



Kim Clark

I started to do volunteering when I was made redundant nearly 9 years ago. I had a part time job and just wanted to do something a little extra, and broaden my c v and see what was going on around me, as I always worked in London.

I was caring for my dad whom had a very bad stroke and it affected his speech, so it helped with having a conversation when I came home.

I went to a local charity shop and they didn't know that I was told to come that day, they had work for me but after a couple of hours they didn't know what to show me!!! I went home and to this day never bothered with them again, or donate anything! As I heard after they were

crying out for people!!!

This then put me off volunteering!!!?

But I am a person that does not give up too easily, I then till this day! Don't know how I got in to being a befriender at King George and Queens Hospitals, which I am still doing. I love it, there are other jobs you can do, but this suited me at the time and now, as I can go when I want.

I actually feel that it's always been my favourite volunteering and really me! I do a morning a week. And they look after and treat you well. I also done gateway to the games with the borough and hence never thought I would be a games maker and a team London ambassador, through doing this.

Now with the games over, the borough have re named it adult and community voluntary services. Where various help is needed across the borough with different clubs and events. You can choose what is convenient to you when you get the info. But what I do find these organisers, not who we work for, ask for help too late and I have already things planned. another branch off this is community health champion, this I have enjoyed as a few years ago, the borough had health champions , which was just attending a few meetings per year and got e mails sent, to promote what was going on in the borough and to 'spread the news'.

This I really enjoyed, but unfortunately the 'plug' got pulled re finances and folded. I always hoped that a paid bit of work might come out of this, but hence no!!!! Due to my circumstances changing re dad dying, I have had to change my way of life, so at the moment taken a bit of a back seat, as I have personal things and other family commitments now to fulfil. I still am sticking with hospital work and the boroughs work where I can.

I do a lot of networking around my friends and face book, and although I don't get comments I have had good feedback, as what I found you would volunteer on these events and hardly any of the public turned up, so speaking to friends locally they just

didn't see any publicity. I collect from friends and family, lots of things for various charities, and pass around and mostly to a friend, who manages to house everything!!!

I am at the moment helping and learning a lot at the same time with the stop smoking adviser there.

I am enjoying doing this, although I must admit standing on stalls is not really for me!!! if I could be a market trader with my loud mouth!!!!