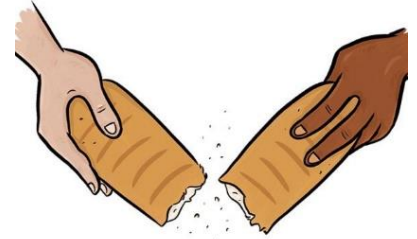


Menu of Volunteering Opportunities with Nehemiah

The Nehemiah Project is so grateful to all those wonderful volunteers who have helped us thus far and would like to offer new and current volunteers further opportunities to help us!

1. Calling all those who like to cook!

We need volunteers to help prepare for an Open Lunch on the first Friday of every month. Open Lunches are hosted at one of the Nehemiah Houses and provide opportunities for the Residents, Ex-Residents, probation officers, Nehemiah staff, some local church members and the volunteers to socialise and spend time together.



We also need a volunteer to come to our Streatham House every other Friday morning (or when possible) to deliver healthy-eating cookery workshops with the Residents who live there.

2. Calling all those who like I.T.!

We need a volunteer to lead a workshop on basic I.T. skills i.e. email, Word, Excel etc... for our Residents. A Friday afternoon would be best for the Nehemiah Residents.

3. Calling all those who like art!

We would like a volunteer to lead an art workshop with the Residents. We are open to ideas and the purpose is for it to be therapeutic. Friday afternoons would be best for the Nehemiah Residents.

4. Calling all those who like gardening!

We need volunteers to help us maintain the gardens attached to our houses. The next gardening days will be on Saturday 24th September at our House in Streatham and Saturday 5th November at our House in Clapham. A light lunch and refreshments will be provided, and the day will start at 10am and finish by 4pm.



5. Calling all those who like a quiz!

We will be hosting a Quiz night at our Streatham House on Monday 10th October from 7-8.30pm to mark Nehemiah's birthday! We'd like volunteers to help us to write the quiz and to participate on the actual evening alongside the Residents.

Who we are: The Nehemiah Project (www.tnp.org.uk), in partnership with The Order of Malta, provides a home and support for vulnerable men with a history of addiction. Our residential Recovery Programme is abstinence-based where our Residents can address the root causes of their addiction within a supportive environment. We have five houses in South London, accommodating over 40 Residents.

Please contact Alexandra Hanratty on alexandra.hanratty@tnp.org.uk if one or more of the opportunities has piqued your interest and you would like to sign up or to find out more. Please note, volunteers do not need to be experts in any particular field – a willing pair of hands and a cheerful demeanour are the most important things! We really look forward to hearing from you.

"It was great to be able to help out with something so local to me and do such valuable work. I was very humbled to meet some of the Residents, learn more about their lives, and spend time with them working together on a project with a common goal creating a thing of beauty for them to enjoy."