

**Volunteer Centre Brent**

Telephone: 020 8438 1520  
Email: [volunteering@brava.org.uk](mailto:volunteering@brava.org.uk)  
Website: [www.brava.org.uk](http://www.brava.org.uk)

**Volunteer Centre Ealing**

Telephone: 0800 652 3183  
Email: [volunteering@ealingcvs.org.uk](mailto:volunteering@ealingcvs.org.uk)  
Website: [www.ealingcvs.org.uk/volunteering](http://www.ealingcvs.org.uk/volunteering)

**Volunteer Centre Hammersmith and Fulham**

Telephone: 020 8741 9876  
Email: [enquiries@hfvc.org.uk](mailto:enquiries@hfvc.org.uk)  
Website: [www.hfvc.org.uk](http://www.hfvc.org.uk)

**Volunteer Centre Harrow**

Telephone: 020 8863 5426  
Email: [hc4v@yahoo.co.uk](mailto:hc4v@yahoo.co.uk)  
Website: [www.harrowvolunteers.org.uk](http://www.harrowvolunteers.org.uk)

**Volunteer Centre Hillingdon**

Telephone: 01895 442 730  
Email: [volunteering@havs.org.uk](mailto:volunteering@havs.org.uk)  
Website: [www.havs.org.uk](http://www.havs.org.uk)

**Volunteer Centre Hounslow**

Telephone: 020 8583 2626  
Fax: 020 8570 5083  
Email: [info@volunteerhounslow.org.uk](mailto:info@volunteerhounslow.org.uk)  
Website: [www.volunteerhounslow.org.uk](http://www.volunteerhounslow.org.uk)

**Volunteer Centre Richmond**

Telephone: 0845 675 1234  
Email: [volunteer@richmondcvs.org.uk](mailto:volunteer@richmondcvs.org.uk)  
Website: [www.volunteernow.org.uk](http://www.volunteernow.org.uk)

**V team West London for young volunteers aged 16-25**

Telephone: 0208 572 5950  
Email: [vteam@westlondonnetwork.org.uk](mailto:vteam@westlondonnetwork.org.uk)  
Website: [www.westlondonnetwork.org.uk](http://www.westlondonnetwork.org.uk)



Volunteering opportunities in West London

# volunteering gives

- \* Opportunity to try new things
- \* Learn new skills
- \* Make friends
- \* Use your time well
- \* Help others
- \* Develop your CV
- \* Volunteer in an LGBT friendly environment

# you get

- \* Agreed out of pocket expenses are reimbursed
- \* Opportunities are covered by insurance
- \* Training provided
- \* All organisations have equal opportunities and diversity policies
- \* Child protection policies are in place where required
- \* Accredited learning provided



## you give

- \* Your skills, experience, and enthusiasm
- \* Your commitment
- \* Your time – between 2 hours and 15 hours a week to suit you
- \* Your passion – something you care about
- \* Your commitment 100 hours of voluntary service in a 12 month period\*

\*travel, training and research as well as time committed to others is included

## we give

- \* Tailor made advice to suit your talents and time
- \* Volunteering opportunities which match your interests and lifestyle
- \* Recognising your efforts: A special certificate to all volunteers completing 100 hours of service
- \* On-going support and training
- \* Access to thousands of volunteering opportunities in West London

## what to think

- \* Think about what you enjoy and can fit in with all your other commitments
- \* Think about the sort of volunteering you want to do
- \* Think about where your volunteering can lead you to
- \* A new job?
- \* Further study
- \* A better CV

## what to do

- \* Contact the Volunteer Centre where you live
- \* Ring LGBT development project for ideas and help to get started

## west london LGBT development project seeks to

- \* Set up LGBT groups
- \* Lobby for improved services
- \* Provide training to volunteer involving organisations

**Our specialist adviser will help you to choose what sort of volunteering is best for you. We can also tell you about what is going on in West London for LGBT people. Telephone: 020 8280 2286 Email: [peter@ealingcvs.org.uk](mailto:peter@ealingcvs.org.uk) Website: [www.ealingcvs.org.uk/lgbt](http://www.ealingcvs.org.uk/lgbt)**