



[The Big Help Out and Other Ways To Help In Your Community \(2024\)](#)

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

Aside from our ongoing Volunteer Service, we have linked up with the national [Big Help Out](#) campaign and are pleased to offer a small selection of BHO activities which are taking place in and around our borough during June. We have also given some other ideas on how you can help your community.

[A Selection of Big Help Out Activities](#)

[Princess Alice Hospice](#)

Simply email volunteering@pah.org.uk or call 01372 461856 to book for either of the following.

- **[An Introduction to Volunteering, Friday 7 June, 10.30am](#)**

Would you like to volunteer but not sure where to start? Inspired by The Big Help Out, [Princess Alice Hospice](#) is holding an introductory session on volunteering on Friday 7 June. If you'd like to hear about how you can help them, what volunteer roles they have and about the outstanding care they provide, you can book to join the event which will take place at the Hospice (West End Lane, Esher, KT10 8NA).

- **[The Big Help Out Gardening Challenge – Saturday 8 June 10.30am](#)**

Join the team at Princess Alice for a couple of hours to help keep their gardens beautiful. There's lots that needs doing – painting furniture, moving and laying stones, general tidying up – something for everyone!

[Litter Pick](#)

[Castelnau Recreation Ground, Barnes, Sat 8 June, 10.00am – 12.00 noon](#)

Do you use the Castelnau Recreation Ground? Would you like to make it a place that everyone can enjoy? Join local councillors and community groups on Saturday 8 June to get this green space litter-free and share your ideas for improving the park. They'll provide the litter pickers and refreshments and you bring your enthusiasm for making the recreation ground a better place to play and relax! No need to book, just turn up, take part and enjoy!

Litter Pick

Petersham Meadows and land around Ham House – Sunday 9 June 10.30am – 12.00 noon

Please join [Ham House and Garden](#) for a litter pick off the field in front of the House and at Petersham Meadow. To take part just meet at 10.30am in front of the main entrance where you will be provided with a litter picker and bin bag. Please wear comfortable clothes appropriate for the weather on the day. Participants will receive free entry to Ham House and Garden after the event. Places are limited so it's best to [register for the event on the Big Help Out website](#).

Drop-In Session

Elleray Hall Community Centre, Teddington, Tuesday 11 June, 11.00am – 12.00 noon

Join the team for a cuppa at [Elleray Hall](#) and find out more about their volunteer community and be the person who makes a difference! Pop in any time between 11.00am and 12.00 noon on Tuesday 11 June. They'd love to see you. Just email avc@ellerayhall.org or call 020 8979 0549.

Open House Event

Homelink Day Respite Centre, Whitton, Wednesday 12 June, 3.30 – 5.30pm

You are warmly invited to join the [Homelink](#) Open House event to find out about the services and activities they offer and meet their amazing carers, staff and volunteers. Hear from guest speakers, gather information, enjoy live music and refreshments, learn about volunteer opportunities and join in a craft activity. Please email julie.petson@homelinkdaycare.co.uk if you'd like to join them.

Kew Neighbourhood Association (KNA)

Can you help [KNA](#) by spreading the word about the neighbourly help their volunteers provide?

You can take part in The Big Help Out by collecting and sharing KNA leaflets and posters or by sending a KNA WhatsApp message to one of your local groups – for example, your street, school, local society or park. There are a number of ways you can share – perhaps having a friendly chat with a neighbour or popping leaflets through the letterboxes in your street or block of flats. They have a map that shows which streets in Kew haven't received a leaflet recently. Or you could ask a local business to display a poster or just share a message on social media. If you'd like to help them and join in TBHO, please contact mail@kna.org.uk or call 020 8948 8054. They'd love to hear from you.

Some Other Ways to Help Your Community

Volunteer: 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](#) and receive our monthly newsletter which gives some of our latest opportunities. You can email us at volunteer@richmondcvcs.org.uk or call us on 020 8843 7940 to arrange a [1-1 appointment with one of our volunteer advisers or come and meet us at one of our drop-in sessions](#). We're here to help you find a role just right for you!

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](#) and [RNIB](#).
- Foreign coins can be donated to your local Oxfam Shop.
- Ink cartridges can be donated through [Recycle 4 Charity](#).

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 Volunteer Service website here](#).

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.

The Mayor of Richmond: Each year the Mayor selects a couple of local charities to support through the mayoral year. The 2024/2025 recipients are [Richmond Borough Mind](#) and [Home-Start Richmond Kingston & Hounslow](#). You can [support the Mayor's charities](#) by attending the events they organise throughout the year or by making a direct donation or supporting them by volunteering.

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](#)

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 will be able to claim an additional 25p for every £1 you donate at no cost to yourself.

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](#)
- Call or visit a local resident. Many local charities operate volunteer befriending services. To search the full range of local opportunities, visit the [Richmond Volunteer Service database here](#).

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 to help people

with cancers, rare diseases and immune disorders. There are regular opportunities to donate locally. [Register to give blood or plasma.](#)

Get Training for a Physical Challenge: Many 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!

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

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