



Volunteering for Busy People

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're working full-time or very busy with a young family or other caring responsibilities. Or perhaps you're looking for a flexible or shorter-term commitment due to future plans, such as study or part-time work. Whatever your situation, there is a fun and meaningful volunteering role that could suit you.

You don't have to take on a regular role – there are many varied and wide-ranging opportunities at weekends or evenings and lots of ways to help if you have a cause close to your heart. There are also remote roles for those who prefer to volunteer from home.

If you're looking for a weekend role, you could consider:

- shopping or gardening for an elderly resident
- sorting donations in a charity shop
- marshalling at a sporting fundraising event.

If you're looking for a home-based or remote role that can be done at any time of the day, you could consider:

- helping a small charity with social media posts
- telephone befriending

If you're looking for a role that won't take up too much of your time, or is very flexible, you could consider:

- supporting your neighbourhood group by befriending, shopping, driving and gardening
- assisting older people with their computer skills
- visiting a care home resident
- joining a Trustee Board or helping with fundraising
- one-off conservation events through the Habitats and Heritage calendar.

If you would like to find out more, just [follow the link here to register with the volunteering service](#).

Once registered, you'll be able to use the [Role Search](#) 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@richmond cvs.org.uk.