

## BakerStreetQ – Charity and Community Groups

Charity / Community Group	Objectives	Opportunities (in addition to financial donations)
<b>The Access Project</b>	<p>The Access Project focuses on providing one-on-one mentors (called 'tutors') for students (aged 14-18) from challenging backgrounds. The business tutor meets with their allocated student for 1 hour each week, developing a strong relationship with them, with the ultimate goal being to provide positive guidance and support through their GCSE's and A-levels and (hopefully) on to university.</p>	<ul style="list-style-type: none"> <li>&gt; Becoming a tutor for a year</li> <li>&gt; Fundraising / donations</li> </ul>
<b>Blind Veterans Association</b> <a href="http://www.blindveterans.org.uk">www.blindveterans.org.uk</a>	<p>The Blind Veterans Association supports veterans of the armed forces, as well as emergency services, who are subsequently suffering issues related to sight impairment. They support veterans nationwide, however their Head Office is just off Baker Street.</p> <p>Their mission is to support their ex-service men and women lead independent and fulfilling lives by supporting them with in-depth expertise, experience and full range of services, including counselling support, re-training, home visits and respite breaks.</p>	<ul style="list-style-type: none"> <li>&gt; Fundraising and sponsorship of events</li> <li>&gt; Volunteering to partner with one of their veterans for home visits or phone befriending</li> <li>&gt; Work experience opportunities</li> <li>&gt; Providing space for reunion events and dinners</li> </ul>
<b>Career Academy</b> <a href="http://www.careeracademies.org.uk">www.careeracademies.org.uk</a>	<p>Deliver bespoke programmes and interactive workshops that draw on the resources of the business world to provide a positive start for young adults (aged 16-18) embarking on their future career.</p> <p>It works with schools across the country and currently with 5 within the BSQ district. Career Academy works with each school, typically identifying 10-20 'middle achieving' students from lower socio-economic backgrounds and works to inspire and motivate them into either further education, or down a career path which they may not have thought possible otherwise.</p>	<ul style="list-style-type: none"> <li>&gt; 'Guru' Lectures - introducing students to different careers</li> <li>&gt; 1-to-1 mentoring</li> <li>&gt; Internships (paid)</li> <li>&gt; Workplace visits</li> </ul>

<p><b>The Challenge</b> <a href="http://www.the-challenge.org">www.the-challenge.org</a></p>	<p>The Challenge is a charity which works to build a more integrated society, working on a local level to connect people together across all ages and walks of life. They encourage volunteering, run educational and career programmes and develop programmes which bring together people from different walks of life in a variety of challenges.</p> <p>In particular they run youth and community programmes that have the central aim of mixing diverse groups of people with each other.</p>	<ul style="list-style-type: none"> <li>&gt; Workplace visits</li> <li>&gt; Join 'dragons Den' panel</li> <li>&gt; Establishing a bespoke 'professional development' challenge for the young people</li> <li>&gt; Donating venue space</li> </ul>
<p><b>COSMIC – Children of St Mary’s Intensive Care</b> <a href="http://www.cosmiccharity.org.uk">www.cosmiccharity.org.uk</a></p>	<p>COSMIC supports the children’s intensive care unit at St Mary’s Hospital by helping patients and their families, and enabling their dedicated team to treat hundreds of critically ill children each year.</p> <p>Every year they treat around 500 desperately sick children. Although around 20% are from the local area, the majority have been rushed to the hospital from Greater London and the South East. Donations to COSMIC genuinely helps save lives.</p>	<ul style="list-style-type: none"> <li>&gt; Support in fundraising for the charity (they have numerous pre-organised events running through the year)</li> <li>&gt; Volunteering at their annual fundraising events and fayres</li> <li>&gt; Donating toys for their annual children’s’ Christmas Party</li> </ul>
<p><b>Food Cycle</b> <a href="http://www.foodcycle.org.uk/location/marylebone-hub-london/">www.foodcycle.org.uk/location/marylebone-hub-london/</a></p>	<p>Marylebone FoodCycle is a charity that collects unwanted / surplus food and, through its volunteers, creates a free 3-course, vegetarian meal which it serves weekly in St Paul’s Church, Rossmore Road. Their guests are largely families from the local community who are struggling to make ends meet, elderly residents who live alone and homeless people in the area.</p>	<ul style="list-style-type: none"> <li>&gt; Donations of dried food</li> <li>&gt; Volunteers to collect food</li> <li>&gt; Volunteers to cook or serve their meals</li> </ul>

<p><b>Glarus Court &amp; Lambourne House</b></p>	<p>Glarus Court is a Sheltered Accommodation facility providing on-site care for 19 elderly residents aged over 65 with moderate – high care needs. The site also supports a further 62 residents with lower levels of care needs through Lambourne House.</p> <p>The Centre places a heavy focus on creating the best quality of life possible for its residents, encouraging friendships and providing personal, dignified care to the highest standard. They regularly hold special events for their residents including Valentines parties, St George’s, St Patrick’s Day and St Andrew’s Day dinners, Christmas events etc.</p>	<ul style="list-style-type: none"> <li>&gt; Spending time with a resident, talking, shopping etc</li> <li>&gt; Volunteering to help organise or fund special events / celebratory meals</li> <li>&gt; Volunteering at or helping to fund a special outing for its residents</li> </ul>
<p><b>Greenhouse Sports</b> <a href="http://www.greenhousesports.org">www.greenhousesports.org</a></p>	<p>Greenhouse Sports is a charity that uses sport to develop life skills with young people living in some of the most disadvantaged areas of London.</p> <p>The Charity believes that every child should have a fair chance to succeed, and to access opportunities to thrive. Their full-time inspirational coaches harness the power of sport to tackle the problems that lead to underachievement.</p> <p>It works in schools and communities in the local area (and wider London focus on developing the life skills of the participants.</p>	<ul style="list-style-type: none"> <li>&gt; Funding Support</li> <li>&gt; Sponsoring or volunteering at community sports events</li> </ul>
<p><b>Homestart Westminster</b> <a href="http://www.homestartwestminster.org.uk">www.homestartwestminster.org.uk</a></p>	<p>Homestart Westminster provides support for any family living in Westminster and Kensington and Chelsea who needs them. Rich or poor, settled or transient, their trained volunteers help to give encouragement and support to change the pattern of troubled lives.</p>	<ul style="list-style-type: none"> <li>&gt; Fundraising and sponsorship of events</li> <li>&gt; Volunteering to partner with one of their veterans for home visits or phone befriending</li> <li>&gt; Work experience opportunities</li> <li>&gt; Providing space for reunion events and dinners</li> </ul>

<p><b>IMPS Pre-school</b></p>	<p>IMPS Nursery is a registered charity and is based off the Edgware Road, in the heart of Church Street Ward, one of the most deprived wards in the country.</p> <p>The high quality of care and education that the nursery provides gives its children the best possible start in life and supports parents. OFSTED rated it Good in its last inspection. Funding is a major challenge for the nursery, in particular finding funds to cover the much loved children's' outings and parties.</p>	<ul style="list-style-type: none"> <li>&gt; The nursery is always in need of additional funding to support educational trips</li> <li>&gt; Supporting their annual Christmas party through donation of toys etc</li> <li>&gt; Supporting ongoing maintenance needs at the nursery (either through practical or financial support)</li> </ul>
<p><b>King Solomon Academy</b> <a href="http://www.kingsolomonacademy.org">www.kingsolomonacademy.org</a></p>	<p>KSA has the highest academic aspirations and, at the same time, maintains a caring, family orientated culture. Its mission is to ensure that every pupil achieves academic success and has the real option of going to university.</p>	<ul style="list-style-type: none"> <li>&gt; Work experience</li> <li>&gt; Career Talks</li> <li>&gt; Workplace visits and activities</li> <li>&gt; Reading with students</li> </ul>
<p><b>Little Rays of Sunshine</b> <a href="http://www.raysofsunshine.org.uk">www.raysofsunshine.org.uk</a></p>	<p>Little Rays of Sunshine is charity which grants wished for children aged 3 – 18 living with serious of life-limiting illness across the country. Wishes can be big or small but make the recipients smile and give them and their families memories to last a lifetime.</p>	<ul style="list-style-type: none"> <li>&gt; Sponsor a wish for a child living in Westminster</li> <li>&gt; Help make a wish come true to donating your skills / expertise as a business</li> </ul>
<p><b>Marylebone Project</b> <a href="http://www.churcharmy.org.uk/ms/maryleboneproject">www.churcharmy.org.uk/ms/maryleboneproject</a></p>	<p>Part of the Church Army, they work with vulnerable homeless women to empower them towards independent living. The range of services they provide give homeless women practical support and educational opportunities in a welcoming and secure environment.</p>	<ul style="list-style-type: none"> <li>&gt; Work placements</li> <li>&gt; Inspirational talks</li> <li>&gt; Skills workshops (CV writing, personal confidence etc)</li> <li>&gt; Staff and skill mentoring ( general management, website, fundraising, marketing, business etc)</li> <li>&gt; Clothing donations</li> </ul>
<p><b>Newpin Family Centre</b> <a href="http://www.newpincentre.org.uk">www.newpincentre.org.uk</a></p>	<p>The Centre serves families with children under 5 years and aims to produce fundamental personal change in the parents and children who attend. The main objectives of the Centre are to break down destructive family patterns, to improve parenting and to raise the self-esteem of individual parents who are suffering in particular from depression. They aim to inspire parents to recognise the value of consistent good practice in caring for children, and to raise their own self confidence through their experience in the Centre.</p>	<ul style="list-style-type: none"> <li>&gt; Fundraising (they have no dedicated fundraising team and therefore struggle to raise funds to keep operating)</li> <li>&gt; Website support</li> <li>&gt; Donations of equipment (arts and crafts, books, stationary, printer ink cartridges etc)</li> </ul>

<p><b>North Paddington Food Bank</b></p>	<p>The Bank collects dried food and cans to provide emergency food and support to those who need it most in the local area. Weekly distributions take place from a local centre to those who have been identified as in need by social services of other professional bodies.</p>	<ul style="list-style-type: none"> <li>&gt; Volunteering in distribution centre</li> <li>&gt; Food collections</li> </ul>
<p><b>One Westminster</b> <a href="http://www.volunteer.co.uk">www.volunteer.co.uk</a></p>	<p>Facilitates volunteering for corporates and individuals within Westminster and beyond. Note; There is a small cost attached to their services</p>	<ul style="list-style-type: none"> <li>&gt; To work with them to facilitate volunteering in the community</li> </ul>
<p><b>Paddington Development Trust</b> <a href="http://www.pdt.org.uk">www.pdt.org.uk</a></p>	<p>Operates in the North of Westminster, in areas which historically suffered deprivation, areas include Church Street, Westbourne and Queens park, plus the surrounding areas.</p> <p>Centre is a main information point for the area and a hub for employment, legal and health advice</p>	<ul style="list-style-type: none"> <li>&gt; Volunteering at events</li> <li>&gt; Developing skill workshops i.e Employment Skills Workshops to local unemployed etc</li> </ul>
<p><b>The Portman Early Childhood Centre</b> <a href="http://www.westminster-ne-centres.co.uk">www.westminster-ne-centres.co.uk</a></p>	<p>A nursery serving c90 children aged 2-4 and their wider families. Operates in 5th most deprived ward in country. Extended family services include improved parenting techniques, adult education and learning, victim support etc.</p>	<ul style="list-style-type: none"> <li>&gt; Volunteering - much of the School is in need of attention and refreshing</li> <li>&gt; Skill mentoring (website, fundraising, marketing, finance etc)</li> <li>&gt; Supporting field trips</li> <li>&gt; Running creative or educational workshops for parents</li> <li>&gt; Clothing donations</li> </ul>
<p><b>Royal Parks</b> <a href="http://www.supporttheroyalparks.org">www.supporttheroyalparks.org</a></p>	<p>The eight Royal Parks span 5,000 acres of stunning parkland, meadows, lakes and ponds, home to a rich variety of wildlife. The Royal Parks Foundation is the charity for these amazing urban green spaces. They reach out to make the Parks part of more people's lives, raising funds for a wide variety of projects from wildlife conservation and landscape restoration to sport, community events and education.</p>	<ul style="list-style-type: none"> <li>&gt; Sponsor a zone of Hyde Park or one of the other Royal Parks for a year, also enabling significant volunteering days for staff</li> <li>&gt; Sponsor an on-site educational workshop for a local school to learn about wildlife</li> <li>&gt; Sponsor an on-site workshop for local people with special needs to support sensory or other development areas</li> <li>&gt; One-off team volunteering days working in the Parks</li> </ul>

<p><b>Smartworks</b> <a href="http://www.smartworks.org.uk">www.smartworks.org.uk</a></p>	<p>Smartworks provides high quality interview clothes, styling advice and interview training to out-of-work women on low incomes. Smart Works helps them to feel confident, look fabulous, succeed at their job interview and move on with their life.</p> <p>This year they will dress more than 2,000 women in a complete outfit of stylish, high quality clothes donated by retailers and professionals. A visit to Smart Works can change the course of a woman's life.</p>	<ul style="list-style-type: none"> <li>&gt; All good quality clothing donations of womens' work clothes are welcome</li> </ul>
<p><b>St Edwards Catholic Primary School</b></p>	<p>The school is situated within the heart of the Church Street ward. As a result it's students and their respective families often face the wide range of issues commonly affect that area, including poverty, abuse (physical, emotional &amp; financial) and the large number of children with disabilities. It serves c400 students aged 3-11 years. Over 80% of them do not have English as a first language and many have above average educational needs, in particular in relation to speech and language.</p>	<ul style="list-style-type: none"> <li>&gt; Volunteering with gardening / greening the outside space</li> <li>&gt; Reading with students</li> <li>&gt; Supporting the fit out of the new library space (whether through labour or donation of materials, furniture or books)</li> <li>&gt; Supporting the fit out of the new IT space (whether through labour or donation of Computers or furniture)</li> <li>&gt; Running clubs for the children, with opportunities including Sport, IT, Music, Creativity, Chess, Debate clubs etc</li> <li>&gt; Running parent education classes, potentially including CV writing, interview skills, basic home finance skills, mentoring, personal confidence etc</li> </ul>
<p><b>St John's Hospice</b> <a href="http://www.stjohnshospice.org.uk">www.stjohnshospice.org.uk</a></p>	<p>The hospice provides specialised palliative care to more than 4,000 terminally-ill patients and their families every year free of charge. Its patients face a range of conditions, like cancer.</p> <p>The hospice supports patients through the provision of medical care, as well as broader 'wellbeing', relaxation therapies and also supports the families of both its current and past patients through the provision of counselling and further support services.</p>	<ul style="list-style-type: none"> <li>&gt; Support with event organisation or sponsorship for their numerous fundraising events held throughout the year</li> <li>&gt; Skill sharing / mentoring - fundraising, IT, marketing skills etc</li> <li>&gt; Clothing donations</li> <li>&gt; Donations of NEW pyjamas</li> </ul>

<p><b>St Marylebone School</b> <a href="http://www.stmaryleboneschool.com">www.stmaryleboneschool.com</a></p>	<p>St Marylebone School is a successful, multi-faith comprehensive school for girls aged from eleven to eighteen.</p> <p>The school has recently also launched the St Marylebone Bridge School, a school dedicated to children with speech, language and communication needs.</p>	<ul style="list-style-type: none"> <li>&gt; Work experience</li> <li>&gt; Career Talks</li> <li>&gt; Workplace visits and activities</li> <li>&gt; Reading with students</li> <li>&gt; Facilitating pupils to join with your business on volunteering activities</li> <li>&gt; Supporting the Bridge School's social enterprise - mentoring etc</li> </ul>
<p><b>St Mungo's Broadway</b> <a href="http://www.mungos.org">www.mungos.org</a></p>	<p>Working to prevent the issues that create homelessness. They provide a bed and support to more than 2,500 people a night.</p>	
<p><b>Vital Regeneration</b> <a href="http://www.vitalregeneration.org">www.vitalregeneration.org</a></p>	<p>Focus on breaking the cycle of deprivation through supporting communities that are most in need.</p> <p>They do this through listening to individuals and communities, championing their needs, designing programmes that respond to the challenges they face and building the strong partnerships necessary to deliver change. Every year they reach and support over 3,000 local people.</p> <p>Their programmes include after-school provision support, creative learning for disadvantaged young people and intensive employment programmes</p>	<ul style="list-style-type: none"> <li>&gt; Supporting the HELP cafe (a meeting space for the unemployed and homeless to receive support and advice) in donating funds, volunteering as an inspirational speaker and hosting meeting space. <a href="http://vitalregeneration.org/our-projects/help/about">http://vitalregeneration.org/our-projects/help/about</a></li> </ul>
<p><b>Walterton &amp; Elgin Community homes (WECH)</b> <a href="http://www.wech.co.uk">www.wech.co.uk</a></p>	<p>WECH is a charitable resident controlled Housing Association in Westminster. It is situated in one of the most deprived ward in the country facing social issues including high unemployment, language challenges and high poverty.</p> <p>In particular, it focuses a lot of its work on vulnerable residents, including the elderly, disabled and struggling youth populations.</p>	<p>Volunteering opportunities around:</p> <ul style="list-style-type: none"> <li>&gt; Gardening for the elderly who are unable to tend to gardens themselves</li> <li>&gt; Painting for elderly residents</li> <li>&gt; Funding or volunteering at youth events to promote positive attitudes and behaviours</li> <li>&gt; Supporting the Christmas party for the elderly</li> </ul>

<p><b>West London Day Centre</b> <a href="http://www.wlm.org.uk">www.wlm.org.uk</a></p>	<p>A drop in service and day centre for homeless people in and around Marylebone. It typically serves c100 people per day (1,500 / year), providing a hot breakfast, access to NHS doctors and opticians and advice and support.</p> <p>Services also include provision of clothing, support to find work and gain access to accommodation and benefits and courses on IT and general employment skills.</p>	<ul style="list-style-type: none"> <li>&gt; Supporting the fundraising team - currently only 2 individuals</li> <li>&gt; Work placements</li> <li>&gt; Food Donations</li> <li>&gt; Clothing donations</li> </ul>
<p><b>Westminster Carers Network</b> <a href="http://www.carers-network.org.uk">www.carers-network.org.uk</a></p>	<p>Carers Network supports unpaid carers across Westminster, providing emotional support, building relationships and friendships, providing training and education and actively working to make a positive change in their lives.</p>	<ul style="list-style-type: none"> <li>&gt; Fundraising and sponsorship of events</li> <li>&gt; Running training or education events (such as interview skills, cv writing, confidence building, networking, health and wellbeing etc)</li> <li>&gt; Befriending a carer</li> </ul>
<p><b>Westminster Society for People with Learning Disabilities</b> <a href="http://www.wspld.org.uk">www.wspld.org.uk</a></p>	<p>The WSPLD provides services for people (children and adults) with a range of learning disabilities and their families. Services range from supporting parents with children with learning disabilities through their nursery service, drop-ins, providing short breaks for young people and adults, family support and counselling, identifying work experience and training opportunities for adults and outreach services</p>	<ul style="list-style-type: none"> <li>&gt; Fundraising and sponsorship of events</li> <li>&gt; Provision of space for meetings and events through the year</li> <li>&gt; Provision of work experience opportunities, including reception work, answering phones, supporting post etc</li> <li>&gt; Skill support – marketing, website etc</li> </ul>
<p><b>Z2k</b></p>	<p>Z2k is a small anti-poverty charity based in Westminster. Working with volunteers, it provides advice and casework to vulnerable people struggling with extreme debt, inadequate living conditions and the threat or reality of homelessness, relocation or intervention by social services.</p> <p>Z2k runs 2 drop-in advice centres local to Baker Street; one at the library on Church Street, and a second one in the Beethoven Centre. They are also starting to work with local food banks, providing “more than food” debt advice to food bank clients.</p>	<ul style="list-style-type: none"> <li>&gt; Fundraising / donations</li> <li>&gt; Supporting the fundraising team</li> <li>&gt; Volunteering to train as advice counsellor at Food Banks</li> <li>&gt; Office volunteers</li> <li>&gt; Become a Trustee</li> </ul>