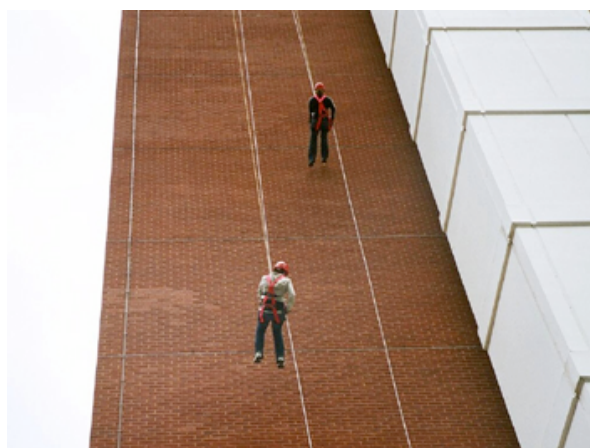


Student Development & Volunteering

Monthly Newsletter - Issue 6 - August 2006



Abseiling for Age Concern

On the 7th May 2006 I climbed down the side of a building very much in the manner of Spider-Man. I am however not Spider-Man as I don't think he would have been screaming "I'm going too fast! I'm going too fast!"

I was in fact taking part in a sponsored abseiling event run by Age Concern to raise money for the excellent work they do. A friend of mine works as a fundraiser for Age Concern and she contacted me to see if anyone I knew would be interested in taking part in the event as they had a couple of spare places. I jumped at the chance as I thought it would be a much more fun and worthwhile way to spend a Sunday afternoon than eating a large lunch and watching EastEnders.

I got to the Sunley Building in Croydon at about 3:45pm on Sunday where I was met by the friendly and helpful Age Concern staff (most of whom had done an abseil earlier in the day) and was taken up to the 10th floor to prepare. Here I was kitted out in my harness and hard hat, then up to the roof we went. At this point my stomach was churning a little, but the staff were very reassuring and funny, which helped me to relax and enjoy myself.



My instructor talked me through how to speed up, slow down, stop and most importantly talked me through going over the edge - definitely the hardest part. Once I got going I was away, bouncing my way down the wall thanks to the encouraging shouts of my friends and the instructors. There was another instructor at the bottom to help me undo myself from the ropes, as I was extremely shaky from the adrenaline rush. Definitely better than watching the telly!

I set up an online fundraising page through <http://www.justgiving.com> which makes it very easy for friends and family to sponsor me and so far have raised £75 in less than a week.

Age Concern do many fundraising events including parachuting, trekking and running. For more information

please visit <http://www.ageconcern.org.uk/AgeConcern/110F36986A4446CB871F77601830818D.asp>

- Sarah Corley, Staff Volunteer

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Volunteer Internships at Starfish Greathearts Foundation

They are looking for two interns to help with events and daily operational tasks. This will cover everything from daily admin tasks through to helping to organise events. Interns will also be able to focus on a project of their interest (eg. media/PR, policy research) in this successful and diverse fundraising operation.

For more information contact reach@londonmet.ac.uk or attend a drop-in session.

Witness Service Opportunities

The Witness Service at Highbury Corner Magistrates' Court is a branch of Islington Victim Support and of Camden Victim Support. For one day a fortnight each, they are looking for a:

- Witness Service Volunteer Worker
- Volunteer Worker (Receptionist and/or administrative)
- Community Volunteer

Contact us at reach@londonmet.ac.uk for more information and an application form.

Volunteer Befrienders at the Dorcas Project

They train volunteers to befriend older people and disabled young adults living in the local area who may be feeling isolated or experiencing some practical difficulties such as getting out or reading their post, to provide social and practical support, hopefully enabling these clients to live longer in their community whilst experiencing a better quality of life.

See <http://www.canonburybaptistchurch.org/dorcas.html>

And Finally...



Our relaunch day is getting close.

On October 6th we'll officially be relaunching as Reach. Between 11:30am and 2pm that day we'll be running a launch event in the main courtyard at North Campus and will be requiring volunteers to help run it. Our volunteers have been so helpful on our previous events, such as the Celebration Lunch, and we're hoping you'll want to help us out again! Regardless of the weather it should be a fun day!

Contact us at reach@londonmet.ac.uk.