

It's not too late for New Year's Resolutions!

How about starting 2018 with a commitment to getting involved in helping the peoples and communities of Harrow through the Voluntary Action Harrow Cooperative (VAHC) Business Volunteering Programme.

Here are a few of the latest opportunities to get you started:

Case Study Writers @ Cedars Youth & Community Centre

Visit one of the Centre's group (young people, parents or older people), talk to participants about their experiences and then write up a short case study that can be used by Cedars in publications and funding applications etc.

Supporting a Winter Shelter for homeless people @ Firm Foundation

Either in small groups or as individuals, volunteer to help run the Firm Foundation Winter Shelter in Harrow. Either the 7-9pm evening shift, the 9pm-6am night shift, or the 6-7am breakfast shift. The shelter is open from 1st January to 25th March 2018.

Helping young people prepare for employment @ Resurgo Spear

Working with young people for an afternoon helping them prepare for work interviews on Thursday 1st February, 2.30-5pm (and subsequent sessions in March, May and July). Or host a group of 12 young people at your office (for approx 2 hours) so they can witness an office environment and learn about the world of work.

Team days getting dirty! @ Harrow Conservation Nature Forum

Get the team out of the office and engaged in something very different! From hedge laying, to litter picking, a range of conservation activities in various nature locations in Harrow. Regular sessions are held every Thursday morning, and bespoke sessions can be arranged on request.

Minute Taker @ Ignite Trust

Be a vital part of the behind the scenes work to support young people. Attend the bi-monthly trustees meeting to record discussions and type up meeting minutes.

Trustee meetings are held on Monday evenings.

Improve Wellbeing in your Workplace @ Mind in Harrow

Employ Mind in Harrow's expertise to run tailored training in your office about Workplace Wellbeing or Mindfulness. With 1 in 5 people taking a day off due work due to stress a small investment in training could have a great impact in your company.

If you are interested in any of these opportunities, or if you would like to explore other possibilities, please do get in touch.

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