

# *VOLUNTEERING*

*PRESENTATION WITH  
JANET THORNE  
REACH VOLUNTEERING*

*FLOURISHING LIVES*



**DR JACKIE RICHARDS  
ADVISOR, VOLUNTEER  
OLDER DANCER**

## *EXAMPLES OF VOLUNTEERING SINCE LEAVING FULL TIME CAREER*

- Advisor for various organisations concerned about older people's learning and the arts
- Co-chaired DWP/Age Action Alliance "Creative Arts and Older People's Working Group"
- Advisor and support to project Manager on Age UK London Age Allies Project about stereotypes and ageism
- Founded and managed Creative Dance 60+ then handed on and now advisor for Creative Dance London.
- Mentoring various younger artists and managers
- Dance performances at various venues in and around London. Film extra activities
- Facilitator for taster dance sessions for local Older People's Mental Health Project
- Welcomer at Homeless and Asylum Seeker Night Shelter
- Created local Community Choir with neighbours and Neighbourhood office
- Member of team to encourage collaboration between academia, community groups and artists

### Previous volunteering:

- Activities for mother and babies
- Development of local Chestnuts Community and Arts Centre, Tottenham. -
- Setting up innovative religious/community organisation
- Adult literacy



## Main Features

## Volunteer

## The Organisation

### Choice & Clarity

How to use your time, skills, knowledge and experience  
What are you offering to do?  
Amount of involvement you desire  
Willingly want to be involved.  
What are your boundaries?

What is organisation offering. Why?  
How is it going to happen? Time scales?  
Reasons for wanting volunteers  
How to find volunteers  
Volunteers need information about roles, participants  
Will training be required? Who will be responsible?

### Opportunities Legal Matters Agreements

Chance to use skills, knowledge and experience, Do something different.  
Enjoyable. Learn. More responsibility or less responsibility. Training?

Benefit from expertise of others  
Gaps in skills and experience within the organisation  
Providing more activities and experiences for users  
Legal requirements - H&S, Anti-racism and discrimination, etc

### Attitude Expectations Respect & Trust Social & Friendship Contribution

Welcomed with kindness and appreciated  
Do not want to be patronised, taken for granted. Clear about role and why you have chosen to volunteer.  
Boundaries and expectations.  
Meet new people and build relationships,  
An adult who can be trusted. Can seek support and help where necessary.  
Make a contribution.

Welcoming and Positive. Expect commitment and reliability.  
Enhances what organisation can offer.  
Not over protective, patronising,  
Roles and expectations are understood - Extra hands? Fund collectors? Trustee, Board? Skills?  
Enhance skills and knowledge needed by organisation  
Cheap Free Labour so less paid staff.  
Overcome any low expectations and negative stereotypes  
Trust and Respect not exploitation, volunteers taken for granted  
service users considered and what they need/desire  
Encouraging – giving opportunities to learn, finding meaning and purpose. Volunteers as part of the team





## *REMEMBER:*

- We are all adults with individuality, different commitments and lifestyles.
- We have different expectations. What is meaningful and purposeful. How we want to spend our time.
- Volunteering can be beneficial to individuals and organisations
- There is life after fulltime work and bringing up families! This can include volunteering
- There is time after work hours and sometimes during work hours, to volunteer at all stages of one's career
- Volunteering enhances life experiences if there is good organisation, commitment, all know what they are doing, everyone is committed, support and encouragement is available and there are good social relationships .

*THANK YOU*



Visit Jackie Richards Website <https://jac.dance>

Contact me at [jackie@jac.dance](mailto:jackie@jac.dance)



Photo: Madeleine Rose-Elliott