

*“Those who bring sunshine to the lives of others, cannot keep it from themselves”
(James Matthew Barrie)*

- 1. Recycle - where there’s muck there’s brass!** Simply by collecting and sending your office ink cartridges, used stamps, and foreign coins you can generate funds for charities all across the country:
 - Stamps can be sent to [Canine Partners](#), [RNIB](#) and [The Leprosy Mission](#)
 - Foreign coins can be donated to your local Oxfam Shop.
 - 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 Home-Start Richmond, Kingston & Hounslow, and HomeLink Day Respite Centre in Whitton.
- 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. 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 team on 020 8843 7940.
- 5. The Mayor of Richmond:** Each year the Mayor selects a local charity to support through the mayoral year. The 2021/22 recipients are Habitats and Heritage and Dose of Nature. You can [support the Mayor’s charity](#) by attending the events they organise throughout the year (Christmas Carol concert 17 December 2021) or by making a direct donation.
- 6. Knit and Sew:** Use your crafting skills to make toys, blankets and warm clothing for people and animals all around the world. Charities that welcome your crafts are:
 - [Project Linus](#)
 - [Innocent Big Knit](#)
 - [Crisp Packet Project](#)

7. **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.
8. **Give Blood and Plasma:** 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. Plasma is part of the blood that can be made into lifesaving medicines that can help people with cancers, rare diseases and immune disorders There are regular opportunities to donate locally. [Register to give blood or plasma.](#)
9. **Get Training for a Physical Challenge:** 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!
10. **Send an e-card and donate to charity:** [Don't send me a card](#) have a wide range of cards for every occasion. Donate the cost of the card to your chosen charity.
11. **Be a Pal:** There are lots of ways to connect and your conversation, friendship, and writing skills can make such a difference to people who are socially isolated:
 - Befriend a care home resident through local charity [Embracing Age](#)
 - Be a pen pal – [A Letter from Louise](#) is a project of national charity Omega that matches volunteers to write to people who may be socially isolated, elderly or living alone.
 - Call or visit a local resident. Many local charities operate volunteer befriending services. To search the full range of local opportunities, visit www.richmondcvcs.org.uk.

"If you have the power to make someone happy do it. The world needs more of that" (Unknown)