



## Volunteer Pack

Volunteering at Living Well Bromley means...

- Getting involved in your local community
- Making new friends
- Learning new skills

## Welcome

Welcome to Living Well and thank you for your interest in volunteering with us.

Living Well Bromley (also known as Living Well) aims to build a caring community, where people feel accepted, loved and valued. Up to 150 people a week take part in Living Well: by visiting our foodbank, taking part in our community lunch and drop-in, helping out in our community garden, or by joining our art therapy and music groups.

Some of the people who come to us are living in poverty, or struggling with debt, social isolation, addictions, or homelessness. Many of them tell us that they feel very alone. We hope that everyone taking part will feel welcomed as part of a community and experience friendship and a sense of belonging.

Living Well Bromley would not exist without a group of committed volunteers who help us keep Living Well running, safe and welcoming for everyone. There are lots of ways you can help – from volunteering at our foodbank, making tea or coffee, or simply being prepared to sit, chat and provide a listening ear. Our volunteers come from all walks of life, but you do not need any special skills or experience to volunteer with us. Instead, we hope that you will come willing to value and care for others whoever they are and whatever their circumstances.

This pack tells you more about Living Well Bromley and the work that we do. If you have any questions, please don't hesitate to ask. If you would like to find out more about Living Well, please get in touch, visit our website [www.livingwell.life](http://www.livingwell.life), or follow us on Twitter @LWBromley. We hope that you will enjoy spending time at Living Well and getting to know our guests and other volunteers.



**Nick Read, Co-Chair**

**Claire Forbes, Co-Chair**



## About Living Well Bromley

Living Well began in 2011 in response to growing numbers of people calling at Holy Trinity Beckenham in Penge asking for help. Living Well has grown significantly in the last few years. We began with just a handful of people meeting for lunch once a week. Now we are a registered charity with activities happening almost every day; including a foodbank, art therapy, music and mediation, film group, sewing/repairs service, community garden and help with addiction, debt and mental health.

Our aim is to build together a caring community, where people feel accepted, loved and valued. Our work reflects our Christian beliefs and everyone, whoever they are, is welcome to take part.

Living Well achieves its aim by working with partners to support vulnerable and disadvantaged people with different needs (including social isolation, addictions, mental health problems, debt, or homelessness) in Penge and the surrounding area.

“I like that many different people can come in and find help, food, encouragement and friendship.”

**Living Well Volunteer**

Our busiest day is Friday, when up to 80 people enjoy a hot lunch, with plenty of conversation. There are opportunities for people to get advice and support and we have art and music groups after lunch, and a time of Christian meditation. The foodbank is also open every Friday afternoon.

## Our community

Each week, up to 150 people take part the different activities at Living Well. Everyone is welcome, and all our services are free of charge.

- Most of the people who come to Living Well come from Penge and the surrounding areas. Two thirds of the people who take part are men, and one third are women.
- We have people of all ages taking part, from under 18s to over 65s. Most people who take part in Living Well are between 35 – 54 years of age.
- A third of the people who come to us are homeless, or sofa-surfing. About three quarters of people are receiving, or waiting for benefits. 15% of them tell us that they have no income at all.

## Our partners

We work closely with our partners, including other churches, Bromley Drug and Alcohol Service (BDAS), Community Police, Christians Against Poverty (CAP). We have strong links with housing associations and homelessness charities to help people find accommodation and the local mental health team. We receive donations of food and money from local people and businesses, including Sainsbury's in Penge.

## Opportunities to volunteer

There are opportunities to volunteer with us on a weekly, monthly or less frequent basis, or as a one-off contribution. We value every contribution our volunteers make. Examples of the types of volunteer roles we offer include:

- Spending time listening to our guests and chatting with them
- Helping out at our foodbank – preparing and handing out food bags, unpacking and storing donated food
- Serving and clearing away lunch
- Making tea and coffee
- Help with washing up
- Writing copy for our website
- Helping us explain our work to other churches, charities and businesses in Penge and the surrounding areas
- Joining in our music group
- Leading our Christian meditation or prayer meeting
- Supporting us behind the scenes with administration
- Fundraising

## Weekly Activities

### Monday

- Art Therapy Group

### Tuesday

- Foodbank (3pm-4pm)
- Film Group (3pm-5pm)

### Wednesday

- Wrap bread for Friday (5pm-6pm)
- Shopping for Community Meal

### Friday

- Community Drop-in (1pm-2.30pm)
  - Advice Desk
  - Foodbank
  - Community Meal
  - Art Therapy
  - Music Group
  - Meditation
  - Help with addictions (run by BDAS)
  - Benefits clinic

### Saturday

- Foodbank (10.30am-11.30am)
- Clothes Bank (10.30am-11.45am)
- Community Garden
- Saturday Café

**If you would like to volunteer or help out at Living Well, please get in touch at [hello@livingwell.life](mailto:hello@livingwell.life). We suggest you come and join us on a Friday at our weekly drop-in to find out more.**



## Volunteer Form

Thank you for your interest in volunteering at Living Well. Please fill in this form and get it back to us so we can contact you.

<b>Name:</b>	
<b>Address:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b>Preferred method of contact:</b>	
<b>I am interested in helping with... (please specify):</b>	
<b>Please provide details about any relevant skills and/or experience you have:</b>	

Please hand this form in on a Friday or email it to [hello@livingwell.life](mailto:hello@livingwell.life)