 3752 5520  
[www.advising.london](http://www.advising.london)

## AGE UK (KENSINGTON & CHELSEA)



### AREAS OF SERVICES

We specialise in offering person-centred dementia support and dementia focussed activities. These include memory café, exercise for the mind, men's group, poetry group (for people with dementia) and dementia awareness talks. We also have a range of activities related to health and nutrition such as wellbeing support (one to one walking improvement), exercise at home (chair based exercise course for housebound elderly), muscular degeneration group and lunch clubs in popular venues.

### BENEFITS OF VOLUNTEERING:

- Gain knowledge in dementia, how it affects older people and how to ensure a good quality of life with the disease.
- Get experience assisting carrying out assessments and offering one-to-one support.
- Be part of an organisation that will provide all the training you need to support and develop your skills.

### CONTACT DETAILS

Paul Higgins  
Volunteer Coordinator – Dementia Befriending  
E: [volunteer@aukc.org.uk](mailto:volunteer@aukc.org.uk)  
T: 020 8969 9105  
[www.ageuk.org.uk/kensingtonandchelsea](http://www.ageuk.org.uk/kensingtonandchelsea)

## BREAST CANCER CARE



### AREAS OF SERVICES

Breast cancer changes everything. Breast Cancer Care understands the emotions, challenges and decisions people face every day. They know that everyone's experience is different. That's why they are there to offer support and information and campaign for better care. Whether someone wants to speak to their nurses, read reliable information or connect with someone who's faced the same challenges, Breast Cancer Care will help them live life with breast cancer and beyond.

### BENEFITS OF VOLUNTEERING:

- Be part of an organisation through roles that include fundraising, service support and raising awareness.
- Get specific training that is pertinent to your role.
- Get access to a network of other volunteers and the opportunity to meet in person. Make new friends with likeminded people all over the UK.

### CONTACT DETAILS

Robyn Carlson  
Community Fundraising Executive  
E: [fundraisingsouth@breastcancercare.org.uk](mailto:fundraisingsouth@breastcancercare.org.uk)  
T: 020 7960 3560  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

## CARDINAL HUME CENTRE



### AREAS OF SERVICES

The Cardinal Hume Centre enables people to gain the skills they need to overcome poverty and homelessness on one site in Pimlico/Victoria. Our fifteen services focus on four key areas, helping around 700 people monthly: income, housing, education and skills, and legal status. We give people the support to realise their full potential. We have a wide range of services such as family services, advice and assessment, employment support, I.T & Digital coaching, English and literacy classes and coaching, immigration and housing.

### BENEFITS OF VOLUNTEERING:

- We have achieved Investing in Volunteers Quality Standard twice and 95% of our volunteers would recommend us to their friends and family.
- Varied roles including 1:1 roles with clients focusing on reading, literacy and English, family centre and young people's hostels (and a lot more).
- Excellent support to volunteers, training where relevant and reimburse travel and lunch expenses.
- Opportunities taking up as little as 1 hour per week or a couple of days a month.

### CONTACT DETAILS

Flora Swartland  
Volunteer Coordinator  
E: [floraswartland@cardinalhumecentre.org.uk](mailto:floraswartland@cardinalhumecentre.org.uk)  
T: 020 7222 1602  
[www.cardinalhumecentre.org.uk](http://www.cardinalhumecentre.org.uk)

## CARERS UK



### AREAS OF SERVICES

Across the UK today 6.5 million people are carers, supporting a loved one who is older, disabled or seriously ill. That's 1 in 8 adults who care, unpaid, for family and friends. Within our lifetime, there will be 9 million carers. Looking after someone can be tough, but you're not on your own. Carers UK is here to listen, to give you expert information and advice that's tailored to your situation, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are. We're here to make life better for carers.

### BENEFITS OF VOLUNTEERING:

- Have 24 hours access to their volunteering network through their online website.
- Work alongside the organisation to develop a volunteering scheme which works for you.
- Take part in a range of opportunities from cheering at events, to marketing, IT or media.

### CONTACT DETAILS

Nikki Druce  
Volunteering Officer  
E: [volunteering@carersuk.org](mailto:volunteering@carersuk.org)  
T: 020 7378 4999  
[www.carersuk.org](http://www.carersuk.org)

## HESTIA



### AREAS OF SERVICES

Housing & Support works in 21 London boroughs and has 40 years' experience of providing housing, care and support services to people with mental health needs in a range of types of service. Hestia also supports women and children experiencing domestic violence, older people, ex-offenders, young people, homeless people and complex needs including substance misuse and manages several community development and engagement services. Hestia provides services to over 5000 service users and has 400 staff and over 180 volunteers. The Head Office is in Borough High Street in London Bridge.

### BENEFITS OF VOLUNTEERING:

- Volunteering at Hestia is a great way to gain valuable work experience, learn new skills, meet new people, get motivated, and ,most importantly, have fun.
- Bring invaluable personal experience and enthusiasm to our work and strengthen out links to the communities we serve.
- Get access to our training program tailored for you as a volunteer. You will have a named supervisor and professional development through regular support and supervision sessions.

### CONTACT DETAILS

Cosimo Matteini  
Befriending Scheme Coordinator  
E: [cosimo.matteini@hestia.org](mailto:cosimo.matteini@hestia.org)  
T: 07794 385 195  
[www.hestia.org](http://www.hestia.org)

## MUSCULAR DYSTROPHY UK



### AREAS OF SERVICES

Muscular Dystrophy UK brings together more than 60 rare and very rare progressive muscle-weakening and wasting conditions, affecting around 70,000 children and adults in the UK. Founded in 1959, we have been leading the fight against muscle-wasting conditions since then. We support high quality research to find effective treatments and cures and won't stop until we have found them for all muscle-wasting conditions. We provide a range of services and resources to help people live as independently as possible.

### BENEFITS OF VOLUNTEERING:

- Be involved with a charity that is leading the fight against muscle wasting conditions.
- Volunteer in a supportive and reciprocal environment that ensures a positive experience for you as a volunteer.
- Have access to a dedicated Regional Volunteer Fundraising Manager who will provide support and encouragement.

### CONTACT DETAILS

Millie Hinton  
Regional Development Manager – London  
E: [info@muscular dystrophyuk.org](mailto:info@muscular dystrophyuk.org)  
T: 02078034821  
[www.muscular dystrophyuk.org](http://www.muscular dystrophyuk.org)

## ONE WESTMINSTER



### AREAS OF SERVICES

One Westminster exists to serve the voluntary sector and volunteering in the City of Westminster. We are a second-tier organisation, which means our main aim and purpose is to support others rather than deliver direct services ourselves. From time to time, we do deliver services, particularly if we identify a gap in provision or in partnership with other providers. Westminster has a brand new volunteering database, Team Westminster, that's been specially designed to make it easy for you to volunteer in your community.

### BENEFITS OF VOLUNTEERING:

- With hundreds of opportunities posted, you can choose both what you want to do and how much time you want to give making it easier for you to find a role.
- Learn a new skill, meet new people, get work experience, build confidence and have fun all while helping your local Westminster community.
- Have the knowledge that you have been part of an organisation helping the vulnerable people in the community lead fulfilling and self-sufficient lives.

### CONTACT DETAILS

Samia Zaki  
Volunteer Outreach and Development Service  
E: [info@onewestminster.org.uk](mailto:info@onewestminster.org.uk)  
T: 020 7723 1216  
[www.onewestminster.org.uk](http://www.onewestminster.org.uk)

## PRINCE'S TRUST



### AREAS OF SERVICES

The Prince's Trust is an ambitious and innovative organisation, constantly seeking new ways to provide even better support to our young people. In addition to our eight core programmes, we work with key partners on a range of initiatives that help young people on their journey towards getting a job. The Prince's Trust has over 1,100 staff and 6,000 volunteers. Together, last year, they supported over 56,000 young people across the UK. The Prince's Trust is one of the most successful funding organisations in the UK and the UK's leading youth charity.

### BENEFITS OF VOLUNTEERING:

- Be part of an organisation that provides a clearly defined role as well as a dedicated Trust contact to provide your induction, training and ongoing support.
- Get valuable work experience which can give you the advantage.
- See if a particular type of work suits you before committing to a job, meet new people and have fun working on some great projects that will benefit your community.

### CONTACT DETAILS

Joe Martin  
Volunteering Team  
E: [Joe.Martin@princes-trust.org.uk](mailto:Joe.Martin@princes-trust.org.uk)  
T: 020 7543 1255  
[www.princes-trust.org.uk](http://www.princes-trust.org.uk)

## SICKLE CELL AND YOUNG STROKE SURVIVORS (SCYSS)



### AREAS OF SERVICES

We support and educate children, young people and their families about sickle cell and childhood stroke caused by the anaemic condition through the provision of social activities. We also do advocacy work for more research and better medications to enable patients to manage the genetic disorder. This project is essential in ensuring that they have emotional support and a friend in need. Our aim is to provide holistic support to children, young people and families affected by sickle cell disorders and childhood stroke.

### BENEFITS OF VOLUNTEERING:

- Various opportunities available including befriending children and young people to support mental health and general well-being, provide counselling to service users and families and participate in fun activities that guarantee lots of smiles on children's faces.
- Regardless of your walk of life you can provide support to those who need it most.
- Be part of an organisation that strives to make essential medicine available to everyone who needs it and improve emergency care.

### CONTACT DETAILS

Tochi Oriaku  
Office Manager/PA  
E: [info@scyss.org](mailto:info@scyss.org)  
T: 0207 277 2777  
[www.scyss.org](http://www.scyss.org)

## SPECTRA



### AREAS OF SERVICES

Spectra provides free health and wellbeing services for every person, community and background, covering the whole spectrum of life. We provide wellbeing services to these communities: our services include rapid HIV testing, health check, one-to-one support, and social and counselling services for Trans\* people, amongst many other services. Spectra aims for educated, aware and empowered individuals and communities who have clear, accurate, credible and non-judgemental wellbeing and health information and quality services that are relevant to them.

### BENEFITS OF VOLUNTEERING:

- Opportunity to volunteer within sexual health and HIV prevention field with gay and bi men, Black, Asian and other Minority Ethnicities (BAME), Trans\* and heterosexual communities.
- Get understanding of the well-being and health services from a third sector perspective.
- Gain experience that will help to build your CV and meet new people all the while.

### CONTACT DETAILS

Oscar Moreno  
Prevention Coordinator  
E: [volunteer@spectra-london.org.uk](mailto:volunteer@spectra-london.org.uk)  
T: 020 3322 6925  
[www.spectra-london.org.uk](http://www.spectra-london.org.uk)

## TUTORFAIR FOUNDATION



### AREAS OF SERVICES

The mission of the Tutorfair Foundation is to raise the standards and improve the access of professional tutoring. The Tutorfair Foundation arranges for tutors to go into schools to help children who would not otherwise be able to afford tutoring. Our vision is that one day the very best education will be available to every student, regardless of their background. We aim to make this resource available to GCSE and A-Level pupils in low income Central London areas, through our attentive volunteer tutors - which is where you come in. You have the opportunity to make a tangible and lasting impact on your pupils, through helping them with subjects such as Maths, English, Science and Languages and more.

### BENEFITS OF VOLUNTEERING:

- High quality training from Teach First.
- If you are looking to boost your CV whilst making a difference to the lives of local young people, then this is the perfect opportunity.
- Full feedback from a qualified teacher.

### CONTACT DETAILS

Pete Kirby  
Director  
E: support@tutorfair.com  
T: 020 3322 4748  
[www.foundation.tutorfair.com](http://www.foundation.tutorfair.com)

## UWAS

### AREAS OF SERVICES

The University of Westminster Associates in Schools Scheme (UWAS) is an exciting opportunity to gain valuable work experience in a school classroom. For 15 days you support a teacher in a school or college while exploring a future career in teaching. You will be placed in a school or college in your specialist subject area. Your placement subject must therefore be closely related to your degree. Thus, the scheme builds your transferable skills such as teamwork, oral communication, initiative, motivation, flexibility and adaptability – useful skills to highlight on your CV, once you complete your studies.

### BENEFITS OF VOLUNTEERING:

- Test the waters of a possible career in teaching.
- Be a role model for young people and raise their aspirations towards higher education.
- Get full training before your placements start from our Education Consultant over here evening sessions.

### CONTACT DETAILS

Elise Sherman  
UWAS Coordinator  
E: [uwas@westminster.ac.uk](mailto:uwas@westminster.ac.uk)  
T: +44 (0)20 3506 6056  
[www.westminster.ac.uk/uwas](http://www.westminster.ac.uk/uwas)

## VOLUNTEER CENTRE (KENSINGTON AND CHELSEA)



### AREAS OF SERVICES

We are one of the largest Volunteer Centres in London, supporting over 1100 people annually to find volunteering opportunities that suit their interests and career prospects. Volunteering is a very effective route to employment and also a great way of improving your health and well-being. We offer a wide range of services, such as finding volunteering placements relevant to your studies, induction training and also training in areas such as Mental Health, Improving your Self Confidence, From Volunteering to Employment. Starting with 2016 we are offering Traineeships and Apprenticeships Schemes in Info Technology, Childcare, Accounting and Activity Leadership.

### BENEFITS OF VOLUNTEERING:

- Gain experience to further your career in a variety of roles to suit you.
- Make a real difference to charities while simultaneously brushing up on your skills.
- Help change the lives of people in the community.

### CONTACT DETAILS

Irina Jarrett-Thorpe  
Head of Volunteering Services  
E: [irina.jarrett-thorpe@voluntarywork.org.uk](mailto:irina.jarrett-thorpe@voluntarywork.org.uk)  
T: 0208 960 3722  
[www.voluntarywork.org.uk](http://www.voluntarywork.org.uk)

## WESTMINSTER BEFRIEND A FAMILY (WBAF)



### AREAS OF SERVICES

Providing practical and emotional support to families with children aged 0-16, and teenagers up to 18 enabling families to independently address both the economic and social challenges. We recognise the inter-related needs of parents and their children and aim to deliver a 'whole family' approach. We offer support early to prevent families reaching crisis by addressing issues like poverty, isolation and housing problems. Our work is needed more than ever in Westminster, with cuts impacting upon social services, youth work and the voluntary sector meaning that families that in the past could rely on a number of different services now find themselves relying solely on WBAF.

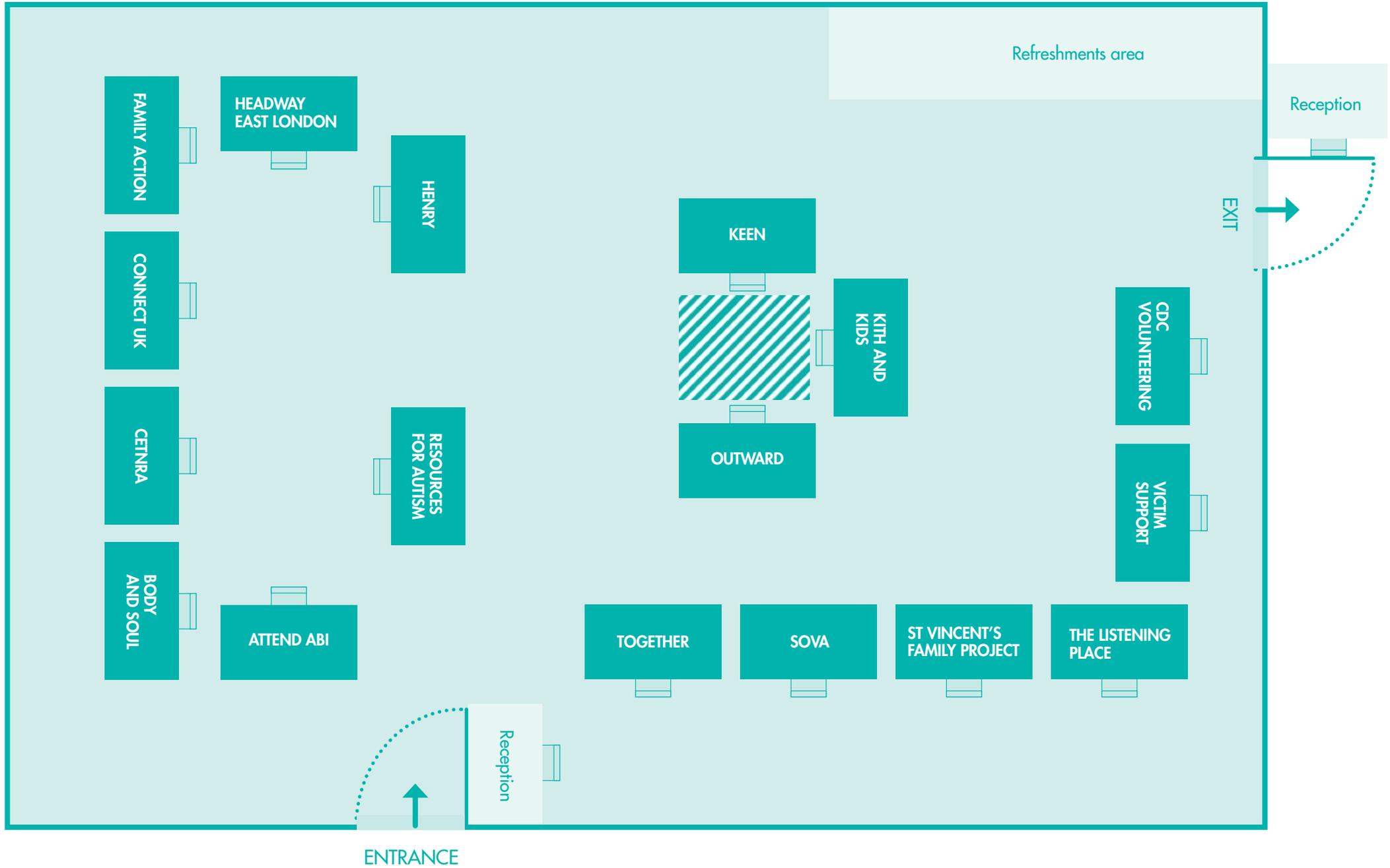
### BENEFITS OF VOLUNTEERING:

- Get an insight into roles in the charity sector.
- Fundraising and Social Media volunteers can expect to gain communication and networking skills, marketing skills and stakeholder engagement skills. Social Research volunteers can expect to gain analytical skills and team working skills
- Due to the nature and flexibility of WBAF you can get experience in a range of areas.

### CONTACT DETAILS

Bob Cornell  
CEO  
E: [admin@befriendafamily.co.uk](mailto:admin@befriendafamily.co.uk)  
T: +44 (0) 207 828 2765  
[www.befriendafamily.co.uk](http://www.befriendafamily.co.uk)

# C1.15 – ROOM LAYOUT



# C1.15 – ORGANISATIONS

## ATTEND ABI



### AREAS OF SERVICES

Attend ABI is a service designed to support adults who have an acquired and non-progressive brain injury and help them achieve the objectives that they have set beyond medical rehabilitation. This includes helping people to find work, volunteering opportunities and engage in social activities. It aims to support individuals to build confidence particularly through the development of new experiences and networks. The service is aimed at clients who have substantially completed their medical rehabilitation but who do not feel ready, or need additional support, to engage meaningfully with their local community.

### BENEFITS OF VOLUNTEERING:

- Learn how to develop and implement a personal development plan for clients.
- Enhance report writing skills.
- Gain vital skills in communication, organisation and support.

### CONTACT DETAILS

Shoaeb Aziz  
Vocation Coordinator  
E: [shoaeb.Aziz@attend.org.uk](mailto:shoaeb.Aziz@attend.org.uk)  
T: 0207 307 2570  
[www.attend.org.uk](http://www.attend.org.uk)

## BODY & SOUL



### AREAS OF SERVICES

Body & Soul is a charity promoting the respect, dignity and wellbeing of children, teenagers, adults and families living with and affected by HIV. Our charity's approach is grounded in responsive, expert programming with the aim of maximising choices and pathways for achievement and continuous learning in an environment of aspiration. Our centre in Angel is a safe place that helps everyday people deal with the everyday challenges that HIV sets before them and the people they love.

### BENEFITS OF VOLUNTEERING:

- Volunteer at the forefront with a volunteer teams whose skills, energy, idea and sheer numbers allow Body & Soul to deliver consistent excellence in support of people living with HIV.
- Work with children, teenagers and adults who are living with HIV.
- Gain real, hands-on experience that will give you the opportunity to apply your skills in a practical way.

### CONTACT DETAILS

Hollie Smith  
Head of Volunteer Programmes  
E: [info@bodyandsoulcharity.org](mailto:info@bodyandsoulcharity.org)  
T: +44 (0)20 7923 6880  
[www.bodyandsoulcharity.org](http://www.bodyandsoulcharity.org)

## CENTRA



### AREAS OF SERVICES

Centra Care & Support provides support and care services across the group partners of Circle Housing. Our mission is to 'enhance life chances' and provide support services to vulnerable groups in society including young people with complex needs, people with mental health difficulties, people with learning disabilities, older people and vulnerable families. Life Chances are the opportunities each individual has to improve their life. Centra Care & Support activities include residential care homes, sheltered housing projects, shared accommodation and also floating support provided to people in their homes.

### BENEFITS OF VOLUNTEERING:

- Wide choice of opportunities that can be designed to suit you, your skills and your passions.
- Be part of projects that may range from planning activities for older people, advising young people, befriending people with mental health issues to arts and event management.
- You can volunteer for as little as a few hours per week to suit your own availability, and you can stay for a few months or a few years.

### CONTACT DETAILS

Sara Patricelli  
Volunteering Officer  
E: [volunteering@circle.org.uk](mailto:volunteering@circle.org.uk)  
T: 0300 333 6712  
[www.centragroup.org.uk/our-people/volunteering](http://www.centragroup.org.uk/our-people/volunteering)

## CONNECT



### AREAS OF SERVICES

Connect works with people who have aphasia, a communication disability which normally occurs from stroke or brain injury. Working in partnership with people with aphasia, Connect runs activities such as conversation groups, informal drop-in sessions and befriending schemes. Volunteers can provide communication support for conversation groups, help out in drop-in centre and participate in art or music groups amongst others. All these activities help people with aphasia reconnect with life, which is central to Connect's work.

### BENEFITS OF VOLUNTEERING:

- Variety of volunteering opportunities, from working directly with people who have aphasia and stroke to behind the scenes in administration.
- Receive training and on-going support during your volunteering time.
- Be part of an organisation that has a life-enhancing effect.

### CONTACT DETAILS

Morwenna Finn  
Volunteer Coordinator  
E: [morwennafinn@ukconnect.org](mailto:morwennafinn@ukconnect.org)  
T: 020 7367 0840  
[www.ukconnect.org](http://www.ukconnect.org)

## FAMILY ACTION



### AREAS OF SERVICES

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England. Family Action works to tackle some of the most complex and difficult issues facing families today – including financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems. These issues can have a huge impact on the stability of family life, and will have a significant impact on the health, wellbeing and development all family members.

### BENEFITS OF VOLUNTEERING:

- Help support people suffering from mental health problems or those who may be at risk of developing significant mental health problems.
- Gain experience in helping the organisation run clubs, activities and one-to-one work with local Youth Carers in London Boroughs of Wandsworth and Lewisham.
- Receive the training and support you need to volunteer safely.

### CONTACT DETAILS

Süleyman Hüseyin  
 Manager  
 Wandsworth Well Family Service  
 E: [suleyman.huseyin@nhs.net](mailto:suleyman.huseyin@nhs.net)  
 T: 020 8874 0730  
[www.family-action.org.uk](http://www.family-action.org.uk)

## HEADWAY EAST LONDON



### AREAS OF SERVICES

Headway East London is a local charity supporting people affected by brain injury. We offer specialist support and services to survivors and their family, whilst also campaigning for greater public awareness. Working across 13 London boroughs we offer specialist support and services for over 200 survivors, family, friends and carers in the local area each week. There are many different causes of brain injury and its effects are complex and wide ranging. Our services are designed to suit each individual's circumstances, needs and aspirations.

### BENEFITS OF VOLUNTEERING:

- Opportunity to work with the members alongside the day service staff at the centre in Hackney.
- Assist in the running of the daily programme of activities at the Headway House such as: Discussion Groups, Art, Cooking/Baking, Gardening, Film/Media, Music, Outings and Young People's Group.
- Induction and regular training provided to all volunteers.

### CONTACT DETAILS

Tasneem Aziz  
 Senior Co-ordinator  
 Volunteer Support  
 E: [info@headwayeastlondon.org](mailto:info@headwayeastlondon.org)  
 T: 020 7749 7790  
[www.headwayeastlondon.org](http://www.headwayeastlondon.org)

## HENRY



### AREAS OF SERVICES

HENRY (Health, Exercise, Nutrition for the Really Young) is passionate about babies and young children having a healthy start in life. This involves helping the whole family make positive changes to their lifestyle and building healthier communities. Healthy Families: Right from the Start is a structured 1-to-1 programme delivered over several weeks using the HENRY outcomes-based framework. It builds parents' knowledge, skills and confidence in the key elements for a healthy lifestyle: emotional well-being, healthy eating patterns, physical activity, eating well, and parenting skills.

### BENEFITS OF VOLUNTEERING:

- Increased knowledge of providing the best start for babies and young children using an evidence-based programme.
- Satisfaction in making a real and lasting difference to families and helping to ensure the best start in life for babies and young children.
- An opportunity to develop experience, skills and knowledge for career development: HENRY and Family Lives are committed to helping volunteers development.

### CONTACT DETAILS

Kassandra Gordon  
 Healthy Start Project Manager  
 E: [info@henry.org.uk](mailto:info@henry.org.uk)  
 T: 01865 302973  
[www.henry.org.uk](http://www.henry.org.uk)

## KEEN LONDON



### AREAS OF SERVICES

KEEN London is a registered charity that runs free weekly sports and recreation sessions for children and young adults with learning, behavioural and physical disabilities. It is the only charity in London providing one-to-one sports and fun for children and young adults with special needs at no cost to their families and caregivers. Taking part in sports and recreational activities is vital for their physical development and co-ordination. It also helps develop social skills and encourages teamwork. Not only are our sessions tons of fun for the children but they also provide a much needed respite opportunity for caregivers.

### BENEFITS OF VOLUNTEERING:

- Learn new skills and add some useful experience to your CV.
- Have an invaluable access to a social network with other like-minded people.
- Access to full training, support and a range of educational sessions.

### CONTACT DETAILS

Nicole Curtin  
 Senior Coordinator  
 E: [info@keenlondon.org](mailto:info@keenlondon.org)  
 T: 0207 686 3172  
[www.keenlondon.org](http://www.keenlondon.org)

# C1.15 – ORGANISATIONS

## KITH & KIDS



### AREAS OF SERVICES

Kith & Kids' aim is to empower families who have a son or daughter with a learning disability or autism (many also have a physical or sensory disability) to overcome their social exclusion. Founded over 40 years ago by just two sets of parents, we have grown and adapted over the years to the changing needs of families whilst maintaining the quality of our services. Kith & Kids provides activities, opportunities, information and support for people with a learning disability or autism, their parents and siblings. We help the whole family to overcome social isolation and live more fulfilled lives.

### BENEFITS OF VOLUNTEERING:

- A variety of ways to get involved including employment and life skills help, taking someone on an outing or get autistic children involved in sports.
- Develop your existing skills and learn something new by getting involved in the activities.
- Increase your confidence and meet new people all the while getting support from the charity to increase your development.

### CONTACT DETAILS

Rob Walton  
Projects Team  
E: [rob@kithandkids.org.uk](mailto:rob@kithandkids.org.uk)  
T: 020 8801 7432  
[www.kithandkids.org.uk](http://www.kithandkids.org.uk)

## OUTWARD



### AREAS OF SERVICES

Outward is a forward-thinking charity that works across ten London Boroughs to support people to live with dignity and purpose. We support: people with learning disabilities, including a specialised service that supports people on the autism spectrum, older people, people with mental health issues, and young people at risk. Our work is diverse, from supporting people to live independently in their own homes to providing safe, secure accommodation and tailored support when and where it is needed. Everything we do is about enabling people to have greater choice, independence and control over how they live their own lives.

### BENEFITS OF VOLUNTEERING:

- Make a hugely valuable contribution to people's lives by reducing isolation, sharing skills and bringing a fresh outlook.
- Bring a fresh perspective to the organisation, complementing existing points of view within Outward.
- Have access to regular volunteering meetings, enabling you to share concerns and best practices as well as receive further guidance and input.

### CONTACT DETAILS

Winnie Bengo  
Senior Human Resources Administrator  
E: [volunteer@outward.org.uk](mailto:volunteer@outward.org.uk)  
T: 020 7275 9829  
[www.outward.org.uk](http://www.outward.org.uk)

## RESOURCES FOR AUTISM



### AREAS OF SERVICES

Resources for Autism provide practical services for children and adults with an autistic spectrum condition and for their families and carers. We offer support through our play and youth services, adult groups, autism to autism service, music and art therapy, signposting and our volunteer service where you will support an individual within their home environment. All staff and volunteers are autism trained and services are designed to be welcoming and accepting of users whatever their level of need and support. We are constantly developing new projects and are always happy to hear from anyone who would like a tailored provision from us.

### BENEFITS OF VOLUNTEERING:

- Gain experience in working with people with an autistic spectrum disorder.
- Increase your interaction and communication skills along with time management skills and planning.
- Take part in a rewarding and varied role that can aid further professional development.

### CONTACT DETAILS

JudiYah Yisrael – Daniels  
Volunteer Coordinator  
E: [admin@resourcesforautism.org.uk](mailto:admin@resourcesforautism.org.uk)  
T: 020 8458 3259  
[www.resourcesforautism.org.uk](http://www.resourcesforautism.org.uk)

## TOGETHER (SOUTHWARK WELLBEING HUB)



### AREAS OF SERVICES

We are a Mental Health and Wellbeing Charity which provides local signposting and 1:1 community advice and information support, 1:1 and group peer support and Wellbeing courses and activities to Southwark's residents. Since Together was formed in 1879, we have believed that people with mental health issues have the right and the abilities to lead independent, fulfilling lives as part of their communities. The people who use our services are at the heart of everything we do. They influence and shape the support they receive from us, and the way our services are run. These core beliefs underpin the vision, mission and values we aspire to.

### BENEFITS OF VOLUNTEERING:

- Varied roles including 1:1 practical support, group facilitators and coordinator roles, newsletter editor and event volunteer roles.
- Provide information to people who may be worried about their mental well-being.
- Be part of an organisation that helps your personal development through participation in a rewarding cause.

### CONTACT DETAILS

Joy Matthews  
Volunteer and Training Coordinator  
E: [southwarkhub@together-uk.org](mailto:southwarkhub@together-uk.org)  
T: 0203 751 9684  
[www.together-uk.org/southwark-wellbeing-hub/the-directory](http://www.together-uk.org/southwark-wellbeing-hub/the-directory)

## SOVA



### AREAS OF SERVICES

Sova is a national charity with more than 40 projects across England and Wales, working with some of the most disadvantaged people in society. Sova supports more than 8,000 people and is currently recruiting motivated and open-minded individuals across London and Greater London to provide a range of services. We do this by working directly with those facing adversity because of crime, drugs, unemployment, isolation or a lack of skills. Our volunteers use their passion, experience and skills to make a difference in changing people's lives for the better.

### BENEFITS OF VOLUNTEERING:

- Help create an environment that embraces diversity.
- Receive full training and support during you volunteering.
- Take part in opportunities that include mentoring offenders, drug and alcohol support as well as an independent visitor support for children in care amongst others.

### CONTACT DETAILS

Mark Thorne  
Volunteer Support Officer  
E: [communications@sova.org.uk](mailto:communications@sova.org.uk)  
T: 020 7833 6733  
[www.sova.org.uk](http://www.sova.org.uk)

## ST. VINCENT'S FAMILY PROJECT



### AREAS OF SERVICES

St. Vincent's Family Project aims to support young families and children especially where there are difficulties. We aim to be sensitive to the needs of children and provide resources for parents to build resilient families. It works primarily amongst vulnerable families who are experiencing deprivation and the wider effects of poverty. We offer an experience of community which inspires, supports and facilitates positive change in the lives of those who use its services. The services are open to everyone and are targeted within their focus; that of building stronger and more resilient families and improving the mental health of children.

### BENEFITS OF VOLUNTEERING:

- Develop new skills and build confidence whilst working in a diverse and densely populated city centre.
- An opportunity to work with those most in need.
- Receive all the necessary training from an organisation who has a long history of providing volunteering opportunities to students.

### CONTACT DETAILS

Larry Harrison  
Volunteer Space Manager  
E: [larry.harrison@svfp.org.uk](mailto:larry.harrison@svfp.org.uk)  
T: 020 7654 5354.  
[www.svfp.org.uk](http://www.svfp.org.uk)

## THE LISTENING PLACE



### AREAS OF SERVICES

The Listening Place was conceived in 2015 and set up in 2016 in London, by a group of volunteers with a great deal of experience in supporting the suicidal. They had recognised that there is little on going face-to-face support available for many people with chronic suicidal feelings, and that some of this support can be given by well trained and professionally supervised volunteers. The Listening Place offers a warm and welcoming environment; somewhere that individuals can talk openly about their feelings without being judged or being given advice.

### BENEFITS OF VOLUNTEERING:

- Make a difference by providing emotional support to those who feel life is no longer worth living.
- Training and support from both Supervising Volunteers and Mental Health Professionals.
- Opportunity to have your aspirations met, whether you are volunteering to undertake activities to support a career path or simply wanting to give something back.

### CONTACT DETAILS

Alex Winter  
E: [volunteers@listeningplace.org.uk](mailto:volunteers@listeningplace.org.uk)  
T: 020 7259 8136  
[www.listeningplace.org.uk](http://www.listeningplace.org.uk)

## VICTIM SUPPORT



### AREAS OF SERVICES

Victim Support (VS) is the independent charity for people affected by crime and traumatic events in England and Wales. Our specialist teams provide individual, independent, emotional and practical help to enable people to cope and recover from the effects of crime. We work locally to support people affected by crime, and campaign nationally to put their needs first, ensuring that they get the support they need and the respect they deserve. Together, we help people feel safer and find the strength to move forward after crime.

### BENEFITS OF VOLUNTEERING:

- All volunteers with Victim Support are provided with training. More specialist training is provided for people interested in supporting victims of serious crime like domestic violence, sexual violence, hate crime etc.
- Offer emotional support, advocacy and practical help both face-to-face and over the phone to victims and witnesses of crime.
- Variety of roles, ranging from those that require lots of time dedicated to them as well as those which only need a few hours.

### CONTACT DETAILS

Tracie Tull-Peirce  
Positive Intervention Project Caseworker  
E: [volunteering@victimsupport.org.uk](mailto:volunteering@victimsupport.org.uk)  
T: 0207 724 6032  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

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