



10 Ways to Help Out in Your Community (2024)

*“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](#) and [RNIB](#).
 - 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, Tesco and Argos, you donate to charities of your choice at no cost to yourself. Local charities that are signed up to receive donations include [Cocon Care After Care](#), [SPEAR](#), and [Shooting Star Children's Hospices](#).
- 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](#) and 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 its database which can match you with local charities and community groups that need your skills and time. [Register online on the 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 2024/25 recipients are [Richmond Borough Mind](#) and [Home-Start Richmond, Kingston & Hounslow](#). You can [support the Mayor's charities](#) by attending events organised throughout the year 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](#)

7. **Gift Aid:** If you're donating money or second-hand goods to be sold and you're a UK taxpayer, 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 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!

10. **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 – [Letterbox](#) is a project from 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 the [Richmond Volunteer Service webpage](#).

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