



## Are you interested in volunteering but don't think you have the time?

You might be surprised at how many ways there are to volunteer – even if you are working full time or very busy with a young family.

There are many varied and wide-ranging volunteer roles available at the weekend, or sometimes in the evening, and many one-off events throughout the year too.

Here are a few ideas on how you can help your local community:

- Support your neighbourhood group by befriending, shopping, driving and gardening
- Get involved with some of our historic buildings or the local arts and cultural services
- Become a Companion Cycling volunteer and help someone less able to enjoy a bike ride through Bushy Park
- Help to design a website or judge a competition for young entrepreneurs
- Assist older people with their computer skills
- Join a Trustee Board or help with fundraising

You don't have to take on a regular volunteering role - if there's a cause close to your heart, you could support it by giving a little time to one of the running or sporting fundraising events held around London throughout the year.

If you would like to find out more just register with the volunteering service:

[www.richmondcv.org.uk/volunteering/start-volunteering](http://www.richmondcv.org.uk/volunteering/start-volunteering)

Once registered, you can follow the [Search and Apply](#) link to see some of the volunteering opportunities in the borough. You may find it helpful to use the Advanced Search button which enables you to select the day of the week that is most convenient for you or you can select the 'one-off event' option if you are looking for something that is not a regular role.

We're here to help so if you would like more information, please call us on 020 8843 7940 or email [volunteer@communityconnectionsrichmond.org.uk](mailto:volunteer@communityconnectionsrichmond.org.uk)