

#richmondgive - 10 Ideas for Individual Giving This Christmas

“Do your little bit of good where you are. It’s these little bits of good put together that overwhelm the world” (Desmond Tutu)

- 1) Recycle - where there’s muck there’s brass!** Simply by collecting and sending your office ink cartridges, used stamps, foreign coins and unwanted mobile phones you can generate funds for charities all across the country:
 - Stamps can be sent to Canine Partners, RNIB, and the RSPB
 - Foreign coins can be donated to your local Oxfam Shop or to Breakthrough Breast Cancer via any of M&S Bureau de Change located instore, such as Richmond and Kingston
 - Ink cartridges can be donated through [Recycle 4 Charity](#)

- 2) Shop and Give:** [Register with Easy Fundraising](#) so every time you shop online at a wide range of stores, including John Lewis and Argos, you donate to charities of your choice at no cost to yourself. Local charities that are signed up to receive donations include Richmond Home Start, Refugee Action Kingston and Whitton HomeLink.

- 3) Become a Trustee:** Provide governance and leadership for a local charity. It’s a great way to use your professional and personal skills to enhance and develop organisations whose cause matters to you. You will find lots of opportunities on the Richmond CVS volunteer database on the [Richmond CVS website](#).

- 4) The Met Christmas Tree Appeal.** You can donate a present online or via Twickenham Police Station. Last year more than 19,000 presents were distributed across London to children who really needed them and who were living in difficult circumstances. This year’s charity is The Children's Society. They will connect with children in a range of circumstances - those cared for by foster parents, in residential care homes, in refuges, in hospitals and children from low income families. The closing date for receipt of the presents at the police station is 6 December and the Met Police will guarantee to get them to the children by Christmas Eve. More information at www.met.police.uk/christmastree

- 5) Volunteer:** *Helping others is a way that we help ourselves” (Oprah Winfrey)*
The Richmond Volunteer Service has a wide range of volunteer opportunities on their database which can match you with local charities and community groups that need your skills and time. Register online on the [Volunteering page](#) of our website or phone our Volunteer Service Co-ordinator, Caroline Thorogood on 020 8843 7940.

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- 6) **The Mayor of Richmond:** The Mayor selects a local charity to support through the mayoral year. This year's Mayor Cllr Nancy Baldwin has chosen Richmond Home-Start, which provides support for families with children aged 0-5 years, and Otakar Kraus Music Trust, who provides music therapy and activities for children and adults with disabilities and other health needs. You can [support the Mayor's charity](#) by attending the events they organise throughout the year or making a direct donation.
- 7) **Knit and Sew:** Use your crafting skills to make toys, blankets and warm clothing for people and animals all around the world. [The Loving Hands website](#) represents over 36 different charities including Battersea Dogs Homes and The Salvation Army. Other charities that welcome your crafts are:
- [Hand in Hand for Syria](#)
 - [Project Linus](#)
 - [The Innocent Big Knit](#)
- 8) **Gift Aid:** If you're donating money or second hand goods to be sold and you're a UK tax payer, sign a Gift Aid Declaration Form and the charity can claim an additional 25p for every £1 you donate at no cost to yourself.
- 9) **Give Blood:** The NHS needs over 6,000 blood donations every day to treat patients in need across England. Giving blood saves lives and is a lifeline in an emergency and for people who need long term treatments. If you are aged between 17 and 66, are fit and healthy, and weigh over 7st 12lbs / 50kg, then you can donate. There are regular opportunities to donate locally including at Twickenham, Hampton and Teddington. [Appointments are bookable online](#).
- 10) **Get Training for a Physical Challenge:** The annual [Twickenham Rotary Swimathon](#) takes place in March at Teddington Pool and you can raise money for your own good cause by taking part. Rotary membership offers lots of opportunities to take part in fundraising and social action projects and there are several local clubs including Kew, Twickenham and Richmond. Many of the local charities have places for the London Marathon and Ride London and also organise their own fundraising challenges, such as sponsored walks. Alternatively find a cause you are motivated by and design your own individual challenge for yourself!

"The meaning of life is to find your gift. The purpose of life is to give it away" (Pablo Picasso)