

# Kenward Trust

transforming lives, creating new futures



*“Witnessing the change take place in people, and the growth in their self-esteem and confidence is an amazing feeling.”*

## Volunteer Network

KENT & EAST SUSSEX

*Help us make a positive difference by becoming a volunteer*

We need all kinds of people, so if you are interested in finding out more, please contact Diane Jenner, Head of Human Resources.

**Tel. 01622 816 087**

Email: [hrteam@kenwardtrust.org.uk](mailto:hrteam@kenwardtrust.org.uk)

For the current list of opportunities, please refer to [www.kenwardtrust.org.uk/volunteer](http://www.kenwardtrust.org.uk/volunteer)



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Registered charity no. 1146481 Registered in England no. 7931728

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# Volunteering Opportunities

KENT AND EAST SUSSEX

Do you have the passion, willingness and ability to help make a positive difference to a local charity?

Let us inform, motivate and inspire you to volunteer with us.

## Why Kenward Trust?

We can offer you tools, tea and training in return for your time, safe in the knowledge that you are:

- helping people to transform their lives
- meeting new people, making new friends
- having fun
- developing existing skills or learning new ones
- gaining a real sense of purpose.

## We will:

- identify the volunteering opportunities that best suit your skills and experience
- offer a face-to-face discussion to ensure the best 'match'
- conduct necessary pre-engagement checks
- provide ongoing training.

## Get involved

We offer a wide range of activities and opportunities to help across our various projects in Kent and East Sussex, which could involve:

- Helping to develop and nurture our Garden Enterprise and pass on your knowledge

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- encouraging our clients towards a healthier lifestyle by sharing your cooking skills
- helping our clients regain their independence (befriending, supporting, signposting, assisting with form filling or numeracy skills)
- raising community awareness of the services we offer, either by fundraising or public speaking
- helping our clients discover sports, arts and crafts and other positive recreational activities
- driving them to appointments or taking them on organised trips
- providing administrative support
- and more!

## Frequently asked questions

### Who can volunteer?

Anyone over the age of 18 years is welcome to make contact with us, regardless of their experience or the amount of time they can give. All volunteers are subject to an enhanced DBS check.

### How much time do I need to give?

Volunteer opportunities can be flexible and in most cases tailored to suit the time you can give.

### Will volunteering affect my benefits?

There are no limits on the amount of time you can volunteer for but you must continue to meet the conditions of the benefit or tax credit you are receiving. It is always advisable to discuss your choices with your benefits advisor before you start.

