

volunteer bulletin

By volunteering for the Willow Foundation you are helping us to fulfil special days for seriously ill 16 to 40 year olds throughout the UK...



Thank you for your support

A huge thank you for your support and dedication to Willow over the last year. We simply couldn't provide so many special days for seriously ill 16 to 40 year olds without the support of our volunteers. You can always be relied upon to help us, whether it's working on important administrative tasks in the office, ensuring our events run smoothly, cheering on competitors at challenge events or raising valuable awareness and funds in your community.

There are dozens of opportunities for you to get involved in the coming months and, as always, we really value your support. Indeed, this year we are launching two exciting initiatives:

- Take Time for Tea - the re-launch of our Piece of Cake campaign. This June, support Willow with a tea party for family, friends, work colleagues or neighbours.
- Willow Champions - our way of supporting our volunteers who spearhead fundraising groups around the UK.

Further details on all initiatives can be found in this bulletin and on the volunteer pages on our website www.willowfoundation.org.uk/fundraising/volunteer. You will also find lots of information about forthcoming events you can come along to and specific volunteer roles to apply for.

In 2010 the Willow Foundation aims to fulfil 1,500 special days for 16 to 40 year



Volunteers at the Lord's Taverners charity cricket match



Volunteers taking part in Willow's tea party campaign

olds living with life-threatening illnesses. Quality of life for our beneficiaries and their families could never be more precious and the impact of a special day cannot be underestimated - lifting spirits and empowering young people for the future.

More than ever, we need your help to raise the £3 million needed to fund our service this year. If you are happy to organise your own fundraising activities, introduce the charity to potential fundraising organisations or companies, and/or to build

awareness, please do let us know and we will work with you to make every activity a success.

Thank you once again for all your support and hard work.

David Williams
Chief Executive

BECOME A VOLUNTEER TODAY!

We are always looking for new recruits who are willing to get involved and help the charity. To sign up today, call our Volunteer Coordinator on 01707 259777 or email volunteer@willowfoundation.org.uk or go to www.willowfoundation.org.uk/fundraising/volunteer to download and complete the volunteer application form.

COULD YOU BE A WILLOW CHAMPION?

We are looking for 'Willow Champions' who are willing to form their own volunteer fundraising groups with friends and family members. If you are passionate about Willow and want to make a difference for the charity in your area, then you could be a perfect Willow Champion. It's a great chance to organise social activities with people you know, as well as gaining experience of charity work and organising events.

Volunteer groups are an important way to raise awareness all around the UK and increase regular support and fundraising. By creating a Willow volunteer fundraising group, you'll be helping to secure the long-term future of Willow.

How can you get involved?

Everyone brings different skills to the group, but areas you could get involved with include:

- Organising events and activities
- Promoting Willow and speaking at events
- Organising distribution of collection pots

What will the group achieve?

- Raising vital funds
- Raising awareness of Willow's work within your community
- Building positive links between local businesses and Willow
- Inspiring others to support Willow

What skills or abilities do I need?

- Enthusiasm
- Good communication skills
- Good organisational skills
- Enjoy being part of a team

If you have been inspired to become a Willow Champion and to start up a Volunteer Fundraising Group in your area we will send you everything you need to get started. Contact our Volunteer Coordinator on 01707 259777 or email volunteer@willowfoundation.org.uk



Support in the South West

A group of 15 ladies in Abbots Leigh, Bristol have set up a Volunteer Fundraising Group called 'The Willow Women', which includes Willow Trustee and Champion Nicki Swan. The group first got together in 2008 to raise money for Willow by doing the Three Peaks Challenge. The ladies raised nearly £20,000 and have now decided to go on and organise a variety of local fundraising events. In February they held a fashion show which was a fantastic night and raised £2,000 and in March they held a curry night with a band, which raised £4,000 and was another great evening. Special day beneficiary, Kezia Frost, attended both events and brought everyone to tears with memories of her special day. The group's aims are to raise funds and awareness in the South West area, while having lots of fun together. One of the Willow Women, Sami Glass, commented: "The events have been great fun and there has been a real community spirit, which has been fantastic. It has really helped to raise awareness of the wonderful work of Willow as well as vital funds to provide more special days."



The Willow Women who completed the Three Peaks Challenge with charity co-founder Bob Wilson

VOLUNTEER ROLES NOTICEBOARD

The volunteer roles noticeboard can be found on the Willow Foundation's website, and will be updated with new specific volunteer roles. Go to www.willowfoundation.org.uk/volunteerroles

If you are interested in applying for the following positions, please call 01707 259777, email volunteer@willowfoundation.org.uk to request a volunteer application form, or download the form from the volunteer jobs page on our website (see above):

OFFICE VOLUNTEER

Working within various departments at the Willow Foundation, providing administrative support. An ideal opportunity to gain work experience in a dynamic and friendly national charity. The role might include: updating the database, writing thank you letters, researching events and compiling fundraising packs.

Skills/Qualifications needed: Ability to manage own workload and use initiative, good administration and organisation skills, computer literate (Microsoft Word and Excel), pleasant telephone manner.

Times you can volunteer: Morning or afternoon, any day Monday to Friday, 9am-5pm.

COMMUNITY VOLUNTEER

Do something in your community to raise funds and awareness. Come up with an idea or take inspiration from our fundraising tips (opposite). It's a chance to make a difference and have some fun along the way.

Skills/Qualifications needed: Enthusiasm and a friendly approach.

Times you can volunteer: Morning, afternoon or evening, any day of the week.

FUNDRAISING MADE EASY AND FUN!

Helping Willow needn't be hard work or time consuming, in fact we hope it will be a good excuse to have some fun with friends and family.

Here are some ideas to get you thinking. Do remember that raising awareness is also important and the more you talk about Willow and our special days, the more inclined friends, family and colleagues will be to get involved.

- Place a collection box in your local pub or shop. Every collection pot on average raises around £50
- Take part in our 'Take Time for Tea' campaign and invite your friends round for a tea or coffee morning
- Organise a 'Dress Down Day' at your work or school
- Hold a car boot sale with proceeds going to Willow
- Invite your friends round for a 'movie night' and ask for small donations for drinks and popcorn
- Hold a quiz night - large or small it's a great evening for all and we can help with the questions
- Organise a 'Swish Party' - swap or sell clothes and accessories you no longer want with friends
- Shake up your dinner party by making yours a progressive party - visiting several homes over an evening - each for a different course

Inspired? Contact us for a fundraising pack full of even more ideas as well as useful hints and tips. Call 01707 259777 or email volunteer@willowfoundation.org.uk

£100 COULD FUND...

TO SHOW YOU WHAT A DIFFERENCE YOUR SUPPORT CAN MAKE, HERE ARE SOME EXAMPLES OF WHAT £100 COULD FUND FOR A SERIOUSLY ILL YOUNG PERSON...

- FAST TRACK TICKETS ON THE LONDON EYE FOR A FAMILY OF FOUR
- LUXURY SPA TREATMENTS FOR A COUPLE ON A ROMANTIC BREAK
- A PAIR OF WEST END THEATRE TICKETS
- A PASSENGER RIDE IN A HOT AIR BALLOON
- ALTON TOWERS TICKETS FOR A FAMILY OF FOUR
- TWO PREMIERSHIP FOOTBALL TICKETS



In previous years the charity's annual tea party campaign, Piece of Cake, has seen volunteers and supporters up and down the country organising tea parties to raise funds and awareness of the Willow Foundation. This year we've given our tea party campaign a facelift. It's now called 'Take Time for Tea'.

This year, in June, we're encouraging more people than ever to take time out from their busy schedule at the office, or to make time in their social calendar, to simply enjoy tea (or coffee) with friends and colleagues in support of Willow. Whether it's simply tea and biscuits or a full afternoon tea party, every cuppa and every penny really does count.

To find out more and register for your fundraising pack, including free recipes from top UK chef Gary Rhodes, go to www.willowfoundation.org.uk/taketimefortea

If you are unable to organise a tea party this June but would still like to take part at another time, then please go ahead and download the Take Time for Tea pack.

We would welcome your support.

AWARD-WINNING VOLUNTEER

Jan O'Brien, who was diagnosed with Osteosarcoma, saw the Sound of Music and met Connie Fisher on her special day at the beginning of 2008. Since then, Jan has been dedicated to raising funds for the Willow Foundation and Christie Hospital. She has led a number of events and activities: a coffee morning; the creation of a musical theatre calendar with the Bolton Amateur Theatre Societies; 'Shall We Dance?', a Strictly Come Dancing themed dinner; and speaking to local Rotary Clubs about the charity. Jan's passion and dedication to Willow and her outstanding fundraising efforts were recognised when she received an award from the Bolton Amateur Theatre Society.

"The Willow Foundation offered me a lifeline... I felt empowered and it gave me a renewed vigour for life. The whole experience was a real turning point in my recovery and I knew that from this point on I would continue to support Willow Foundation and other seriously ill young adults in any way I could, so that they could benefit in the same way." - Jan



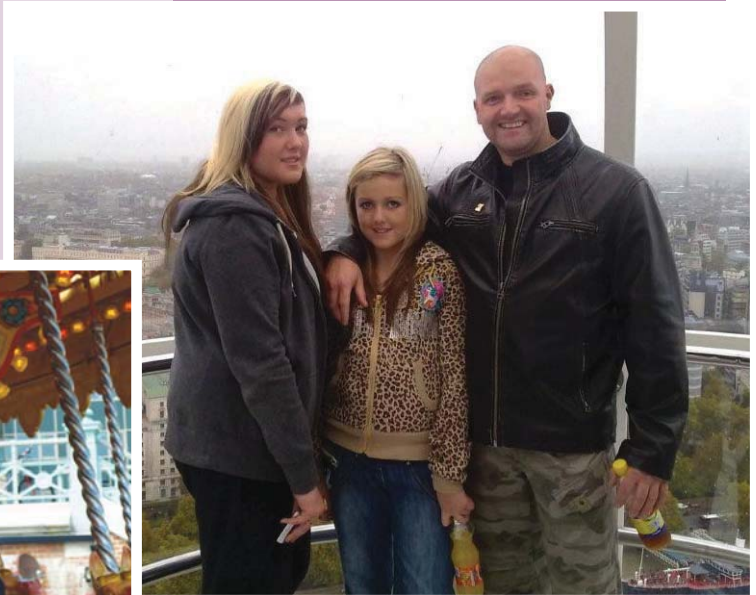
Special Days

Here are two examples of special days recently organised by Willow. We hope the comments and photographs from those who have benefited from your support, will encourage you from your efforts this year. Your support as a volunteer really will raise the awareness and funds needed to make many more special days come true...



"I had just finished my first round of chemo, my hair had started falling out only a few days before and we were all in need of some cheering up, and then we went on my special day - it was spectacular! It gave us all something to look forward to, as well as being a welcome distraction during a tough time. It was my family who were doing all the hard work while I was ill, looking after me and my young son, and they were so thrilled to be able to join me. After returning we all felt refreshed and relaxed and I was able to start my next round of chemo feeling strong and positive."

Lizzie, 21, hodgkins lymphoma
Family trip to Brighton



"What Willow has done for me I can never repay - the two days I spent in London with my two daughters were nothing short of amazing. I would like to thank you all deeply and sincerely for arranging a weekend the three of us will not forget. It was simply marvellous and everything went smoothly. It was such a breath of fresh air for us all, especially after the last few months of my hospital treatment taking its toll on all of us."

Jason, 39, brain tumour
London trip including bus tour,
Madame Tussauds and the London Eye

EVENTS CALENDAR

We would welcome your support at any of the following Willow events. There are all sorts of tasks where we would value your help, including greeting guests, helping to run an auction or selling raffle tickets.

25 July 2010: Folk by the Oak, Hatfield House, Hertfordshire

9 October 2010: Speakeasy Ball, London

1 December 2010: Willow Carol Concert, St Albans Cathedral

To get involved at any of these events, call our Volunteer Coordinator on 01707 259777 or email volunteer@willowfoundation.org.uk
Go to www.willowfoundation.org.uk/fundraising/volunteer for regular updates on volunteer activities.



Folk by the Oak, Hatfield House

CHALLENGE CHEERING CALENDAR

Why not join Willow's cheering teams and spur Team Willow competitors on from the sidelines? Your voice could make all the difference to our challengers in their final mile.

4 July 2010: Willow's Midsummer Evening Walk, Knebworth Park

11 July 2010: Asics British 10k Run

7/8 August 2010: Mazda London Triathlon, Excel

5 September 2010: adidas Women's 5K Challenge

19 September 2010: BUPA Great North Run, Newcastle

26 September 2010: Sony Ericsson Run to the Beat, London

2 October 2010: willow10K, Hatfield House

24 October 2010: BUPA Great South Run, Portsmouth

To find out more about joining our cheering teams, call the Volunteer Coordinator on 01707 259777 or email volunteer@willowfoundation.org.uk



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