



SPRING | 2011
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HFVC News

HFVC's Event Team Member 'Saves the Day'

Young Event Team member, Pooja Kawa, put her event management skills into practice when she volunteered to support the organisation of the Generations Together end of project Showcase hosted by the Lyric, Hammersmith on Wednesday 16th March 2011.

The showcase event brought together 10 of the 14 Hammersmith and Fulham voluntary sector organisations who were funded to run projects which engaged young people (under 25) and older people 50+ in positive volunteering activity.

There was a market place room where all the projects put on displays of their work and a live presentation section with dance, theatre extracts and speeches from Cllr Harry Phibbs (Cabinet Member for Community Engagement) and the Hammersmith and Fulham Mayor, Cllr Alford.

Hilary Price, the Hammersmith & Fulham Council Generations Together Project Manager had nobody to assist her with organising the event so Pooja provided invaluable back-up. With limited time for briefing, she took on a variety of event management tasks but was mainly responsible for handling the registration of guests which required good organisational and communication skills. "Pooja was a great asset to the team as she responded quickly and efficiently to different requests and handled all tasks in a very professional manner. I simply could not have coped without her input and highly recommend her to other organisations needing event management support."

By Hilary Price
Project Manger - Generations Together
Hammersmith & Fulham Council



Arts & Crafts Events Bring Generations Together!!



Over the past twelve months, our Volunteer Champions - Generations Together project has been engaging with local elderly residents in Hammersmith and Fulham by providing a series of Arts and Crafts events at local care homes, residential centres and community organisations for 50+ clients.

The project recruited a team of young volunteers aged 25 and under, to deliver the arts and craft sessions to older groups and to date, we have delivered twenty five of these sessions around the borough.

The sessions have been delivered in a variety of different 50+ organisations including Elgin Close Resource Centre, Bishop Creighton House and Nubian Life. The older service users have had the opportunity to enjoy a range of different activities from Flower Arranging to Card Making and have also had the opportunity to engage with people from different generations.

Oksana Solowjow is a twenty five year old volunteer from Hammersmith. She is a part time student of Social Management and came to the Volunteer Centre to look for opportunities to help the community. She found out about the Volunteer Champions - Generations Together Project and decided to get involved.

'It sounded like a great opportunity to support older people in my community. The Arts and Crafts events have been really fun and have given me the opportunity to spend time with older people, to share experiences of what life was like when they were growing up compared to how it is for me'

The Arts and Crafts Events have enabled younger and older groups to get together in a fun and creative way. To date, over four hundred residents from the borough have been involved in the project!

The Volunteer Centre will be continuing inter-generational volunteering activities and we look forward to putting on many more such events in the future!

For more information on inter-generational volunteering, please contact Libby Wingfield at the Volunteer Centre on 0208 741 9876 or email libby@hfvc.org.uk



This year, the Hammersmith and Fulham Volunteer Centre organised a Volunteers Fair to promote volunteering to the local community and give residents the chance to meet local charities and apply for live volunteer opportunities.

The Fair was opened by Cllr Joe Carlebach of Hammersmith and Fulham Council and Marion Schumann, Director of HFVC and took place on the 4th March at Hammersmith Town Hall. With 24 charities attending and over 200 visitors throughout the day, it was a busy and vibrant event enjoyed by all!

A diverse group of local charities and voluntary sector organisations attended to promote their volunteer vacancies. These included; Age Concern, TASHA Foundation, Microloan, Young Enterprise, Breast Cancer Care and Hammersmith Community Gardens.

Alexa Smith from Microloan attended to recruit volunteers for an upcoming summer fundraising event. "It was such a fantastic day and a great chance to not only meet enthusiastic volunteers but also other local charities. The amount of people that turned up was inspiring. There are so many people out there that want to get stuck in and make a difference and what a fantastic way to get all those who want to help and all those charities who need help in one room and interacting."

In addition to advertising volunteer opportunities, the Fair held a series of well attended afternoon seminars on topics relevant to Charity and Volunteer Management. These included; 'Involving Businesses in Volunteering' delivered by Marion Schumann from HFVC and Tammy McFeggan from Disney, 'Best Practice in Volunteering and Quality Standards' delivered by Jenny Melrose from HFVC and May McNair from Greater London Volunteering and 'How to Apply for Funding' delivered by Susan Westman from CAVSA. The Seminars provided an excellent opportunity for organisations to develop skills and knowledge in these key areas.

The Volunteers Fair was a fantastic success and we look forward to holding the next one in 2012!



If you would like to find out more about volunteering in your local community, then please contact the Core team at the Hammersmith and Fulham Volunteer Centre on 0208 741 9876 or enquiries@hfvc.org.uk.



Befriending Project

The Befriending Project is a partnership with Hammersmith & Fulham Mind. The project has been established to recruit, train and manage volunteers to become mentors to socially isolated mental health service users living in the borough. The aims of the service are to support people to access social, educational and vocational activities; and to promote independence, through reducing dependency on local mental health services.

Since the project began last April, we have successfully recruited and trained around 80 Volunteer Befrienders and inducted 60 Mental Health Service Users (Befriendees). The two training sessions that volunteers are required to attend are 'Mental Health Awareness' (an introduction in to different diagnoses, treatments & services) and 'Befriending Support Sessions' training (the who, what, where, why & when of the weekly one hour befriending sessions). We have now reached the stage where 30 befriending 'couples' have been matched and are meeting in the community on a weekly basis for one-hour support sessions. During the matching process we consider the aims and goals of the Befriendees (recorded in their person-

centred, & individual, personal development plans) and the interests, experience and expertise of the Befriender – with the aim of finding the most suitable partnership.

As well as an encouragingly large amount of interest from volunteers, we are also continuing to source referrals from the many mental health services within the borough. These services include Community Mental Health Teams, Day Centres, GPs, and Social Workers – just about anyone related to Mental Health in Hammersmith & Fulham.

Volunteering on our Befriending Project is a great way to gain experience for anyone studying, or hoping to work in, the Social Care Sector – or anyone that just wants to give something back. You will be provided with all the necessary training, resources and support to enable you to improve the life of a socially isolated mental health service user in the borough. Mental Health Service users are also welcome to volunteer as Befrienders.

For further information please call the Volunteer Centre or send an email to jonathan@hfvc.org.uk or jon.richmond@hfmind.org.uk



Volunteer Centre
Hammersmith & Fulham

facebook



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visit www.hfvc.org.uk/facebook



V'mazing success of vinvolved West London!

The 31st march 2011 sadly says goodbye to the V-Involved Youth Volunteering Project in Hammersmith & Fulham.



The project, which started in the summer of 2008 has worked with young people aged 16-25, encouraging them to volunteer in their local community and supporting them in accessing a range of opportunities. The project also worked with local organisations to increase their capacity to involve young people in the work they do. The team, made up of a Youth Volunteer Development Manager (Ember Hibbert) and a Youth Volunteer Advisor (Suki Mahon), worked across the boroughs of H&F and Hounslow.

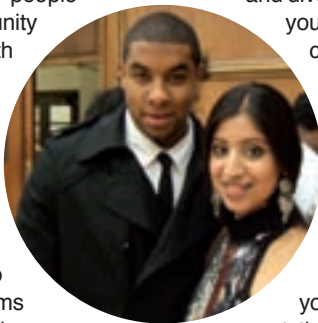
The project has achieved a great deal over the last 3 years, brokering 885 young people into volunteering opportunities and workings with over 40 organisations in Hammersmith & Fulham alone, providing capacity building support including help with the development and implementation of volunteer policies, volunteer forums and training. The V-Team also supported a youth committee (Youth Action Team) of young people who helped steer the project and encourage more young people to volunteer, attended community events, schools, colleges, youth centre and varied youth settings to promote volunteering and recruit more young people.

Other highlights of the project have included:

Make A Stand, an event to promote and highlight the problems of gun & knife crime and violence that are affecting young people in the borough. The event took place in August 2010 in Ravenscourt Park. There were guest speakers from organisations such as Mothers Against Guns and Not Another Drop that gave talks to raise awareness of the dangers of gun & knife crime,

and promote positive anti-crime messages. 17 organisations had stands providing information on their services and around 700 people from the community attended throughout the day. The day also featured outdoor activities including 5 a-side football tournaments, t-shirt design, talent showcase, roller skating and bungee trampolining.

You've Been V'd - The DVD. The V Team realised it needed something extra in terms of promotional material for the project and the brilliant work it was doing. In December 2009 the Youth Action Team applied for a grant to the Youth Opportunity Fund. The application was successful, and so the work began! The film crew made up of young people received training in film production, including researching, storyboarding, scriptwriting, interview techniques and camerawork, and successfully put the film together. You've Been V'd took just over 6 months to complete including filming, editing, post production and sound mastering, and is a brilliant piece of work that depicts young people's experiences while volunteering and displays the range of fun and diverse opportunities young volunteers can get involved in. The video has been used as a promotional tool for outreach for the project ever since.



November 2010 saw the V Team pay tribute to a group of tireless young volunteers who were honored at the **Youth Award Ceremony: The VIP Awards**. The Glitzy Oscars themed Ceremony complete with Red Carpet featured almost 70 volunteers from across West London aged between 16-25 years, who received awards for the voluntary work they had done. Attending the evening and presenting the awards



throughout the evening were all 6 West London Mayors including H&F Mayor Madame Adronie Alford.

The event also saw entertainment with guest of honour comedian Richard Blackwood providing a stand up comedy set and a photo shoot session with the Award winners. There were also a number of performances from young volunteers in a range of genres including expressive dance, singing, rapping and poetry that showcased the real young talent West London has to offer.

V-Involved affected many young peoples' lives in the borough, had a positive impact and helped many develop and progress.

While it is sad for the West London V-Involved team to bid farewell to all, it's important to celebrate all the achievements made over the past 3 years. The projects' staff have been privileged to work for such an exciting and fulfilling project, and as it draws to an end we hope that youth volunteering will continue to grow from strength to strength.



HFVC and its partners in West London known as the West London Network hope to continue the amazing work done by the V-involved project. A funding application has been submitted to Big Lottery and the project proposal has successfully reached the final stage of this application process. We should find out if the bid is successful in the summer of 2011. So keep your fingers crossed for us and for all the young people in the borough wishing to volunteer to further develop their skills while giving back to the community!

Lastly we would like to say a BIG THANK YOU to all young people and partner organisations that have worked with us in the past three years. It's been brilliant!!!

Ember Hibbert - Youth Volunteer Development Manager - V-Involved

What our v volunteers had to say...

vinvolved
 "With the Youth Action Team I met different age groups, which was good as I was able to talk to someone older who had more experience than me."

vinvolved
 "I learnt a lot of skills which greatly improved my CV and it was very useful to talk about in interviews. I met amazing people who I still keep in touch with, and I don't think I would have the job I have now if it wasn't for volunteering!"

vinvolved
 "I had some great experiences, in particular organising the Youth Volunteer Awards ceremony in the Town Hall and doing talks in schools to recruit young volunteers."

vinvolved
 The awards night was a real success and so many people turned up. We were really proud. And speaking in the schools and colleges changed me and helped me with my confidence."

Quality Standards to Make Your Organisation the Best



Ensure you get off to a good start in the European Year of Volunteering - Make your organisation one of the best there is.

The Quality Standards programme has got off to a great start. The programme is set up to help enable the voluntary and community sector in Hammersmith & Fulham to achieve a quality standard, such as PQASSO or Matrix to show they are an effective and well-run organisation. This is especially important for organisations in the current economic climate where they may need to work in partnership, or as part of consortiums, to win contracts.

The standards are a framework from which to work on in areas such as planning, governance, communication, management, user-centred services, managing money and resources, working with others, and of course, monitoring and evaluating the work done by the organisation.

In 2010 two organisations continued to



implement the processes towards achieving the PQASSO standard, level 2. This level builds on the achievements of the first level (which shows they have the basic standards in place), demonstrating that an organisation is looking more strategically at the work it does, having all relevant policies and procedures in place, adopts a systematic approach to planning, and monitoring their results. As most organisations require this information for their funder, particularly monitoring and evaluating their project work, this is an important standard for an organisation to work towards.

March was a busy month. Early on in the month we held a joint seminar with Greater London Volunteering at the Volunteers' Fair on Volunteer Management and Quality Assurance. The organisations who attended showed great interest in how quality standards fitted into their organisation.

Later in the month saw a joint Quality Standards training workshop with CAVSA and was very well attended. This event set out why organisations should have a standard, what was involved and what would be needed, how much it would cost, and the likely length of time it might take to achieve a kite mark. We looked at some of the standards available, such as Investors in People, Investing in Volunteers, PQASSO, ISO9000, and the matrix Standard. We concentrated on PQASSO and the matrix Standard, one designed originally for the voluntary sector, and the latter for larger organisations delivering information,



advice and guidance. It was important to show how working towards a standard increased staff and volunteer morale as they became involved in the process, how funders are increasingly asking for quality assurance evidence.

This quality standards programme is about enhancing the voluntary sector's professionalism and organisations can seek advice from HFVC about governance issues, HR and employment issues.

If you want to seek advice contact Jenny Melrose on jennym@hfvc.org.uk, phone 0208 6002277.

**Next PQASSO Training
Event in May**

book your place today
www.hfvc.org.uk/getinvolved

European Year of Volunteering 2011 - Here we come!



I was invited to join EYV Alliance Working Group last year via Volonteurope, an organisation which is part of CSV's European department. I am on the Employee Volunteers' Working Group and we were asked to join the launch of EYV2011 in Budapest, Hungary on 7 January 2011. We were invited to the European Youth Centre Budapest, where Commissioner Reding, of the EU, a hearty supporter of Volunteering in Europe, gave a key note speech on the importance of volunteering and the need to increase volunteers right across Europe. Our WG covered issues on Employee Volunteering such as:-

a) Skills based volunteering vs. non skills based volunteering – is it meaningful to paint a school for the tenth time? Should a bank employee help only in book keeping?

b) How to measure the impact of Employee Volunteering in society? Quantity & Quality

c) The cultural and socio-economical context of EV is very different within Europe. What is the status quo in the 27 nations? What are the limits? Is a common holistic European vision of EV feasible or desirable, or would it be wise to identify only certain aspects of EV with chances of convergence?

d) Legal aspects / Incentives: Should tax breaks for businesses be considered to make employee volunteering programmes more attractive?

The WG's role is to make recommendations for the Alliance to consider and a report with recommendations will come out of the EU by the year end. It has been of great benefit for me and to meet other European colleagues.

I note the differences in practice in running volunteering programmes in Europe, and learn that certain EU states do not have the range of initiatives, opportunities, diversity, projects, policies and experience as we have in the UK! So glad to be BRITISH!

Our WG met again in March and we continued our work on EV with the assistance of 'Expert' Advisors, who gave excellent presentations on:-

'The Interaction of Local Employment development and CSR', by Susan Bird, Policy Co-ordinator, Corporate Social Responsibility, European Commission, DG Employment, Social Affairs and Inclusion and

'Cross-Sector Partnership : Framework And Tools To Enhance Strategic Csr And Corporate Volunteering' by Dr. Elena Korf, Programme Manager, The Partnering Initiative International Business Leaders Forum

Our role in the WG is to work on topics given to us to develop and report back. We have 3 further meetings to attend in May, September and December. I will keep you all posted on what is happening on European Volunteering.

By Marion Schumann - March 2011

Brent Volunteer Award Ceremony

More than 150 local people, who gave up their free time to help others, were recognised at Brent Town Hall at our Annual Volunteers Awards Ceremony hosted by Brent Active Citizens (BAC).

The volunteers nominated gathered on Wednesday 15th December to receive their certificates from the ex-Mayor of Brent Cllr Jim O'Sullivan and Marion Schumann Director of BAC in recognition of their commitment to volunteering within their local communities.

Volunteers are vital to the work that charities do in Brent and the awards ceremony was an opportunity for BAC and local voluntary and charitable groups to honour the volunteers that go the extra mile for their communities.

The event was well attended and the Mayor was moved by the stories told by volunteers of their experience of volunteering and how successful and beneficial their work was to the diverse communities of Brent.



New Brent Website Coming Soon!

Very soon we are launching a brand new website, dedicated to volunteering in Brent...

brentactivecitizens.org.uk



Watch this space!

Brent into Volunteering and Employment Project Launch

The Brent into Volunteering and Employment Project was officially launched at Brent Town Hall on Tuesday 26 October 2010 to local community and voluntary organisations. The event was very well attended by representatives from charity and voluntary organisations, Councillors, staff from the local authority and volunteers. The launch was opened by The Mayor of Brent Cllr Harbhajan Singh and Jenny Melrose, Deputy Director of Brent Active Citizens. The event also provided a great platform for networking.

Since the programme started in May 2010, more than 300 local residents have registered and are benefiting from the unique opportunities that are on offer including, business startup training, literacy and numeracy, help with preparing CVs, interview techniques and the chance to gain work based experience through volunteering. BIVEP will also provide 2012 opportunities for the borough.



“TUNE-UP” Diary of a Youth Exchange By Peter Rodriguez (24)



Day 1 - In all honesty I was unsure what to expect from visiting an Eastern European country. We spent the whole of the first day travelling by plane, bus, underground and train to our final destination of Brasov. We left Hammersmith at 7am on the way to Luton Airport and finally landed in Bucharest at 4.30pm, where we were welcomed by the snow and a pretty cold -11°C. We took a bus to central Bucharest, changing to the underground for a journey to the railway station. The train journey from Bucharest to Brasov took four hours... Unexpectedly, I was able to see the scenery out the window, as the flat landscape slowly changed into mountains. It looked beautiful with a thick white blanket of snow covering virtually everything. It felt a lot like Christmas... In preparation I attempted to learn some Romanian, picking up the language as much as I could, and using it everywhere I went. The hostel was bigger than I thought and we were all made to feel very welcome. It was really nice to see our Romanian friends again after their visit to London last January. The Italian group had arrived earlier in the afternoon and had already headed out sightseeing. We had to wait just a couple of hours before all the groups were reunited under the same roof. After a late dinner and a warm shower we all went to bed. It was almost 1am in the morning!!

Day 2 was fun packed with a number of activities and workshops commencing at 9.30am. The first session was a working breakfast; over coffees, teas and hot chocolates, we had an introduction to the ‘Chance for Life’ project. One of the midday workshops covered the issue of HIV and how this has affected, and still is affecting young people in Romania. It was eye opening; I felt touched and deeply saddened by what we were told but also very impressed by the work ‘Chance for Life’ is doing to help these children. I still think the national government could definitely do something more to make a difference and address this wide spread issue. I shared how, in the UK, there is so much support for people with HIV, no matter what age and background. I was left wondering, could

the UK benefits system be made available in Romania to increase the chances of children and young people moving forward and living a more normal life. After lunch we had an afternoon of ‘Discovering Brasov’, a type of sightseeing tour coupled with a set of group tasks. I was appointed leader of my group. One of our six interesting and engaging tasks was to ‘Take a picture of the group in front of the Black Tower.’ As the nominated leader I was a little nervous at first but took it in my stride after 5-10 minutes. All the groups ended up bumping into each other in the main square of Brasov, exchanging anecdotes and really funny stories. It turned out to be Romania’s ‘Love Day’, a type of Valentine’s Day, not just for couples but for all people you love, such as family and friends.

Day 3 – In the morning we had a particularly interesting workshop around the topic of ‘leadership’. The English, Italian and Romanian groups were mixed into 5 groups; each was given different tasks, such as preparing a job advert for a Youth Leader or preparing a talk show where leaders would be interviewed and asked about what it means to be a leader. Following this session, the groups were asked to look at a number of suggested skills and qualities for a leader and discuss which ones a leader ‘could have’, ‘should have’ and ‘must have’ in order to be successful. This included words such as passion, perseverance, team work, fairness, charisma. Lunch at the hostel always had an element of surprise, always containing at least one dish I had never tried before.... After lunch we made our way to the centre of Brasov where the Romanian group had organised a social theatre performance. The play portrayed an everyday situation, where a group of students in a local school wanted to start an after school club to benefit disadvantaged students. They faced a number of difficulties including scepticism from Teachers, fear from other young people and a lack of interest from the Head Master. The situation was then played a second time and the audience was given the opportunity to step in and replace one of the characters to show how they would change the situation by changing characters’ attitude and behaviour. I really feel this tool could be used more in the UK, especially in schools to help address social issues such as diversity, integration and social inclusion.

Day 4 – I woke on day four feeling I had taken in so

much, but definitely curious what the last day of workshops - ‘Youth in Action’ - had in store for us. We discovered what opportunities the European Funding Programme can offer young people across Europe and to the organisations that work with them. I found out that young people can, with the support of a local organisation, directly apply for projects and exchanges anywhere in Europe. This really gave me a buzz, starting me thinking about what project I could create to involve other young people in the borough of Hammersmith and Fulham, bringing about changes for ourselves and for those less fortunate. Later, we heard about the next and final stage of this exciting Tune-Up project: a trip to Brussels. A selected number of young people would be asked to represent each of the three participating countries at a final conference in Brussels at the end of March, which will also see the group meeting representatives of the EU Parliament and having the opportunity to tour the Parliament building. Finally, we had a short but creative evaluation session. We were asked to pour a tea spoon of milk in a bowl for each good thing we got out of the exchange and a tea spoon of coffee for any bad thing. We then headed off to a traditional Romanian restaurant for our last meal together in Brasov. The menu was a typical and traditional three course meal from Romania: Eggplant Salad (roasted aubergines mashed into a puree), Sarmale (cabbage leaves rolled around a filling of pork) and Papanashi (a doughnut made from sweet cheese, eggs, and semolina, fried and served with fruit syrup). What an experience!

Day 5 - We left early in the morning as the trip back to Bucharest was long and it had snowed all night... It was sad to say goodbye and have the Romania exchange come to an end but I felt I was taking such a positive experience back with me, having learnt so much. The journey back to London was quicker than the journey to Romania, or at least so it seemed.

I am now looking forward to our last trip to Brussels at the end of March.





West London Network Conference



The 5th West London Network conference took place at Hammersmith & Fulham Town Hall on the 9 February and was chaired by Taz Nagra, Director of Hounslow Volunteer Centre. The network is made up of a number of West London Volunteer Centres: Hammersmith & Fulham, Hounslow, Harrow, Hillingdon, and Ealing. The theme of the conference was about local businesses working together with volunteer involving organisations. The main speakers were Dr Davis Smith, the chief executive of Volunteering England who spoke about the Big Society and how it should be seen as an opportunity, despite deep



cuts in the voluntary sector; and David Robinson, senior adviser with Community Links. HFVC were involved throughout the event, both in participating and facilitating workshops and providing volunteers to help manage the event.

There were six workshops based around the main theme of the day: volunteering and business involvement; Developing and engaging trustees, partnership and commissioning, developing and engaging people with disabilities, London's Volunteer Management Charter, and Developing and engaging young people.

EVENTS 4 YOUTH

Events 4 Youth UK Youth Parliament Elections

On 2nd of March 2011 Events4Youth helped the Borough Youth Forum (BYF) representatives host the 2011 UK Youth Parliament Elections Results. The event took place at the Hammersmith Town Hall, where our volunteers helped support the smooth running of the proceedings.

This included greeting the guests and guiding them to the venue, providing technical support with PowerPoint presentations as well as setting up and decorating the venue. Our volunteers also helped capture the event through photography, interviewing people on the night and writing an article on the event, which was published on the H&F News.

This year all Borough Youth Forum Representatives who had been on the forum for over a year were given the opportunity to stand for election as Member of the UK Youth Parliament. Four young people: Chikira Smith-Richards, Merhawit Ghebre, Josie Durley, and Sanmeet Kaur decided to take on this opportunity.

Their manifestos were put onto a DVD and in election packs for young people in the borough to read. Elections took place from 7-18th February in schools, colleges, and youth clubs throughout the borough, where young people were given the opportunity to vote for the candidate they wanted to become their MYP.

On the night, after an introduction to BYF, and a presentation on their truly remarkable achievements so far, the four candidates took to the stage to deliver their manifestos before Adronie Alford, the Mayor of Hammersmith & Fulham, who announced the results of the election.

A jubilant Chikira Smith-Richards, aged 15, was elected as the new member of the UK Youth Parliament, while Josie Durley, aged 14, was named as Deputy.

In an interview before the announcement Chikira said: *"it would mean the world to me if the youth of Hammersmith & Fulham put their trust in me to make their voices heard, and bring in real change to the borough"*.

Josie Durley also added *"I want to remove the bad image of young people in the press, and advertise the options available to young people in the borough"*.

The event also included performances from Gold, Damon, Emma and Ruksana from H&F Music Technology Project, and was attended by young people, Councillors including Helen Binmore-Cabinet Member for Children's Services, parents, teachers, and professionals. Louis Edozie, a member of H&F Young Advisors said: *"it is hugely inspirational to see that young people are actually taking an interest on issues happening around them, not just in their local community, but also in the wider community"*.

Mohamad Wesal Altamash
Events 4 Youth



SPOTTED AT Volunteer Centre Hammersmith & Fulham

The best place to hang out with celebs and decision makers...

OLYMPIC GODS



Sebastian Coe, 4 times Olympic winner, politician, and chairman of the London Organising Committee of the Olympic and Paralympic Games 2012

POLITICAL MOVERS



Lord David Triesman, former Parliamentary Under-Secretary of State for Innovation, Universities and Skills



Nicholas Hurd MP, Parliamentary Under-Secretary for Charities, Social Enterprise and Volunteering

FUNNY MEN



Richard Blackwood, Comedian



Geoff Schumann, Radio Presenter and Comedian

ENTREPRENEURS



Levi Roots, Dragon's Den Entrepreneur, musician, and creator of Reggae Reggae Sauce and food now selling in supermarkets



Tim Campbell, Entrepreneur



Volunteer Profile
Oksana Solowjow

My name is Oksana Solowjow; I am a German student studying Social Management in Nordhausen, Germany. I came to London in September last year to study economy for one semester in Thames Valley University, as I wanted to gain more experience in another subject and to improve my English.

For my practical semester to apply in a non profit organisation which also recruits volunteers to gain experience and knowledge of organisational procedures and their processes in the voluntary sector.

I have been volunteering in Hammersmith and Fulham Volunteer Centre since January 31, 2011. I'm a Project Assistant and my role and responsibilities involves recruiting, interviewing, placing and supporting volunteers, maintaining and updating the internal database (V-Base), outreach in the community, assisting events and events management. Working in this role good communication and interpersonal skills is essential as I'm liaising with a wide range of people on the telephone and face to face as well as all levels of staff on a daily basis.

I have a great passion of seeing people do well no matter what there social or economical background and working for the HFVC, I have learnt new ways of communicating with people, this has helped my confidence to grow and my English has improved immensely which I find empowering.



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