

City Hospice
Caring for Cardiff



CORPORATE VOLUNTEERING 2019

**Help Cardiff's local hospice by
giving your time and energy to
make a difference**



cityhospice.org.uk

CITY HOSPICE GARDEN & CENTRE

VEGETABLE GARDEN

We would love to establish a vegetable garden so that our patients can enjoy this outdoor activity and have the satisfaction of eating the produce that they have grown.

IF YOU WOULD LIKE TO HELP US BUILD THE RAISED BEDS OR LAY THE FOUNDATIONS FOR THIS AREA PLEASE GET IN TOUCH

STUMPERY GARDEN

The City Hospice Gardens are a beautiful place for our patients, their families and our visitors to enjoy. This year we would like to establish a stumpery garden, made using stumps, logs and pieces of bark, with ferns, mosses and suitable plants.

TO HELP US BUILD THE STUMPERY GARDEN PLEASE CONTACT US



PAINTING THE POTTING SHEDS & OUTBUILDINGS

The general upkeep of the gardens is essential. We need help with painting the potting sheds, wooden doors and fencing.

IF YOU WOULD LIKE TO HELP MAINTAIN THE CITY HOSPICE OUTBUILDINGS PLEASE GET IN TOUCH

WELCOME GARDEN

Its so important that our visitors feel a warm welcome when they visit City Hospice. We would like to plant a new section of our gardens to greet our patients and their families.

IF YOU WOULD LIKE TO HELP US ESTABLISH THIS AREA PLEASE GET IN TOUCH

PAINTING & DECORATING COUNSELLING ROOMS

Our counselling rooms are used by many families who we support. We would like decorate these rooms so that they are warm and welcoming.

IF YOU WOULD LIKE TO HELP WITH PAINTING OR WALLPAPERING PLEASE LET US KNOW

PAINTING & DECORATING RECEPTION

Our reception is a bright newly renovated space. We would now like to wallpaper and decorate to make this a welcoming area for our patients and visitors.

IF YOU WOULD LIKE TO HELP WITH PAINTING OR WALLPAPERING PLEASE LET US KNOW

RETAIL

SHOP WARS

Battle it out in our Shop Wars Challenge to raise money for City Hospice and find out which team will be the best! Each team will be set to work in one of the City Hospice shops throughout Cardiff. The team with the highest sales total wins whilst supporting their local hospice.

IF YOU AND YOUR COLLEAGUES WOULD LIKE TO TAKE ON THIS CHALLENGE PLEASE LET US KNOW

THE BIG SORT OUT

We are grateful for all the generous donations we receive for the City Hospice shops, we never know what wonderful donations we will receive. Could you spare a day or afternoon to help us sort these items ready for their sale?

IF YOU WOULD LIKE TO HELP US BY SORTING THROUGH DONATIONS AT OUR CENTRE IN WHITCHURCH PLEASE GET IN TOUCH

EVENTS



SPARKLE STATION THROUGHOUT THE SUMMER

We take part in fetes, festivals and concerts throughout the year, where in addition to holding bucket collections we also hold our face painting 'sparkle station'.

DO YOU HAVE ARTISTIC SKILLS WE COULD PUT TO GREAT USE, OR PERHAPS YOU COULD HELP COLLECT DONATIONS, YOUR SUPPORT WOULD MAKE A REAL DIFFERENCE

RAFT RACE SUNDAY 16 JUNE

Taking place at Llandaff Rowing club, this event is huge fun for all the family. Teams compete to row their homemade rafts up stream for a mile before coming back to base. Who will be fastest?

WE NEED VOLUNTEERS TO REGISTER OUR TEAMS, TO COOK ON THE BBQ AND SELL RAFFLE TICKETS

CARDIFF HALF MARATHON CHEER STATION SUNDAY 6 OCTOBER

Volunteers are required to manage the City Hospice stand, greet runners and take photos. We also require cheer volunteers to line the route and cheer on the City Hospice runners.

IF YOU WOULD LIKE TO JOIN IN THE FUN PLEASE GET IN TOUCH

SPARKLE WALK SATURDAY 21 SEPTEMBER

This evening memory walk will take a circular route from Insole Court to the gardens of City Hospice.

WE ARE LOOKING FOR MARSHALS TO HELP ALONG THE ROUTE AND ASSIST WITH THE REGISTRATION DESK



City Hospice is a charity providing end of life care to people throughout Cardiff. We have been supporting families when they need us most for 35 years. In addition to providing care in people's own homes, our centre in Whitchurch is used for clinics, complimentary therapies, social activities and counselling for adults and children.

... we need your help

We would greatly appreciate your time and energy to support City Hospice, so if you would like to volunteer please get in touch and we can discuss volunteering options. You and your colleagues can volunteer for a day or half a day, on a date that suits you. Small and larger groups are all welcome.

Not an average day

For a full day's volunteering at City Hospice, we would start with an overview of our work, and how your contribution will make such a difference. We'll also cover any general house keeping that you need to be aware of and health & safety.



We will then put you to work with a staff member or experienced volunteer. We'll stop for a light lunch (which we are happy to provide) where you will usually be joined by a few more members of the City Hospice team. The afternoon session can include more of the same tasks, or usually a bit of variety, so that you can experience more aspects of the charity.

You'll finish the day on a high, knowing what a difference you have made to families throughout Cardiff.

To take part in one of our corporate volunteering days please contact our Volunteer Officer on 02920 524150 or email volunteer@cityhospice.org.uk