



Autumn/Winter  
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NEWS

a project of  
**VOLUNTARY IMPACT**  
BUCKS

## HILLCREST Resource Centre MAKE-OVER

Hillcrest Resource Centre is a centre for adults with both special and physical needs. The centre provides work, skills and therapeutic activities for its service users. Hillcrest is the largest of five centres in Wycombe and due to recent re-organisation it was in need of a serious makeover.

Gary Brookes, Centre Manager, is delighted with the response from the continued support of teams of volunteers who have lifted and brightened the place.

Mid-counties Co-operative turned out for a day's decorating away from their normal retail functions. The group of 10 spent the day decorating two of the rooms at the Hillcrest Centre. The service users were involved in the process and came up with colour schemes.

Other groups involved included a team from the Communication Dept of Bucks County Council who spent an afternoon renovating the training kitchen and toilet area.

The students from Bucks New Uni will work with service users on a graffiti project in the autumn to give a street art feel to one of the walls.



**Welcome** to the latest edition  
of Volunteer Workout's news briefing.

## EMPLOYER CHAMPIONS

**What are they and how do they help?** Employer champions are companies or employers who have been identified as businesses that have shown good practice and are willing to share that with other employers to support them in setting up and running employer supported volunteering programmes.

For more information check out the web site to see who has been awarded Employer Champion Awards at the Voluntary Action Showcase on the 22nd October 2009.



## Skills Help with Recovery

HBOS Bank has a CRS policy on a national and local level to support charities. Locally they have over the last five years had an employee in the community scheme whereby employees can give back to their community. This scheme has given opportunities as diverse as weekly literacy and numeracy sessions at a local primary school, gardening at Florence Nightingale Hospice and team days clearing and renovating for the Bucks Canal Society project.

Recently a team of project managers from HBOS put their skills to good use, helping an Aylesbury resident complete the decoration of his house. Len had started his own DIY, but suffered a stroke while carrying out the work, rendering him incapable of finishing it. The team's input completed the job – and brightened his recovery at home.

**The website [www.volunteerworkout.org](http://www.volunteerworkout.org)** is the place to find up to date news, opportunities, tool kits and to register an interest. Take a look at some of the employer supported volunteering activities that have been completed since the spring, which organisations need your support, how to get help and how to register an interest.

## Working with the county's heritage



Chiltern Open Air Museum is not only a visitor attraction, but is also a centre for teaching local pupils, and thanks to input from the staff of three companies, it is looking better than ever.

Whilst teams from Guinness and the Co-op helped renovate the kitchen garden alongside the museum's prehistoric hut,

staff from Bosch have smartened up the outdoor classroom, which is used regularly by pupils from the Chalfont St Giles Nursery School.

Karen Bloodworth, Team Leader for Bosch said 'The team got so much out of the day that we plan to return'.

Sue Shave, Director of the Museum said 'working closely with Volunteer Workout has enabled us to cover some of the work that needed doing, freeing up time for our regular volunteers and staff to focus on core tasks'.

## Volunteer Workout

Volunteer Workout provides opportunities for businesses, charities and people to work together to improve the lives of people in Bucks. We work alongside the Volunteer Centres to support not for profit organisations by matching them appropriately with companies. Working with the Volunteer Centres we identify opportunities for

volunteering that enables companies based in Buckinghamshire or their employees to provide skills, expertise, resources or time.

**If you are a not for profit organisation in need of help or a company wanting to help please contact: Lucie Maldoom on 01895 837545 or [workout@voluntaryaction.org](mailto:workout@voluntaryaction.org)**



## Ready for a challenge?

**Are you ready for a challenge and are able to give your time, energy or skills?**

In Halton, the local Multiple Sclerosis Centre needs your help with preparing and moving into new premises.

In Wycombe, local charity Power International is seeking help with fundraising and marketing. The charity helps improve education and provides prosthetic limbs for communities in Africa.

In Chalfont St Peter, the National Epileptic Centre is looking for help to develop its market garden.

In Aylesbury Vale, Chiltern Young Enterprise are looking for individuals to use their business skills to mentor young business entrepreneurs.

Stokenchurch Dog Rescue needs a small army of volunteers to help set up, run and set down various events.

Home Start in Slough have events throughout the year for families and is looking for individuals and groups to raise money so that support groups can be maintained.

Bucks Canal Society has an on-going programme of clearance and maintenance.



## Engaging with Youth

Woodrow High House provides training and development opportunities for schools, community organisations and youth groups deep in the Chiltern Hills near Amersham in Buckinghamshire.

In busy 21st century Britain, Woodrow High House offers something different. It provides a kaleidoscope of training and activity opportunities to almost 5000 youngsters who attend courses at the House each year. For some it is their only break from the risks and confinement of inner city life.

Providing for these services in an increasingly expensive market economy, and for example with only one full time gardener, it is difficult to maintain the gardens and grounds to the level that they deserve. The skills required to maintain the building to the desired level is a costly business.

For many years the support of companies through employer supported volunteering has enabled Woodrow High House to keep the grounds and buildings in superb condition.

Volunteer Workout has worked with Bristol Myers Squibb, GMAC and BCC who have given their staff the opportunity to volunteer, and this has helped greatly to maintain the garden and grounds at Woodrow High House.

John Fidgett, Centre Manager said "The support given by all the companies has been tremendous, each has made a difference. It is amazing that through the skills of the employees of Connaught we have not only saved around £25k in maintenance costs but the work itself has been completed".

Wycombe District Neighbourhood Watch is looking to set up a number of street schemes in Marlow and are looking for an area co-ordinator and street co-ordinators.

**Get in touch if you think you might be able to help with any of the following projects or visit the web site [www.volunteerworkout.org](http://www.volunteerworkout.org)**