



Volunteer Centre

Barking & Dagenham

c/o Starting Point, 16 Pickering Road, Barking, Essex. IG11 8PG

Kelly and Lynne

0203 288 2160

0203 288 2164

0203 288 2168

0203 288 2180

Opening Times.

Monday and Tuesday 9am - 4pm

Friday 9am - 1.30pm

Wednesday Closed

Thursday Closed

Email.

bardagvb@hotmail.co.uk

Website. bdvb.org.uk

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**We are open Mondays and Tuesdays 9am - 4pm
Fridays 9am -3pm**

PLEASE NOTE OUR OPENING AND CLOSING TIMES.

For more details you can call our office on the numbers above or email us

PLEASE QUOTE the organisations you are interested in.

If you are not sure what you want to volunteer for do please come in and discuss these opportunities but please make an appointment first.

If you need a DBS disclosure we are able to provide this as well at very favourable rates.

If you need help filling out any forms from Barking and Dagenham Volunteer Centre, just call Kelly and Lynne and arrange to come into the office

Here are some of the organisations we work with; in fact we have 1000's, JUST ASK.



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Ab Phab Youth Club is an inclusive youth club for disabled and non-disabled young people.

For more details you can call our office on the numbers above or email us bardagvb@hotmail.co.uk



Abbeyfield is a charitable organisation with one mission: to enhance the quality of life for older people.

For more details you can call our office on the numbers above or email us bardagvb@hotmail.co.uk



Arthritis Care delivers information to people with arthritis.

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Barnardo's transforms the lives of the most vulnerable children across the UK

For more details you can call our office on the numbers above or email us
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The Children's Air Ambulance needs you to be part of their team

For more details you can call our office on the numbers above or email us
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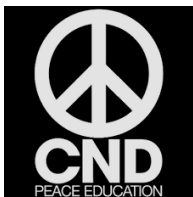
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CND campaigns non-violently to rid the world of nuclear weapons and other weapons of mass destruction and to create genuine security for future generations.

For more details you can call our office on the numbers above or email us bardagvb@hotmail.co.uk



CRIME REDUCTION INITIATIVES

For more details you can call our office on the numbers above or email us bardagvb@hotmail.co.uk



CRI Subwize is an outreach drug and alcohol support service

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Envision school teams as they create and deliver their community projects.

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Equal Approach has been operating as a specialist provider of diversity and inclusion solutions.

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E1M is an organisation aimed at releasing the potential of young people age 13-25 through Music, Drama and Performing Arts.

For more details you can call our office on the numbers above or email us bardagvb@hotmail.co.uk



At Free The Children, we're a family of shameless idealists and social entrepreneurs committed to shifting global thinking from "me" to "we" – and shaping a world where everything is possible.

For more details you can call our office on the numbers above or email us bardagvb@hotmail.co.uk



You can give something back to your community, learn valuable new skills, and make new friends.

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Goodmayes Hospital Radio have so many different roles from presenting, to fundraising, engineering and request-collecting.

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bardagvb@hotmail.co.uk

KeyRing

Do you like getting involved in the community and meeting people?
Are you enthusiastic and flexible?
Can you support people with learning difficulties and encourage teamwork?

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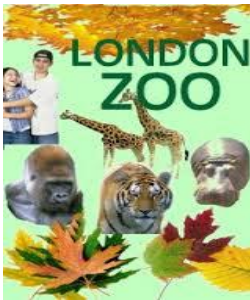
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The London Air Ambulance needs you to be part of their team

For more details you can call our office on the numbers above or complete this on line form for us to return details to you <http://bdvb.org.uk/laa.html>



You will be assisting staff, helping the visitors enjoy their day and providing excellent customer service.

For more details you can call our office on the numbers above or complete this on line form for us to return details to you http://bdvb.org.uk/london_zoo.html



**METROPOLITAN
POLICE**

For more details you can call our office on the numbers above or complete this on line form for us to return details to you <http://bdvb.org.uk/police.html>



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**National
Trust**

From working as a room guide to helping the garden team.

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*Barking and Dagenham
Clinical Commissioning Group*

Barking and Dagenham Clinical Commissioning Group (CCG) - which commissions health services for the local area is currently recruiting people to join its Patient Engagement Forum (PEF).

For more details you can call our office on the numbers above or email us
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Our main focus is on the support of people who have a learning/physical disability or have mental health needs or other complex issues.

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If you're a member of the public or someone who is using or has used our services and you want to give your time to help others then Richmond Fellowship has opportunities for you.

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you.plus
Sova

We need people to support, befriend and mentor people who need them; to let them know there's someone on their side, to offer practical help, advice and guidance, as well as friendship and understanding. Someone who can question, challenge and encourage without judgment. Someone to help them make the right choice and get a second chance

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Barking and Dagenham Mencap - which provided support for people affected by Learning Disabilities

Parents of Autistic Children Together (P.A.C.T) - which provided support for people affected by Autistic Spectrum Disorders.

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Valence House is a Grade II listed moated medieval manor house surrounded by tranquil green spaces. It has a Museum, Archives and garden.

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