

NATIONAL HINDU STUDENTS' FORUM (UK)

GUIDE TO SEWA 2015/16

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

-  nhsf_uk
-  /nhsf.uk
-  @nhsf_uk
-  nhsf.org.uk



Welcome from NHSF (UK) Sewa Team

Congratulations; you have just been elected as the new **Sewa Coordinator** for your NHSF chapter.

Referring to dialogue from the smash hit movie Spiderman '**with great power comes great responsibility'** - But don't be scared!

The Sewa Team are at hand to help you in every way possible. Just one of those ways is through this chapter Sewa guide.

Quick Facts: What is Sewa?

Educate (Learning): Societies promote learning about factors around the world that are relevant to Sewa activities such as charity, environment and local and national community activities. This is achieved by sending information and links via emails, newsletters and perhaps even paper at events. A possible event that has been easily incorporated is a debate on globalisation and the impacts of rapid growth on communities.

Give Time (Active Sewa): Considered the most important, the actual physical act of helping others oneself is one that must be promoted above all others. This aspect of course can only be realised by events that involve members participating in active Sewa. Previous events have involved students helping in community events, volunteering in organisations for the homeless and visiting nursing and residential homes.

Give Money (Sacrifice): Giving up a small amount of our own wealth to help others represents a clear and direct form of Sewa. The act itself requires little physical effort but much true conviction and will. Though this is difficult to promote, it is achieved through the education aspect of Sewa. Individuals are supported in donating money by giving them an easy means to donate and by providing information on why one should donate to a particular charity.

It is imperative that Sewa is performed regularly within your chapters, to allow your members to truly understand what Sewa is and how important it is to regularly partake in the act of Sewa.

We hope that this guide will allow you to undertake your role smoothly, however if there are any questions/queries, please email us at sewateam@nhsf.org.uk then we will be more than happy to help.

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**NATIONAL HINDU
STUDENTS' FORUM (UK)**

Hinduism & Sewa

"Karmanye vaadhikaaraste maa phaleshu kadaachana; Maa karmaphala hetur bhoor maa te sango'stwakarmani."

"It is your duty to do the work, not to claim its rewards. You have no control on the results and so do not be driven by them"

Bhagvad Gita (Chapter 2, Verse 47)

In the Bhagvad Gita Krishna Bhagvan instructs Arjun that your duty in life is to serve selflessly, whether it's serving his family or the community. Sewa is crucial tool on ones path to spirituality, it teaches you that actions carried out with no selfish intention cleanses the soul and it helps bring the right frame of mind to focus on God.

Goswami Tulsidas in the Hanuman Chalisa says that **“With Shree Ram’s ring in your mouth you jumped across the ocean” – Hanuman Chalisa verse 20**

Hanuman Ji is regarded as the ideal **Sevak** by many people; in this verse you can see that Hanuman ji goes to great lengths in the service of Bhagavan Ram to fulfil his **Duty**. This is the mentality that **YOU** need to have when undertaking any **Sewa**, no matter what the activity is you need to make sure you give 100% of your effort to completing this task.

The best way to get into this frame of mind is to think that there is divinity within us all and that when carrying out this **Sewa**, you are actually getting an opportunity to serve this divinity that resides within us all.

□ Sarveshaam Svastir-Bhavatu | Sarveshaam Shaantir-Bhavatu |
 Sarveshaam Purnnam-Bhavatu | Sarveshaam Mangalam-Bhavatu |
 □ Sarve Bhavantu Sukhinah | Sarve Santu Nir-Aamayaah |
 Sarve Bhadraanni Pashyantu | Maa Kashcid-Duhkha-Bhaag-Bhavet |
 □ Shaantih Shaantih Shaantih || |
 □ May there be Well-Being in All | May there be Peace in All |
 May there be Fulfilment in All | May there be Auspiciousness in All |
 □ May All become Happy | May All be Free from Illness |
 May All See what is Auspicious | May no one Suffer |
 □ Peace, Peace, Peace || |



Sewa Coordinator's Role

Role description

1. Advertise activities that will help your members perform Sewa regularly. For example, the volunteering opportunities your university has to offer. If you can organise your own group Sewa activities.
 2. Conduct regular 5-10 minute Sewa during weekly Aarti. This could be raising awareness of an issue or asking members to spend some time on websites like freerice.com
 3. Plan and implement an effective Sewa Week (first week of March!). Take part in the national campaigns (explained later) but remember that Sewa is not just an event and regular sustainable Sewa is what is most beneficial (aim to do this weekly/fortnightly).
 4. Work closely with the NatCom Sewa team. If you have any ideas, any queries, or need any help, let us know! Keep your eyes peeled for information, documents, ideas, and administrative details. Keep us informed of your activities, so we can use your experience to help others.
 5. Ensure money raised is collected promptly and given to the Sewa Coordinators at the AGM in March!
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Principal responsibilities

1. Make sure you know what Sewa is, what it encompasses, and how even the smallest actions can be encompassed under Sewa – use the resources at www.nhsf.org.uk to help.
 2. Encourage this message in your members – through encouraging regular volunteering throughout the year and through a big drive during Sewa Week.
-

Vital points to consider

1. Team up with other societies at your university – volunteering societies, People and Planet, etc all have a huge base of people who can help you.
2. Emphasise some form of Sewa at each event – whether it is having a charity collection tin present, or having an educational skit to enhance knowledge
3. Move emphasis away from raising money to other forms of Sewa – blood donation, community work, campaigning, and conservation work.

Sewa Team – Contact Details



Riddhi Gorania

Position: Sewa Team Coordinator

Tel: 07725199476

Email: riddhi.gorania@nhsf.org.uk

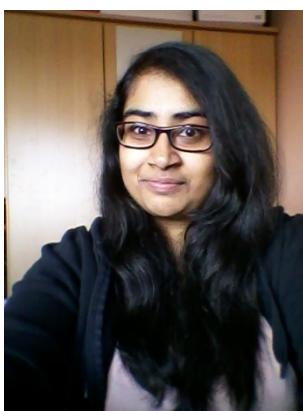


Veeral Raichura

Position: Sewa Team Secretary

Tel: 07794926788

Email: veeral.raichura@nhsf.org.uk



Sonali Patel

Position: External Organisation Officer

Tel: 07466382687

Email: sonali.patel@nhsf.org.uk

Sewa Team – Contact Details



Rhushabh Maugi

Position: Core Sewa Associate

Tel: 07943852715

Email: rhushabh.maugi@nhsf.org.uk



Anmol Sharma

Position: Core Sewa Associate

Tel: 07450041087

Email: anmol.sharma@nhsf.org.uk



Sareena Puri

Position: Central Zone - Sewa Chapter Liaison Officer

Tel: 07845529438

Email: sareena.puri@nhsf.org.uk

Sewa Team – Contact Details



Saumitro Deb

Position: North Zone Sewa Chapter Liaison Officer

Tel: 07772127303

Email: saumitro.deb@nhsf.org.uk



Kishan Ghelani

Position: London Zone Sewa Chapter Liaison Officer

Tel: 07508808859

Email: kishan.ghelani@nhsf.org.uk



Anukhsha Shah

Position: South Zone Sewa Chapter Liaison Officer

Tel: 07838952081

Email: anukhsha.shah@nhsf.org.uk

Sewa Top Tips

Things to consider:

1. Introduce a 5-10 minute session of SEWA in your weekly AARTI
 2. Emphasise some form of Sewa at each event – whether it is having a charity collection tin present, or having an educational skit to enhance knowledge. [Sewa, no matter how big or small]
 3. Move emphasis away from raising money to other forms of Sewa. Sewa is not only about fundraising - it is also active volunteering, raising awareness, campaigning or personal donations (such as blood donations or tins of food).
-

General

1. Any posters and tickets should have the charity NAME and NUMBER clearly labelled
 2. Team up with other societies (such as other faith societies) at your university – volunteering societies, local council, people and planet, RAG etc all have a huge base of people who can help you.
 3. Sewa should be done regularly and not only during Sewa Week or Sewa Day.
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Money (Finance/Bucket Collections etc.)

1. All collection buckets and money boxes must have charity NAME and NUMBER clearly labelled
 2. Any collection buckets must be security sealed
 3. Street collections require a permit from the local council- you must also keep the permit with you when fundraising. [Note: for permits you need to apply early - 6 to 12 weeks, check with local council]
 4. When counting buckets, you should have two people and ALSO ONE independent person from the SU.
 5. All money raised at events must be counted and BANKED, within 2 weeks of collection/event.
 6. ALL money raised during the year is donated to the two chosen charities [50% of ALL money raised goes to the National Charity].
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Event Specific

Sewa Day [4th October 2015]

NO fundraising is allowed on Sewa Day - it is solely about active forms of volunteering

NHSF National Donation Day [4th November 2015]

If members cannot attend an appointment for blood donation on the day itself then it can be done on a day better suited to their schedule - ideally in November. It is flexible - what matters is that people donate blood and hopefully regularly.

Sewa Week [29th February to 6th March 2016]

Sewa Week is not only from the specified dates - and can be flexible. Ideally either a week before or after. Sewa Week can also be “Sewa Fortnight / Month” to have events spaced out

NHSF (UK) National Campaigns

a) National Sewa Day - 4th October 2015

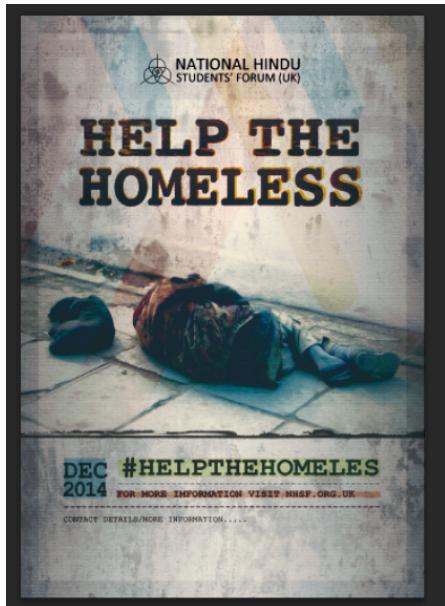


This National initiative is a day when thousands of good-hearted people across the world come together to perform sewa and experience the joy of giving in its truest sense. NHSF (UK) fully supports this concept, and by participating in this collective endeavour, we hope to be a part of those that spread the seeds of Sewa so that acts of kindness are performed more often.

Each project organised by universities should be based on one of the guiding principles: to help relieve hardship/poverty, to bring a little joy to others and to help the environment. Projects that involve fundraising are discouraged, as the purpose is to give your time.

Sewa day provides an opportunity to do something positive that makes a meaningful difference to someone else's quality of life.

b) Help the Homeless - December 2015



This campaign is not to raise money, but a Sewa initiative to share love, time and warmth during those harsh winter months.

The aim of Help the Homeless is for chapters to collect old clothes, hats, scarves, gloves, warm hoodies or jackets and blankets. Once the collection is made, chapters will either go directly to homeless shelters to donate the clothes or they will go around town and hand out the clothing that they have collected to the individuals that are sleeping rough.

"People were created to be loved and things were created to be used. The reason there is chaos in the world is that things are loved and people are being used."

So let us get together and donate any clothes and blankets to the homeless and share the warmth.

NHSF (UK) National Campaigns

c) National Donation Day - 4th November 2015



National donation day is an exciting campaign that was launched by National Hindu Student's Forum (NHSF) UK two years ago in the form of National Blood Donation day in association with the NHS Blood Donation campaign. This year the campaign has evolved into National Donation Day to include not just blood donation but also Organ and Bone Marrow donation.

The aim of the campaign is to raise awareness of the importance of donating blood, bone marrow and organ. It is supposed to be a day/week where as many members of NHSF (UK) throughout the country try and get involved with donating. This year National Donation Day will be taking place on the 4th of November 2015.

d) NHSF (UK) Sewa Week - 29th February – 6th March 2016



This is a week of events dedicated to Sewa activities and raising the profile of Sewa. Sometimes people get caught up in their busy lives and do not get time to stop and help. Sewa Week is a week dedicated to helping others; a chance to stop your busy workload and give back to the community. Although Sewa should be done all year round, this week allows organised events and active Sewa to be undertaken.

We have initiated for the SEVEN SEWA THEMES to be encompassed within every chapters' Sewa Week. An event should be organised from a variety of themes, to allow a diverse range of Sewa activities to partake in. This is your chance to think of CREATIVE SEWA IDEAS and implement it within your university!

Chapter Specific Information

- 12. Aston University
- 13. Birmingham
- 14. Birmingham City University
- 15. BPP Law School (HLA)
- 16. Bradford
- 17. Bristol
- 18. Brighton
- 19. Brunel University
- 20. Buckinghamshire New University
- 21. Cardiff
- 22. City University London
- 23. Coventry University
- 24. De Montfort University
- 25. East Anglia
- 26. Exeter
- 27. Greenwich
- 28. Hertfordshire
- 29. Huddersfield
- 30. Hull
- 31. Imperial College London
- 32. Keele University
- 33. Kent
- 34. Kings College London
- 35. Kingston University
- 36. Leeds
- 37. Leicester
- 38. Liverpool
- 39. London School of Economics
- 40. London South Bank University
- 41. Loughborough University
- 42. Manchester
- 43. Medway Universities
- 44. Northampton
- 45. Northumbria
- 46. Nottingham
- 47. Nottingham Trent University
- 48. Plymouth
- 49. Portsmouth
- 50. Queen Mary University London
- 51. Reading
- 52. Roehampton
- 53. Royal Holloway University London
- 54. Sheffield
- 55. SOAS University London
- 56. Southampton
- 57. St Georges University London
- 58. Warwick
- 59. West England
- 60. Westminster
- 61. York

Aston University

University:

Aston RAG (Raising and Giving):

Web: www.aston.ac.uk/union/get-involved/rag/
 Email: woottonk@aston.ac.uk
 (RAG Officer Katie)

Tel: 0121 204 4841

Local Volunteer Centre:

Birmingham Volunteer Action
 Birmingham Voluntary Service
 Council
 138 Digbeth
 BIRMINGHAM
 B5 6DR

Tel: 0121 643 4343

Web: www.bvsc.org
 Email: administration@bvsc.org

Local Homeless Shelter:

Salvation Army – William Booth Centre
 72-74 Shadwell Street
 Birmingham,
 B4 6HA

Tel: 0121 236 6554

Phone between 9-4pm to arrange donations of food and clothes

Local Council:

Birmingham City Council
 Council House
 Victoria Square
 Birmingham
 B1 1BB

Tel: 0121 303 1111

Email: contact@birmingham.gov.uk

Open: Mon-Fri 8-8pm

Local Blood Centre:

National Blood Service
 Birmingham Blood Donor Centre
 2nd Floor
 65 New Street
 Birmingham
 B2 4DU

Phone: 0121 253 8222

University of Birmingham

University:

Carnival RAG (Raising and Giving):

Web: www.carnivalrag.com

Email: hello@carnivalrag.com

For other volunteering enquiries contact
Student Development which is located on the
ground floor of the guild.

Email: volunteering@guild.bham.ac.uk

Tel: 0121 251 2411

Local Volunteer centre

Birmingham Volunteer Action
Birmingham Voluntary Service
Council

138 Digbeth
BIRMINGHAM
B5 6DR

Tel: 0121 643 4343

Email: administration@bvsc.org

Web: www.bvsc.org

Local Homeless Shelter:

Salvation Army – William Booth Centre

72-74 Shadwell St

Birmingham,

B4 6HA

Tel: 0121 236 6554

Phone between 9-4pm to arrange donations of
food and clothes

Local Council

Birmingham City Council

Council House

Victoria Square

Birmingham

B1 1BB

Tel: 0121 303 1111

Email: contact@birmingham.gov.uk

Open: Mon-Fri 8-8pm

Local Blood Centre:

National Blood Service

Birmingham Centre

Vincent Drive

Edgbaston

Birmingham

B15 2SG

Phone: 0121 253 4000

Birmingham City University

<p>University</p> <p>BCU RAG (Raising and Giving):</p> <p>Email: officialbcurag@hotmail.co.uk</p> <p>Society leaders: Katherine Louise Turner For other volunteering enquiries and more information visit: www.bcusu.com/volunteering/</p>	<p>Local Volunteer centre</p> <p>Birmingham Volunteer Action Birmingham Voluntary Service Council 138 Digbeth BIRMINGHAM B5 6DR</p> <p>Tel: 0121 643 4343 Email: administration@bvsc.org Web: www.bvsc.org Open: Mon-Fri 9-5pm</p>
<p>Local Homeless Shelter:</p> <p>Salvation Army – William Booth Centre 72-74 Shadwell St Birmingham, B4 6HA</p> <p>Tel: 0121 236 6554</p> <p>Phone between 9-4pm to arrange donations of food and clothes</p>	<p>Local Council</p> <p>Birmingham City Council Council House Victoria Square Birmingham B1 1BB</p> <p>Tel: 0121 303 1111 Email: contact@birmingham.gov.uk Open: Mon-Fri 8-8pm</p>
<p>Local Blood Centre:</p> <p>National Blood Service</p> <p>Birmingham Blood Donor Centre 2nd Floor 65 New Street Birmingham B2 4DU</p> <p>Phone: 0121 253 8222</p>	

BPP Law School (HLA)

University

BPP FCD

137 Stamford Street

London

United Kingdom

Email james@bppfcd.com

Website <http://bppfcd.com/index.html>

Local Volunteer centre

Canalside House
383 Ladbroke Grove
London
W10 5AA

Tel: 020 8960 3722

Website:
<http://www.voluntarywork.org.uk/about-us>

Hours: 9:00 am – 5:00 pm

Local Homeless Shelter:

Broadway Centre
13 Market Lane
London
W12 8EZ

Tel: 020 8735 5810

Email: centre@mungosbroadway.org

Website:

<http://www.mungosbroadway.org.uk/>

Local Council

Hammersmith & Fulham Council
Town Hall
King Street
Hammersmith
London W6 9JU

Tel: 020 8748 3020

Website: <http://www.lbhf.gov.uk/>

Local Blood Centre:

White City Community Centre
India Way
White City
London
W12 7QT

National Number: 0300 123 23 23

University of Bradford

<p>University</p> <p>UCAN (Volunteering Centre)</p> <p>For more information:</p> <p>Web: http://www.ubuonline.co.uk/volunteering/</p> <p>Email: volunteering@bradford.ac.uk</p> <p>Ros Coulton - Coordinator</p> <p>Email: r.j.coulton@bradford.ac.uk</p>	<p>Local Volunteer centre</p> <p>Bradford Volunteer Centre 19-25 Sunbridge Road Bradford BD1 2AY</p> <p>Tel: 01274 725434 or 01274 720779</p> <p>Email: info@volunteeringbradford.org</p> <p>Web: www.volunteeringbradford.org</p> <p>Open: Mon-Fri 9-4.30pm</p>
<p>Local Homeless Shelter:</p> <p>Bradford Day Shelter 16-20 Edmund Street, Bradford, BD5 0BH.</p> <p>Tel: 01274 393234. Email: dayshelter@hortonhousing.co.uk</p>	<p>Local Council</p> <p>Bradford Council Volunteering Unit 6th floor Olicana House Chapel Lane Bradford BD1 5RE</p> <p>Tel: 01274 434274 www.bradford.gov.uk</p>
<p>Local Blood Centre:</p> <p>National Blood Service Bradford Blood Donor Centre Rawson Road Bradford BD1 3SH</p> <p>Phone: 01274 308 450</p>	

University of Bristol

<p>University</p> <p>Student Community Action (SCA) Web: www.bristolsca.org.uk Email: ubu-sca@bristol.ac.uk Tel: 0117 954 5888 RAG (Raising and Giving) Web: www.bristolrag.org.uk Email: ubu-rag@bristol.ac.uk or rag-vicechair@bristol.ac.uk</p>	<p>Local Volunteer Centre</p> <p>Volunteering Bristol Royal Oak House Royal Oak Avenue BRISTOL BS1 4GB Tel: 0117 989 7733 Email: info@volunteerbristol.org.uk Web: www.volunteeringbristol.org.uk Open: Tuesdays and Wednesdays 11.00- 15.00</p>
<p>Local Homeless Shelter:</p> <p>Julian House, Little Bishop Street, St Pauls, Bristol, BS2 9JF</p> <p>Tel: 0117 924 4604 Email: helpdesk@juliantrust.org.uk Web: www.juliantrust.org.uk</p>	<p>Local Council</p> <p>Bristol City Council The Council House College Green BS1 5TR Opening hours 8.30am - 5pm Monday to Thursday, 8.30am - 4.30pm Friday</p> <p>Tel: 0117 922 2000 http://www.bristol.gov.uk/</p>
<p>Local Blood Centre:</p> <p>National Blood Service Filton Blood Centre North Bristol Park, Filton Bristol BS34 7QG</p> <p>National Number: 0300 123 23 23</p>	

University of Brighton

University

Community Organising
 Web:
[http://www.brightonsu.com/changethings/com
munityorganising/](http://www.brightonsu.com/changethings/communityorganising/)
 RAG (Raising and Giving)
 Web: <http://www.brightonsu.com/rag/>
 Email: bsu.raiseandgive@gmail.com

Local Volunteer Centre

Volunteering Centre Brighton and Hove
 Second Floor, Community Base
 113 Queens Road
 Brighton
 BN1 3XG
 Tel: 01273 737 888
 Email:
[alison.marino@brightonhovevo
lunteers.org.uk](mailto:alison.marino@brightonhovevolunteers.org.uk)
 Web:
[http://www.bhcommunitywork
s.org.uk/volunteering/](http://www.bhcommunityworks.org.uk/volunteering/)

Local Homeless Shelter:

Brighton YMCA
 Fred Emery Court
 6-16 Sillwood Street
 Brighton
 BN1 2NN
 Tel: 01273 747537
 Web: <http://www.brightonymca.co.uk/>
 Email: neil.richardson@brightonymca.co.uk

Local Council

Brighton and Hove City Council
 King's House
 Grand Avenue
 Hove
 BN3 2LS
 Tel: 01273 290000
[http://www.brighton-
hove.gov.uk/](http://www.brighton-hove.gov.uk/)

Local Blood Centre:

National Blood Service

Patcham Community Centre

Ladies Mile Road,
 Brighton,
 BN1 8TA

Phone: 08457 711711

Brunel University

University

Brunel Volunteers
 Web: <http://brunelvolunteers.com/>
 Priya Pallan – Volunteers manager
 Email: Priya.Pallan@brunel.ac.uk
Brunel RAG (Raising and Giving)
 Web:
<http://brunelstudents.com/rag/content/68175>
 Email: rag.chair@brunel.ac.uk
 BBM Pin: 27EA6D06

Local Volunteer Centre

Volunteering centre Hillingdon
 Key House 106 High Street
 Yiewsley
 WEST DRAYTON
 London
 UB7 7BQ
 Tel: 01895 442722
 Email: volunteering@havs.org.uk

Local Homeless Shelter:

West London YMCA
 Contact: Mark Jolly
 Hillingdon Road,
 Uxbridge
 UB10 0AE
 Telephone: 0208 832 1580

Local Council

Hillingdon Borough Council
 London Borough of Hillingdon,
 Civic Centre, High Street,
 Uxbridge, Middlesex
 UB8 1UW
 Tel: 01895 250111
<http://www.hillingdon.gov.uk/>

Local Blood Centre:

National Blood Service
 HILLINGDON HOSPITAL
 PIELD HEATH ROAD
 UXBRIDGE
 MIDDLESEX
 UB8 3NN
 Phone: 0117 921 7500

Buckinghamshire New University

University

Buck's Student Union RAG

Email: volunteering@bucks.ac.uk.

Website:

<http://www.bucksstudentsunion.org/activities/rag/>

Local Volunteer Centre

Community Impact Bucks

6 Centre Parade

Place Farm Way

Monks Risborough

Bucks, HP27 9JS

Tel: 0300 1111 250

Email: info@communityimpactbucks.org.uk

Website:

<http://www.communityimpactbucks.org.uk/>

Local Homeless Shelter:

Aylesbury Homeless Action Group

Walton Hall

Walton Street

Aylesbury

Buckinghamshire

HP21 7QX

Tel: 01296 435026

Email: enquiries.ahag@yahoo.co.uk

Website: www.ahag.org.uk

Local Council

Wycombe District Council

Queen Victoria Road

High Wycombe

Bucks

HP11 1BB

Tel: 01494 461 000

Website: <http://www.wycombe.gov.uk/>

Local Blood Centre

Flackwell Heath Community Centre

Straight Bit

Flackwell Heath

Bucks

HP10 9LS

National Number: 0300 123 23 23



Cardiff University

University

Cardiff RAG

Web:

<http://www.cardiffstudents.com/activities/studened/rag/>

Email: rag@cf.ac.uk

Student Volunteering Cardiff

Web: www.svcardiff.org

Email: svc@cardiff.ac.uk

Local Volunteer Centre

Voluntary Community Service Cardiff

Brunel House

Fitzalan Road

Cardiff

CF24 0EB

Telephone: 02920 227 625

Web: www.volunteercardiff.co.uk

Email: nathan.w@vcscardiff.org.uk

Local Homeless Shelter:

The Wallich

PO Box 98

Cardiff

CF11 6XH

Telephone: 029 2039 9739

Web: www.thewallich.com

Email: cardiff.nightshelter@thewallich.net

Local Council

Cardiff Council

County Hall

Atlantic Wharf

Cardiff

CF10 4UW

Telephone: 029 2087 2087

Web: www.cardiff.gov.uk

Local Blood Centre:

Cardiff University

University Union

Park Place

Cardiff

CF10 3QN

National Number: 0300 123 23 23



City University London

<p>University</p> <p>City Volunteering Telephone: +44 (0)20 7040 8992 E-mail: volunteering@city.ac.uk Web: http://volunteering.city.ac.uk/ Northampton Square - Drysdale Building (E) Centre for Career and Skills Development, Northampton Square, London, EC1V 0HB</p>	<p>Local Volunteer Centre</p> <p>Volunteer Centre Islington Voluntary Action Islington 200a Pentonville Road LONDON London N1 9JP Tel: 020 7832 5800 Email: information@vai.org.uk Website: http://www.vai.org.uk</p>
<p>Local Homeless Shelter:</p> <p>City Roads (Detox and Crisis Intervention) 352-358 City Road London EC1V 2PY Tel: 0207 278 8671 Email: info@cranstoun.org.uk Web: www.cranstoun.org.</p>	<p>Local Council</p> <p>London Borough of Islington 222 Upper Street London N1 1XR Tel: 020 7527 2000 http://www.islington.gov.uk/</p>
<p>Local Blood Centre:</p> <p>National Blood Service WEST END DONOR CENTRE 26 MARGARET STREET LONDON W1W 8NB</p> <p>Phone: 020 7301 6900</p>	

Coventry University

University

Volunteering and Employability
 Coventry University Students' Union
 The Hub
 Jordan Well
 Coventry
 CV1 5QT
 Email: volunteering.su@coventry.ac.uk
 Telephone: 02477 655210

Local Volunteer centre

Volunteer centre Coventry
 26 City Arcade
 COVENTRY
 West Midlands
 CV1 3HW
 Tel: 02476 220 381
 Email: info@vacovertry.org.uk
 Website: www.vacovertry.org.uk

Local Homeless Shelter:

Norton House Day Centre
 1 Bird Street
 Coventry
 England
 CV1 5FX
 Tel: 024 76221332

Local Council

Coventry City Council
 Council house reception
 Earl Street
 Coventry
 CV1 5RR
 Tel: 0500 834 333
 Email: coventrydirect@coventry.gov.uk

Local Blood Centre:

National Blood Service
 THE CENTRAL HALL
 WARWICK LANE
 COVENTRY
 WEST MIDLANDS
 CV1 2HA

National Number: 0300 123 23 23

De Montfort University

University

Volunteering Office,
 Room 1.30 De Montfort Students' Union, 1st
 Floor Campus Centre Building,
 Mill Lane, Leicester
 LE2 7DR
 Tel: 0116 257 6304
 Email: volunteer@dmu.ac.uk
 Web: <http://www.demontfordiners.com/volunteering>

Local Volunteer centre

Voluntary Action Leicester
 9 Newarke Street
 LEICESTER
 Leicestershire
 LE1 5SN
 Tel: 0116 2575001
 Email: helpline@valonline.org.uk
 Website: www.valonline.org.uk

Local Homeless Shelter:

31-35 Lower Hastings Street
 Leicester
 LE2 7AT
 Tel: 0116 225 2405/2405

Local Council

Leicester City Council
 New Walk Centre
 Customer Services Centre
 Welford Place
 Leicester
 LE1 6ZG
 Tel: [0116 252 7000](tel:01162527000)
 Email: customerservices@leicester.gov.uk
 Web: www.leicester.gov.uk

Local Blood Centre:

National Blood Service
 DONOR CENTRE
 84 VAUGHAN WAY
 LEICESTER.
 LE1 4SJ
 Tel: 0116 262 6238
 National Number: 0300 123 23 23

University of East Anglia

<p>University</p> <p>UEA Volunteering: Tel: 01603 593272 Email: union.volunteers@uea.ac.uk Web: http://www.ueastudent.com/</p> <p>Join the UEA RAG for more information and updates.</p>	<p>Local Volunteer centre</p> <p>Norwich & Norfolk Vs (South Norwich Branch) The Health Centre West Pottergate NORWICH Norfolk NR2 4BX <i>Tel:</i> 01603 726 093 <i>Website:</i> www.nvs.org.uk</p>
<p>Local Homeless Shelter:</p> <p>Bishopbridge House 45 William Kett Close Gas Hill Norwich NR1 4FD Tel: 01603 666563 Email: bishopbridgehouse@stmartinshousing.org.uk</p>	<p>Local Council</p> <p>Norwich City Council Norwich City Council City Hall Norwich NR2 1NH <i>Tel:</i> 0344 980 3333 <i>Web:</i> http://www.norwich.gov.uk/ <i>Email:</i> info@norwich.gov.uk</p>
<p>Local Blood Centre:</p> <p>National Blood Service NORWICH CITY SUITE MERCURE (RAMADA) NORWICH BOUNDARY ROAD NORWICH. NR3 2BA National Number: 0300 123 23 23</p>	

University of Exeter

University

RAG Exeter (EX4PZ Exeter, Devon)

Email: ragpresident@exeter.ac.uk

Website:

<https://www.exeterguild.org/societies/RAG/>

Local Volunteer Centre

Exeter CVS,
Wat Tyler House,
King William Street,
Exeter EX4 6PD

Tel: 01392 202055

Email: cvs@exetercvs.org.uk

Website: <https://exetercvs.org.uk/>

Local Homeless Shelter:

St. Petrock's (Exeter) Ltd.

10 Cathedral Yard
Exeter

EX1 1HJ

Tel: 01392 217550

Website: <http://www.stpetrocks.org.uk>

Local Council

Exeter City Council
Civic Centre
Paris Street
Exeter
Devon
EX1 1JN
United Kingdom
Tel: 01392 277888
Website: <http://www.exeter.gov.uk>

Local Blood Centre:

Exeter University
Devonshire House
Exeter
Devon
EX4 6TG
National Number: 0300 123 23 23



NATIONAL HINDU
STUDENTS' FORUM (UK)

University of Greenwich

<p>University</p> <p>Greenwich RAG Web: http://www.suug.co.uk/organisation/RAG/ Email: greenwichrag@gmail.com</p> <p>Volunteering Web: www.gre.ac.uk/volunteering</p>	<p>Local Volunteer Centre</p> <p>Volunteer Greenwich Centre Trafalgar Road London SE10 9EQ</p> <p>Telephone: 020 8853 1331 Web: www.vcgreenwich.org.uk Email: info@volunteersgreenwich.co.uk</p>
<p>Local Homeless Shelter:</p> <p>Simba Housing Association Suite 4, Woodrow Business Centre 65-66 Woodrow London SE18 5DH</p> <p>Telephone: 020 8855 0488 Web: www.simbaha.org Email: info@simbaha.org</p>	<p>Local Council</p> <p>Royal Borough of Greenwich Council The Woolwich Centre 35 Wellington Street London SE18 6HQ</p> <p>Telephone: 0208854 8888 Web: www.royalgreenwich.gov.uk</p>
<p>Local Blood Centre:</p> <p>Charlton Asda Bugsbys London SE7 7ST</p> <p>National Number: 0300 123 23 23</p>	

University of Hertfordshire

University

Volunteering
 Telephone: 01707 286149
 E-mail: volunteering@hertfordshire.su
UHSU Volunteer Centre
 EleHouse Resource Centre
 College Lane Campus

Local Volunteer Centre

Welwyn Hatfield CVS
 40 Town Centre
 HATFIELD
 Hertfordshire
 AL10 0JJ

Tel: 01707 274 861
Email: info@whcvs.org.uk
Website: <http://www.whcvs.org.uk>

Local Homeless Shelter:

Shelter- Hertfordshire
 Queensway House
 Queensway
 Hatfield
 AL10 0LW
 Tel: 0344 515 1944/ 0844 515 1241
 Email: hertfordshire@shelter.org.uk
 Web: www.shelter.org.uk

Local Council

Hertfordshire County Council
 County Hall, Pegs Lane
 Hertford
 SG13 8DQ
 Telephone: 0300 123 4040
 Email: hertsdirect@hertscgov.uk
 Web: www.hertsdirect.org

Local Blood Centre:

National Blood Service
 WELWYN GARDEN CITY
 WOODHALL COMMUNITY CENTRE
 MILL GREEN ROAD
 WELWYN GARDEN CITY
 HERTFORDSHIRE
 AL7 3XD
 National Number: 0300 123 23 23

Huddersfield University

University	Local Volunteer centre
Web: http://www.huddersfield.su/volunteering	Volunteer Centre Kirklees
Rebecca Milne Student Volunteering Manager Email: r.milne@hud.ac.uk	15 Lord Street HUDDERSFIELD West Yorkshire HD1 1QB
RAG: rag@hud.ac.uk	Tel: 01484 226 608 Fax: 01484 518 457 Email: vk@voluntaryactionkirklees.co.uk Website: www.volunteeringkirklees.org.uk
Local Homeless Shelter:	Local Council
Kirklees Neighbourhood Housing Perseverance House St Andrews Road Huddersfield HD1 6RZ Tel: 01484 416400 Email: housing@knh.org.uk	Kirklees Council Civic Centre 3, Market Street Huddersfield HD1 2TG Telephone: 01484 221000 Email: customer.enquiries@kirklees.gov.uk Web: www.kirklees.gov.uk
Local Blood Centre:	
National Blood Service METHODIST MISSION LORD STREET HUDDERSFIELD HD1 1QA National Number: 0300 123 23 23	

University of Hull

University

Hull University Union

RAG: <http://hullstudent.com/activities/rag>

Email: huu-rag@hull.ac.uk

Local Volunteer Centre

Volunteer Centre Hull (Hull CVS)

Strand House
75 Beverley Road
HULL
HU3 1XL

Tel: 01482 324 474

Email: tgrealy@hull-cvs.co.uk

Website: www.hullcvs.org.uk

Local Homeless Shelter:

Dock House
St Peters Street,
Hull
HU9 1AF
Tel: 01482 219022

Local Council

Hull City Council
Newland Avenue CSC
Newland Building
Wyke Centre
Reynoldson Street
HU5 3BH

Tel: 01482 300 300

Web: www.hullcc.gov.uk

Local Blood Centre:

National Blood Service
AUDITORIUM
BRADBURY COMMUNITY HOUSE
HULL COMMUNITY CHURCH
310 NEWLAND AVENUE
HULL
HU5 2NB
National Number: 0300 123 23 23

Imperial College London

University

Imperial RAG

Web: www.union.ic.ac.uk/rag

Email: rag@imperial.ac.uk

Volunteering

Web: www.imperial.ac.uk/volunteering

Email: volunteering@imperial.ac.uk

Local Volunteer Centre

Volunteer Centre Westminster

4 Sutherland Avenue

London

W9 2HQ

Telephone: 020 7266 1992

Web: www.volunteer.co.uk

Email:

info@volunteercentrewestminster.org.uk

Local Homeless Shelter:

Chelsea Methodist Church Night Shelter

155a King's Road

London

SW3 5TX

Telephone: 020 7352 9305

Web: www.chelseamethodist.org.uk

Email: churchoffice@chelseamethodist.org.uk

Local Council

Royal Borough of Kensington and Chelsea

Council

Town Hall

Hornton Street

London

W8 7NX

Telephone: 020 7361 3000

Web: www.rbkc.gov.uk

Local Blood Centre:

National Blood Service

West End Donor Centre

26 Margaret Street

London

W1W 8NB

Telephone: 020 7166 6900

Keele University

University

VE Office, Top Floor,
Students' Union
Inside the Independent Advice Unit (IAU)
Web: <http://www.kusu.net/volunteering.html>
RAG: <http://keelesu.com/activities/rag/>

Local Volunteer centre

North Staffordshire Volunteer Centres
Volunteer Centre Newcastle Under Lyme 12
Andrew Place
NEWCASTLE UNDER LYME
Staffordshire
ST5 1DL
Tel: 01538 398 240
Email: northstaffsvolunteering@smcv.co.uk

Local Homeless Shelter:

Salvation Army – Vale Street Centre
Vale Street
Stoke on Trent
ST4 7RN

Tel: 01782 744374
(contact no for donations and volunteering opportunities)

Local Council

Newcastle Borough Council,
Civic Offices, Merrial Street, Newcastle-under-Lyme
ST5 2AG
Tel: 01782 717717
Email: webmaster@newcastle-staffs.gov.uk
Web: <http://www.newcastle-staffs.gov.uk/>

Local Blood Centre:

National Blood Service
NEWCASTLE-UNDER-LYME
HOLY TRINITY COMMUNITY CENTRE
LONDON ROAD
NEWCASTLE-UNDER-LYME
STAFFORDSHIRE
ST5 1LQ
National Number: 0300 123 23 23

University of Kent

University

Kent RAG
 Web:
<http://www.kentunion.co.uk/activities/RaG/>
 Email: raiseandgive@kent.ac.uk

Kent Union Volunteering
 Web: www.kentunion.co.uk/volunteering/
 Email: standout@kent.ac.uk

Local Volunteer Centre

The Canterbury and Herne Bay Volunteer Centre
 Tower Works
 Simmonds Road, Wincheap Business Park
 Canterbury
 CT1 3RA

Telephone: 01227 452 278
 Web: www.chbvc.org
 Email: doit@canterburyvolunteercentre.org

Local Homeless Shelter:

Catching Lives
 13 Station Road East
 Canterbury
 CT1 2RB
 Telephone: 01227 470120
 Web: <http://www.catchinglives.org>
 Email: info@catchinglives.org

Local Council

Canterbury City Council
 Council offices
 Military Road
 Canterbury
 Kent
 CT1 1YW
 Telephone: 01227 862 000
 Web: www.canterbury.gov.uk

Local Blood Centre:

Main Hall, Latter Day Saints
 40 Acres Road
 Canterbury
 Kent
 CT2 7HJ
 National Number: 0300 123 23 23

Kings College London

University Student Centre (Guy's Campus)

The Spit
 Boland House
 St Thomas Street
 SE1 9RT
 Tel: 0207 848 6231
 Email: volunteering@kclsu.org
kch-tr.volunteers@nhs.net

RAG:
 Email: gktrag2012@gmail.com

Local Volunteer Centre

Volunteer Centre Southwark

Unit 215/216 Elephant and Castle Shopping
 Centre
 LONDON
 SE1 6TE

Tel: 020 7703 4205

Email: info@volunteercentres.org.uk

Website: www.volunteercentres.org.uk

Local Homeless Shelter:

ST MUNGO'S - RUSHWORTH STREET ROLLING
 SHELTER
 48 Rushworth Street
 London
 SE1 0RB
 Tel: 020 7928 6611
 Email: info@mungos.org
 Web: www.mungos.org

Local Council

Southwark Council
 PO BOX 64529
 London
 SE1P 5LX
 Tel: 020 7525 5000
 Email: csc@southwark.gov.uk
 Web: <http://www.southwark.gov.uk/>

Local Blood Centre:

National Blood Service
 WEST END DONOR CENTRE
 26 MARGARET STREET
 LONDON
 W1W 8NB
 Tel: 020 7301 6900

National Number: 0300 123 23 23

Kingston University

University

Kingston University Students' Union
 Town House
 Kingston Upon Thames
 Surrey
 KT1 2EE

Tel: 020 8417 2709
 Email: volunteering@kingston.ac.uk

Website:
<http://www.kusu.co.uk/volunteering/contact-kusu-volunteering>

Local Homeless Shelter:

Kingston Churches Action on Homelessness

36a Fife Rd
 Kingston upon Thames
 Surrey
 KT1 1SU

Telephone: 020 8255 7400
 E-Mail: matt.h@kcah.org.uk

Local Blood Centre:

Kingston, A.F.C Wimbledon Football Club
 Jack Goodchild Way
 422A Kingston Road
 Kingston Upon Thames
 Surrey
 KT1 3PB
 National Number: 0300 123 23 23

Local Volunteer Centre

Kingston Volunteer Centre
 50 Canbury Park Rd
 Kingston Upon Thames
 KT2 6LX

Tel: 020 8255 8685

Email: info@gokingstonvolunteering.org.uk/

Website: <http://gokingstonvolunteering.org.uk/>

Local Council

Guildhall 2
 High Street
 Kingston upon Thames
 KT1 1EU

Tel: 020 8547 5000

Email: information@kingston.gov.uk

Website: <http://www.kingston.gov.uk/>



University of Leeds

University

Leeds Student centre

Leeds University Union
University Square
Leeds
LS2 9JZ
Tel: 0113 380 1329/1324
Email: volunteering@luu.leeds.ac.uk
Web:
<http://www.leedsuniversityunion.org.uk/volunteeringandcommunity/>

Local Volunteer Centre

Voluntary Action Leeds

Stringer House 34 Lupton
Street Hunslet
LEEDS
West Yorkshire
LS10 2QW

Tel: 0113 297 7920

Local Council

Email: info@val.org.uk
Website: www.val.org.uk

Local Homeless Shelter:

ST GEORGE'S CRYPT – THE CRYPT

Great George Street
Leeds
LS1 3BR
Tel: 0113 245 9061 (volunteering/donations)
Email: admin@stgeorgescrypt.org.uk
Web: www.stgeorgescrypt.org.uk

Local Council Leeds City Council

Civic Hall
Calverley Street
Leeds
LS1 1UR
Tel: 0113 222 4444
Email:
volunteering@val.org.uk
Web:
<http://www.leeds.gov.uk/default.aspx>

Local Blood Centre:

National Blood Service

CITY DONOR CENTRE, THE HEADROW
117 THE HEADROW
LEEDS
LS1 5JW
Tel: 0113 362 3650
National Number: 0300 123 23 23



University of Leicester

University

The Volunteering Team,
 Careers Service, 2nd floor, David Wilson Library,
 University of Leicester,
 LE1 7RH
Tel: 0116 252 5229
Email: volunteering@le.ac.uk
Web: <http://leicesterunion.com/volunteering-opportunities>
RAG: rag@le.ac.uk

Local Volunteer centre

Voluntary Action Leicester
 9 Newarke Street
 LEICESTER
 Leicestershire
 LE1 5SN
Tel: 0116 2575001
Email: helpline@valonline.org.uk
Website: www.valonline.org.uk

Local Homeless Shelter:

31-35 Lower Hastings Street
 Leicester
 LE2 7AT
Tel: 0116 225 2405/2405

Local Council

Leicester City Council
 New Walk Centre
 Customer Services Centre
 Welford Place
 Leicester
 LE1 6ZG
Tel: 0116 252 7000
Email: customerservices@leicester.gov.uk **Web:** www.leicester.gov.uk

Local Blood Centre:

National Blood Service
 DONOR CENTRE
 84 VAUGHAN WAY
 LEICESTER.
 LE1 4SJ
Tel: 0116 262 6238
 National Number: 0300 123 23 23

University of Liverpool

University

Liverpool RAG

Web: <https://www.raise2give.com/liverpool-rag/?fdorganisationid=55>

Email: liverpoolrag@gmail.com

For other volunteering opportunities visit:
<http://www.liv.ac.uk/careers/students/workexperience/volunteering.htm>

Local Volunteer Centre

Volunteer Centre Liverpool

151 Dale Street

Liverpool

L2 2AH

Telephone: 0151 237 3975

Web:

www.volunteercentreliverpool.org.uk

Email:

enquiries@volunteercentre.liverpool.org.uk

Local Homeless Shelter:

Ann Fowler House

3 Fraser Street

Liverpool

L3 8JX

Telephone: 0151 207 3815

Local Council

Liverpool City Council

Sir Thomas St Liverpool

Merseyside

L1 6BW

Telephone: 0151 233 3000

Web:

www.liverpool.gov.uk

Local Blood Centre:

National Blood Service

Unit 6, 2 Moorfields

53 Dale Street

Liverpool

L2 2BS

Telephone: 0151 4719080

London School of Economics

<p>University</p> <p>Office: Volunteer Centre @ LSE Careers Level 3, Tower 3 (TW3) London School of Economics Houghton Street London WC2A 2AZ Tel: +44 (0)20 7955 6519 Email: volunteer@lse.ac.uk</p> <p>RAG: http://www.lsesu.com/activities/rag/</p>	<p>Local Volunteer Centre</p> <p>Volunteer Centre Southwark</p> <p>Unit 215/216 Elephant and Castle Shopping Centre LONDON SE1 6TE</p> <p>Tel: 020 7703 4205 Email: info@volunteercentres.org.uk Website: www.volunteercentres.org.uk</p>
<p>Local Homeless Shelter:</p> <p>St Mungo's Griffin House, 161 Hammersmith Road, London W6 8BS</p> <p>Tel: 020 8762 5500 Email: info@mungos.org.</p>	<p>Local Council</p> <p>London Borough of Westminster P.O. Box 240 Westminster City Hall 64 Victoria Street London SW1E 6QP</p> <p>Tel: 0207 641 6000 Email: info@westminster.gov.uk Web: www.westminster.gov.uk</p>
<p>Local Blood Centre:</p> <p>National Blood Service WEST END DONOR CENTRE 26 MARGARET STREET LONDON W1W 8NB</p> <p>Tel: 020 7301 6900</p> <p>National Number: 0300 123 23 23</p>	

London South Bank University

University

Career Gym
First Floor, Student Centre
LSBU
90 London Road
London
SE1 6LN

Tel: 0207 815 6443
Email: volunteering@lsbu.ac.uk
Website: <https://my.lsbu.ac.uk/page/volunteering>

Local Volunteer Centre

Volunteer Centre Southwark
Unit 215/216,
Elephant and Castle Shopping Centre,
London SE1 6TE

Tel: 020 7703 4205
Fax: 020 7358 6198

Email: info@volunteercentres.org.uk

Website: <http://www.volunteercentres.org.uk/>

Local Homeless Shelter:

Manna Centre
6 Melior Street
London
SE1 3QP

Tel :020 7403 1931
Fax: 020 7357 9363
Email: daycentre@mannasociety.org.uk
Website: www.mannasociety.org.uk

Local Council

Southwark Council
PO BOX 64529
London
SE1P 5LX
Tel: 020 7525 5000
Email: csc@southwark.gov.uk
Web: <http://www.southwark.gov.uk/>

Local Blood Centre:

WEST END DONOR CENTRE
26 MARGARET STREET
LONDON
W1W 8NB
Tel: 020 7301 6900

National Number: 0300 123 23 23

Loughborough University

University	Local Volunteer centre
Office: 2nd floor of the Students Union Web: http://www.lufbra.net/exec/actionchair/ Email: action@lborosu.org.uk	Volunteer Centre Loughborough John Storer House Wards End LOUGHBOROUGH Leicestershire LE11 3HA
RAG: Office: 2nd floor on the SU next to the Action Office (signposted) Web: http://www.lsrag.co.uk/ Email: rag@lborosu.org.uk Tel: 01509 635 036	Tel: 01509 631 770 Website: www.voluntaryactioncharnwood.org.uk
Local Homeless Shelter:	Local Council
Charnwood Shelter Project Charnwood Shelter Project Southfield Road Loughborough Leicestershire LE11 2TS Tel: 01509 261566	Charnwood Council Council Offices Southfield Road Loughborough LE11 2TX Tel: 01509 23151 Email: customer.services@charnwoodgov.uk Web: www.charnwood.gov.uk
Local Blood Centre:	
National Blood Service DONOR CENTRE 84 VAUGHAN WAY LEICESTER. LE1 4SJ Tel: 0116 262 6238 National Number: 0300 123 23 23	

University of Manchester

University

Student Action:

Office: 2nd floor of the Students Union on Oxford Rd.
 Web:
<http://manchesterstudentsunion.com/studentaction>
 Email: action.su@manchester.ac.uk
 Tel: 0161 275 2948
info@manchesterrag.com

Local Homeless Shelter:

Shelter Greater Manchester
 Ground Floor
 Victoria House
 5 Samuel Ogden Street
 Manchester
 M1 7AX
 Tel: 0344 515 1640/0844 515 1241
 Email: manchester@shelter.org.uk
 Web: www.shelter.org.uk

Local Blood Centre:

National Blood Service
 PLYMOUTH GROVE DONOR CENTRE
 NHSBT
 MANCHESTER CENTRE
 PLYMOUTH GROVE
 MANCHESTER
 M13 9LL
 National Number: 0300 123 23 23

Local Volunteer Centre

Volunteer Centre Salford

The Old Town Hall 5 Irwell Place
 Eccles
 Greater Manchester
 M30 0FN

Tel: 0161 707 7067

Email: volunteer@salfordcvs.co.uk

Website: www.communitiesinsalford.org.uk

Local Council

Manchester City Council
 Town Hall
 Albert Square
 MANCHESTER
 M60 2LA
 Tel: 0161 234 5000
 Email: contact@manchester.gov.uk
 Web: <http://www.manchester.gov.uk/>



Medway Universities

University

Kent RAG

Tel: 01227 824200

Email: raiseandgive@kent.ac.uk

Website: <http://www.kentrag.co.uk>

Local Volunteer Centre

Hands Rochester Volunteer Centre

39 Windsor Rd

Gillingham

Kent

ME7 4PS

Tel: 01634 830371

Local Homeless Shelter:

Ashdown Medway Accommodation Trust

10 Chelmer Road

Chatham

ME4 4PB

Tel: 0800 698 1000

Website: www.amatuk.org

Local Council

Kent County Council

County Hall

Maidstone

ME14 1XQ

Tel: 03000 41 41 41

Email: county.hall@kent.gov.uk

Website: <http://www.kent.gov.uk/>

Local Blood Centre:

Gillingham, Back Of Health Centre

Medway Council Car Park

Deanwood Drive

Gillingham

Kent

ME8 9LH

National Number: 0300 123 23 23



NATIONAL HINDU
STUDENTS' FORUM (UK)

Northampton University

University

Office: John Clare B2, Park Campus and MY81,
Avenue Campus
Email: volunteers@northampton.ac.uk
Website: <http://www.northampton.ac.uk/volunteers>

Opening hours: 10am-4pm Monday-Friday

Local Volunteer centre

Volunteer Centre Northampton
15 St Giles Street
NORTHAMPTON
Northamptonshire
NN1 1JA
Tel: 01604 637 522
Email: info@northampton-volunteers.org.uk
Website: www.northampton-volunteers.org.uk

Local Homeless Shelter:

Northampton Hope Centre
Oasis House
35-37 Campbell Street
Northampton
NN1 3DS
Telephone: 0845 519 9371
Email: office@northamptonhopecentre.org.uk

Local Council

Northampton Borough Council
Northampton Borough Council
The Guildhall
St. Giles Square
Northampton
NN1 1DE
Tel: 0300 330 7000
Web: <http://www.northampton.gov.uk/>

Local Blood Centre:

National Blood Service
METHODIST CHURCH HALL
WELFORD ROAD
KINGSTHORPE
NORTHAMPTON
NORTHAMPTONSHIRE
NN2 8AE

National Number: 0300 123 23 23



NATIONAL HINDU
STUDENTS' FORUM (UK)

Northumbria University

University	Local Volunteer Centre
<p>Northumbria RAG Web: http://mynsu.northumbria.ac.uk/studentactivities/rag/ Email: su.rag@northumbria.ac.uk</p> <p>Volunteer Northumbria Web: http://mynsu.northumbria.ac.uk/studentactivities/volunteering/</p>	<p>Volunteer Centre Newcastle 11 Nelson Street Newcastle upon Tyne NE1 5AN</p> <p>Telephone: 0191 230 3833 Web: www.volunteercentrenewcastle.org.uk Email: info@volunteercentrenewcastle.org.uk</p>
Local Homeless Shelter:	Local Council
<p>Salvation Army 39 City Road Newcastle upon Tyne NE1 2BR</p> <p>Telephone: 0191 233 9150</p>	<p>Newcastle City Council Civic Centre Newcastle upon Tyne NE1 8QH</p> <p>Telephone: 0191 278 7878 Web: http://www.newcastle.gov.uk</p>
Local Blood Centre:	
<p>National Blood Service Holland Drive Newcastle upon Tyne NE2 4NQ</p> <p>Telephone: 0191 202 4405</p>	

University of Nottingham

<p>University</p> <p>Student Volunteer Centre (SVC) University of Nottingham Students Union B Floor, Portland Building University Park, Nottingham NG7 2RD Tel: 0115 846 8750 Email: volunteering@nottingham.ac.uk Web: http://www.su.nottingham.ac.uk/volunteering/</p>	<p>Local Volunteer centre</p> <p>Nottingham CVS Voluntary Action Centre, 7 Mansfield Road NOTTINGHAM Nottinghamshire NG1 3FB Tel: 0115 934 8423 Email: volunteercentre@nottinghamcvs.co.uk Website: www.nottinghamcvs.co.uk</p>
<p>Local Homeless Shelter:</p> <p>Salvation Army – Sneinton Lifehouse c/o The Gateway Housing Aid 135 Lower Parliament Street Nottingham NG1 1E Tel: 0115 950 4364 Email: gateway@nottinghamcity.gov.uk</p>	<p>Local Council</p> <p>Nottingham City Council Loxley House Station Street Nottingham NG2 3NG Tel: 0115 915 5555 Web: http://www.nottinghamcity.gov.uk/</p>
<p>Local Blood Centre:</p> <p>National Blood Service DONOR CENTRE 1 CASTLE QUAY CASTLE BOULEVARD NOTTINGHAM NG7 1FW</p> <p>National Number: 0300 123 23 23</p>	

Nottingham Trent University

<p>University</p> <p>Office: Exec Office, in the SU Shop</p> <p>Alex Head, City Volunteer Coordinator</p> <p>Email: CityLiaison@su.ntu.ac.uk</p> <p>RAG:</p> <p>Tel: (0115) 848 6211</p> <p>Email: RAG@su.ntu.ac.uk</p>	<p>Local Volunteer centre</p> <p>Nottingham CVS</p> <p>Volunteer Centre Broxtowe</p> <p>Oban House, 8 Chilwell Road, Beeston, NOTTINGHAM NG9 1EJ</p> <p><i>Tel:</i> 0115 917 8080 <i>Email:</i> lindab@vcb.org.uk</p>
<p>Local Homeless Shelter:</p> <p>Salvation Army – Sneinton Lifehouse c/o The Gateway Housing Aid 135 Lower Parliament Street Nottingham NG1 1E Tel: 0115 950 4364 Email: gateway@nottinghamcity.gov.uk</p>	<p>Local Council</p> <p>Nottingham City Council Loxley House Station Street Nottingham NG2 3NG Tel: 0115 915 5555 Web: http://www.nottinghamcity.gov.uk/</p>
<p>Local Blood Centre:</p> <p>National Blood Service DONOR CENTRE 1 CASTLE QUAY CASTLE BOULEVARD NOTTINGHAM NG7 1FW</p> <p>National Number: 0300 123 23 23</p>	

Plymouth University

University

Web: <http://www.upsu.com/volunteering/>
 General Email: volunteer@su.plymouth.ac.uk

RAG:

Email: ragplymouth@su.plymouth.ac.uk

Local Volunteer Centre

Plymouth Volunteer Service

Plymouth Guild Ernest English House Buckwell
 Street
 PLYMOUTH
 Devon
 PL1 2DA
Tel: 01752 201 766
Email: gill@plymouthguild.org.uk
Website: www.plymouthguild.org.uk

Local Homeless Shelter:

Salvation Army – Devonport House
 24 Park Avenue
 Devonport
 Plymouth
 PL1 4BA
 Tel: 01752 562170
 Web: www.salvationarmy.org.uk

Local Council

Plymouth City Council
 Plymouth,
 PL1 2AA.
 Tel: 01752 668000
Email: enquiries@plymouth.gov.uk.
Web: <http://www.plymouth.gov.uk/>

Local Blood Centre:

National Blood Service
 DONOR CENTRE
 DERRIFORD ROAD
 DERRIFORD
 PLYMOUTH
 DEVON
 PL6 8DH
 National Number: 0300 123 23 23

University of Portsmouth

Student Volunteering:

Web:

<http://www.upsu.net/activities/volunteering/>

Email: vip@upsu.net/volunteer@upsu.net

RAG:

University of Portsmouth Students' Union

Cambridge Road

Portsmouth

Hampshire

PO1 2EF

Email: rag@upsu.net

Local Volunteer centre

Nottingham CVS

Volunteer Centre Portsmouth

338 Commercial Road

PORTSMOUTH

Hampshire

PO1 4BT

Tel: 023 9288 2425

Email: Julie.Killeen@portsmouthcc.gov.uk

Website: www.community1st.org.uk

Local Homeless Shelter:

St Paul's House

87-97 St Paul's Road

Southsea

PO5 4A

Tel: 023 9282 5673

Email: stpaulsstaff@yahoo.co.uk

Local Council

Portsmouth City Council

Floor 2, Civic Offices,

Guildhall square, Portsmouth

PO1 2BG

Tel: 023 9282 2251

Email: cityhelpdesk@portsmouthcc.gov.uk

Local Blood Centre:

National Blood Service

ST SWITHUN'S CHURCH

105 WAVERLEY ROAD

SOUTHSEA

HANTS

PO5 2PL

National Number: 0300 123 23 23



NATIONAL HINDU
STUDENTS' FORUM (UK)

Queen Mary University of London

Provide Volunteering:

Office: Students' Union Blomeley Centre, at Queen Mary, University of London's Mile End campus.

Tel: 0207 882 8046

Email: enquiries@providevolunteering.org

Web:

<http://www.careers.qmul.ac.uk/workexperience/items/100934.html>

RAG:

Email: QueenMaryRAG@gmail.com

Local Volunteer Centre

Volunteer Centre Tower Hamlets

45 - 55 Commercial Street

London

E1 6BD

Tel: 020 7377 0956

Email: info@vcth.org.uk

Website: www.vcth.org.uk

Local Homeless Shelter:

Salvation Army – Booth House Social Centre

153-175 Whitechapel Road

London

E1 1DN

Tel: 020 7392 9490

Email: booth.house@salvationarmy.org.uk

Web: www.salvationarmy.org.uk/boothhouse

Local Council

Tower Hamlets Council

Tower Hamlets Council

Town Hall

Mulberry Place

5 Clove Crescent

E14 2BG

Tel: 020 7364 5020

Web:

<http://www.towerhamlets.gov.uk/>

Local Blood Centre:

National Blood Service

West End Donor Centre

26 Margaret Street

London

W1W 8NB

Phone: 020 7301 6900

University of Reading

<p>University</p> <p>Email: Societies and Volunteering Coordinator volunteer@reading.ac.uk</p> <p>RAG: Email: info@readingrag.org</p>	<p>Local Volunteer centre</p> <p>Volunteer Centre Reading 8 Cross Street READING Berkshire RG1 1SN Tel: 0118 957 4123</p> <p>Email: advice@volunteercentrereading.org Website: www.volunteercentrereading.org</p>
<p>Local Homeless Shelter:</p> <p>Salvation Army – Willow House Willow Street Reading RG1 6AB</p> <p>Tel: 0118 959 0681</p>	<p>Local Council</p> <p>Reading Borough Council Reading Borough Council Civic Centre Reading RG1 7AE Tel: 0118 937 3737 Web: https://secureforms.reading.gov.uk/</p>
<p>Local Blood Centre:</p> <p>National Blood Service THE OAKWOOD CENTRE HEADLEY ROAD WOODLEY READING BERKS RG5 4JZ National Number: 0300 123 23 23</p>	

University of Roehampton

University

Roehampton RAG

Web: www.justgiving.com/RoehamptonRAG

Volunteering

Web:

www.roehamptonstudent.com/content/757333/volunteering/

Local Volunteer Centre

Hammersmith & Fulham Volunteer Centre
148 King Street
Hammersmith
London
W6 0 QU

Telephone: 020 8741 9876

Web: www.hfvc.org.uk

Email: enquiries@hfvc.org.uk

Local Homeless Shelter:

SPEAR
Grove Road
Richmond
TW10 6HP

Telephone: 020 7036 9764

Web: www.spearlondon.org/our-services/young-peoples-hostel/

Email: volunteer@spearlondon.org

Local Council

Wandsworth Council
The Town Hall
Wandsworth High Street
London
SW18 2PU

Telephone: 020 8871 6000

Web: www.wandsworth.gov.uk

Local Blood Centre:

Dryburgh Hall, Putney Leisure Centre
Dryburgh Road
Putney
London
SW15 1BL

National Number: 0300 123 23 23

Royal Holloway University of London

University

Royal Holloway RAG

University of London,
Egham,
Surrey

Tel: 01784430005

Email: ragchair@su.rhul.ac.uk

Website: <https://www.raise2give.com/>

Local Volunteer Centre

Mencap

9-10 Jutland Place
Egham
TW20 8ET
Tel: 01784 436647
Website: <http://www.mencap.org.uk/>

Local Homeless Shelter:

Shelter

54A High Street
Egham
Surrey
TW20 9EX
Website: <http://england.shelter.org.uk/>

Local Council

Runnymede Borough Council
Runnymede Civic Centre
Station Road
Addlestone
Surrey
KT15 2AH

Tel: 01932 838383

Email: general.enquiries@runnymede.gov.uk

Local Blood Centre:

Egham Hill
Royal Holloway University,
Egham Hill
Egham
Surrey
TW20 0EX
National Number: 0300 123 23 23

University of Sheffield

Sheffield Volunteering:

Tel: 0114 222 28530
 Email: volunteering@shef.ac.uk
 Web: <http://www.shef.ac.uk/union/get-involved/volunteering/>

RAG:

Email: rag@sheffield.ac.uk

Local Volunteer centre

Volunteer Centre Sheffield
 The Circle, 33 Rockingham Lane
 SHEFFIELD
 South Yorkshire
 S1 4FW

Tel: 0114 253 6649

Email: vc@vas.org.uk

Website: www.sheffieldvolunteercentre.org.uk/

Local Homeless Shelter:

St Wilfrid's Centre
 524 Queen's Road
 Sheffield
 S2 4DT
 Tel: 011 2555 720
 Email: support@wilfridscentre.org
 Web: <http://www.stwilfridscentre.org/>

Local Council

Sheffield City Council
 Town Hall
 Pinstone Street
 Sheffield
 S1 2HH
 Tel: (0114) 273 4567
 Web: www.sheffield.gov.uk
 Email: [firstpoint@sheffield.gov.uk.](mailto:firstpoint@sheffield.gov.uk)

Local Blood Centre:

National Blood Service
 DONOR CENTRE
 CATHEDRAL COURT
 CHURCH STREET
 SHEFFIELD
 S1 2GN

National Number: 0300 123 23 23

SOAS University of London

University

SOAS Volunteering Pledge

Thornhaugh Street
Russell Square
London
WC1H 0XG
United Kingdom

Telephone: 020 7898 4115

E-mail: volunteering@soas.ac.uk

Local Volunteer Centre

Volunteer Centre Hackney
Unit 13
Springfield House
5 Tyssen Street
London
E8 2LY

Tel: 020 7241 4443
Fax: 020 7241 0043

Website: <http://vchackney.org/contact/>

Local Homeless Shelter:

St Mungo's Broadway
2-3 Birkenhead Street
Camden
WC1H 8BA

Tel: 020 7841 7140
Email: info@mungosbroadway.org.uk.
Website: www.mungosbroadway.org.uk/

Local Council

Camden Reception
5 Pancras Square
London
N1C 4AG

Tel: 0207 974 4444
Website: www.camden.gov.uk

Local Blood Centre:

London, West End Donor Centre
26 Margaret Street
London
W1W 8NB

National Number: 0300 123 23 23

University of Southampton

University	Local Volunteer Centre
<p>Southampton RAG Web: www.susu.org/rag</p> <p>Community Volunteering Web: www.southampton.ac.uk/careers/volunteering/ Email: volunteering@southampton.ac.uk</p>	<p>Southampton Voluntary Services St Marys Street Southampton Hampshire SO14 1NW</p> <p>Telephone: 023 80228291 Web: www.southamptonvs.org.uk Email: volunteer@southamptonvs.org.uk</p>
Local Homeless Shelter:	Local Council
<p>Patrick House, 361 Millbrook Road Southampton Hampshire SO15 0HW</p> <p>Telephone: 023 8078 1721 Web: www.twosaints.org.uk Email: helena.kurczynska@twosaints.org.uk</p>	<p>Southampton City Council Civic Centre Southampton Hampshire SO14 7LY</p> <p>Telephone: 023 8083 3000 Web: www.southampton.gov.uk</p>
Local Blood Centre:	
<p>National Blood Service Coxford Road Southampton Hampshire SO16 5AF Telephone: 023 8035 6708</p>	

St Georges University London

University

St George's RAG
Web: www.justgiving.com/StGeorgesRag

Local Volunteer Centre

Volunteer Centre Merton
The Vestry Hall
London Road
Mitcham
CR4 3UD

Telephone: 020 8640 7355
Web: www.volunteercentremerton.org.uk
Email: info@volunteercentremerton.org.uk

Local Homeless Shelter:

The Spires Centre
St Leonard's Church Hall
8 Tooting Bec Gardens
London
SW16 1RB

Telephone: 020 8696 0943
Web: www.spikes.org.uk
Email: info@spikes.org.uk

Local Council

Wandsworth Council
The Town Hall
Wandsworth High Street
London
SW18 2PU

Telephone: 020 8871 6000
Web: www.wandsworth.gov.uk

Local Blood Centre:

National Blood Service
75 Cranmer Terrace
Tooting
London
SW17 0RB

Telephone: 0203 123 8368

National Number: 0300 123 23 23

University of Warwick

Warwick Volunteering:

Office: Warwick Volunteers Office, Level One,
SUHQ
Tel: 024 7657 2763
Email: volunteers@warwick.ac.uk
Web:
<http://www2.warwick.ac.uk/about/community/volunteers>
RAG:
Email: rag@warwicksu.com

Local Volunteer centre

Volunteer Centre Coventry
26 City Arcade
COVENTRY
West Midlands
CV1 3HW
Tel: 02476 220 381
Email: info@vacoventry.org.uk
Website: www.vacoventry.org.uk

Local Homeless Shelter:

Homeless International
Queens House
16 Queens Road
Coventry
CV1 3EG
Tel: +44 (0)24 7663 2802
Email: info@homeless-international.org

Local Council

Coventry City Council
Earl Street
Coventry
CV1 5RR
Tel: 0500 834 333
Web: <http://www.coventry.gov.uk/>
Email: coventrydirect@coventry.gov.uk

Local Blood Centre:

National Blood Service
THE CENTRAL HALL
WARWICK LANE
COVENTRY
WEST MIDLANDS
CV1 2HA

National Number: 0300 123 23 23



NATIONAL HINDU
STUDENTS' FORUM (UK)

University of West England

University:

Office: Community and Representation Office,
 Students' Union, 5th Floor, Frenchay Campus
 Tel: 0117 32 81665.
 Email: volunteers@uwe.ac.uk
 Web:
<http://www.uwesu.org/activities/volunteer>

Local Volunteer Centre

Patchway Filton & the Stokes Volunteer Centre

The Hub, Rodway Road, Patchway,
 BRISTOL
 South Gloucestershire
 BS34 5PE

Email: corrina@volunteercentre-pfs.org.uk

Local Homeless Shelter:

The Julian Trust Ltd
 Julian House, Little Bishop,
 St Pauls
 Bristol
 BS2 9JF
 Tel: 0117 924 4604
 Email: volunteers@juliantrust.org.uk
 Web:
<http://www.juliantrust.org.uk/volunteers/>

Local Council

South Gloucestershire Council
 Thornbury One Stop Shop (offices)
 Castle Street,
 Thornbury
 BS35 1HF
 Tel: 01454 868009
 Web: <http://www.southglos.gov.uk/>

Email:
CorporateContactCentre@southglos.gov.uk

Local Blood Centre:

National Blood Service
 SOUTHMEAD
 DONOR CENTRE
 SOUTHMEAD ROAD
 BRISTOL
 BS10 5LX
 National Number: 0300 123 23 23

University of Westminster

UWSU Volunteering:

UWSU Volunteering

This is a new project in conjunction with the council and local volunteer centre, so it is not completely underway.

Email: volunteering@uwsu.com

Local Volunteer Centre

Volunteer Centre Westminster

55 Praed Street,
LONDON
London
W2 1NR

Tel: 020 7402 8076

Email: info@volunteercentrewestminster.org.uk

Website: www.volunteer.co.uk

Local Homeless Shelter:

Centrepoint – Berwick Street

25 Berwick Street
London
W1F 8RF

Tel: 020 7423 6839

Email: berwickst@centrepoint.org

Web: www.centrepoint.org.uk

Local Council

Westminster Council

P.O Box 240
64 Victoria Street
London
SW1E 6QP

Tel: 0207 641 6000

Web: <http://transact.westminster.gov.uk/>

Local Blood Centre:

National Blood Service
WEST END DONOR CENTRE
26 MARGARET STREET
LONDON
W1W 8N

National Number: 0300 123 23 23



NATIONAL HINDU
STUDENTS' FORUM (UK)

University of York

University

York University Students Union (YUSU)
 The Student Centre
 James College
 Newton Way
 Heslington
 Tel: 01904 32 3724
 Email: volunteering@yusu.org
 Web:
<http://www.yusu.org/activities/volunteering>

Local Volunteer Centre

York CVS
 Priory Street Centre,
 15 Priory Street,
 York,
 North Yorkshire,
 YO1 6ET
 Telephone: 01904 621133
 Email: clare.shepherd@yorkcvs.org.uk
 Web: www.volunteeringyork.org.uk

Local Homeless Shelter:

York Arc Light
 Arc Light, Union Terrace,
 York
 YO31 7ES.
 Tel: 01904 630 500
 Email: talk@york-arclight.co.uk
 Web: <http://www.york-arclight.co.uk/>

Local Council

City of York Council
 West Offices
 Station Rise
 York
 YO1 6GA
 Tel: (01904) 551550
 Email: ycc@york.gov.uk
 Web: <http://www.york.gov.uk/>

Local Blood Centre:

National Blood Service
 (No official centre - however blood can be donated at various times at different centres/locations)
 See Website for information (updated regularly):
<http://www.york.angle.uk.com/info/donateblood.cgi>