



Volunteer Centre

Barking & Dagenham

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

0203 288 2160 / 2164 / 2168 / 2180

Email JEBrandon30@outlook.com

Website www.bdvb.org.uk

Volunteer Opportunities Directory

**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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LATEST OPPORTUNITIES



Love Gardening

For more details you can call our office on the numbers above or email us JEBrandon30@outlook.com



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Barking and Dagenham Volunteer Centre are looking for volunteers to join their team, at our Get Together Groups, Handy Fix and Befriending Volunteers.



Volunteers Required

**Could your DIY
skills help others?**

Handy Fix Volunteers **Required.**

Telephone Befriending Volunteers

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

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

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Arthritis Care delivers information to people with arthritis.

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Barking and Dagenham Pride

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**Believe in
children**



Barnardo's

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Volunteer Centre

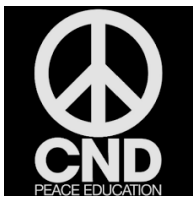
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CND campaigns non-violently to rid the world of nuclear weapons and other weapons of mass destruction and to create genuine security for future generations.

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CRIME REDUCTION INITIATIVES

For more details you can call our office on the numbers above or email us JEBrandon30@outlook.com



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.

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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.

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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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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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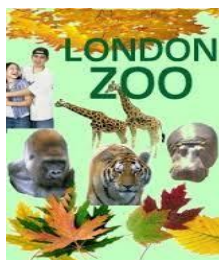
Widows & Orphans needs you to be part of their team

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

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**METROPOLITAN
POLICE**

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Layers of London

Ways to help document the evolving history of London

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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).

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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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Lifelong support
for our Forces
and their families

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Proud of our past and dedicated to the future

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STUDIO 3
ARTS



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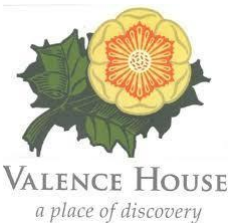
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Valence House is a Grade II listed moated medieval manor house surrounded by tranquil green spaces. It has a Museum, Archives and garden.

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

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Anti Knife Crime event

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Working with Vision Impaired men and women.

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Sports Volunteer

Minibus Driver Volunteer

Holiday Club Volunteer

Performing Arts Volunteer

Music Sound and Recording Volunteer

Volunteer office support/ IT /Receptionist

Enterprise Volunteer

Kitchen Volunteer

Volunteer Youth Worker

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National
Trust

Want to find yourself in a good place?



Why not join our friendly team of volunteers at Rainham Hall?

We are looking for volunteers to be part of our biggest exhibition yet, *'The Denney Edition: celebrating an icon of 20th century style'*. If you can spare a few hours a week or more there are plenty of ways to get involved.

Have a look at www.nationaltrust.org.uk/rainham-hall/features/volunteer-at-rainham-hall or call 01708 525579. Facebook and twitter @rainhamhallNT

Photo © National Trust Images, Oskar Proctor
The National Trust is an independent registered charity, number 205846



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