

Volunteer for Theodora Children's Charity



About us: At Theodora Children's Charity we believe that laughter is the best medicine. We send trained performers known as Giggle Doctors to improve the wellbeing of children in hospitals, hospices and specialist care centres. By combining music, play, magic and storytelling these professional performers bring magical moments to brave children in challenging times.

Volunteer: We'd love you support our work by volunteering your time and skills and can offer a variety of individual and team volunteering opportunities. To find out more about the opportunities listed, please get in touch by e-mailing lindsay.roche@theodora.org

Name	Theodora Apprentice Challenge
Time commitment	Half or full day
Type	Team volunteering opportunity – one off
Date	Flexible – can be organised all year round
Location	Hosted at your office
Required	Minimum of 3 teams of four (maximum of ten) to compete against each-other, a meeting room/s for the duration of the challenge and a senior/team leader to sit on the panel and be 'Alan Sugar'.
Details	<p>The task is to source prizes to auction and raffle at a fundraising event*.</p> <p>The challenge has been designed to put your teamwork, project management, communication and presentation skills to the test, whilst also having fun and supporting a great cause. You'll need to be creative and think about who you know and how you'll persuade these people/businesses to donate items or experiences for the charity. Finally, you'll need to pitch your ideas to the panel to be crowned the winning team!</p> <p>You will be split into teams of four and will need to work together to:</p> <ul style="list-style-type: none"> *identify your warm contacts and networks * think creatively and write your pitch * source products/experiences * pitch to a panel of judges. <p>The judges will decide who wins the challenge and the decision will be based on value, originality and team work</p> <p>We'll start the day with some ice-breakers and then we'll introduce you to Theodora Children's Charity, with time for questions, so that you feel confident talking about our work. You'll then have time to brainstorm your ideas, work out what strengths you have in your team and organise yourselves. You can then use the remaining 2 hours to source the items and prepare your 2-minute pitch.</p> <p>*This could either be a Theodora event or act as another volunteering opportunity – organise a fundraising event to auction your prizes.</p>
Further information	The prizes sourced will be auctioned or raffled to raise money for Theodora Children's Charity

December

Name	Carol singing
Date	December
Type	Team volunteering opportunity – one off
Time of year	December
Location	A train station near you!
How to apply	Email alice.barley@theodora.org before the end of September to let us know which train station you would like to carol sing at.
Details	<p>Dust off your Santa hats and release your inner Mariah Carey with a group singalong this December. It is a great opportunity for team bonding and to spread some festive cheer. You can even take a portable speaker along with all your favourite Christmas tunes.</p> <p>Carol singers do need to get permission from stations in advance, so just get in touch with Alice before the end of September to let us know which station you would like to sing at and we can apply on your behalf. We can also provide you with collection buckets and t-shirts.</p>
Name	Christmas present wrapping
Date	December
Time commitment	1 – 2 hours. Can be hosted over lunch time or in the afternoon
Type	Team or individual volunteering opportunity
Location	Hosted at your office
Details	<p>Host a lunchtime drop in session and volunteer to wrap your colleagues Christmas presents that they've had delivered to the office in return for a donation.</p> <p>Alternatively host it in the afternoon and get everyone together with mince pies and mulled wine and use it as an opportunity to get your team together for a good cause. Let us know if you'd like a member of the Theodora team to attend to help wrap and also talk about our work.</p>

On going

Name	Skill support – design
Date	Ongoing – throughout the year
Type	Individual
Details	As a small charity, we often need support with designing fundraising or communication materials.
Name	Training support – Presentation skills
Date	Flexible– one off training required
Type	Individual
Details	Sometimes we'll ask our Giggle Doctors to speak at an event to talk about their role. We'd love to provide them with some training to boost their public speaking skills and confidence.

Events

Name	Superhero Run 2019
Date	Weekend in May – Date TBC
Details	Unleash your inner warrior in May!

Sponsorship	£100
How to apply	E-mail Lindsay.roche@theodora.org for an application form
Name	Ride London 2019
Date	Sunday 4 th August 2019
	Put your legs to the test in this 100 mile bike ride as you (plus friends) follow the 2012 Olympic route. Perfect for keen cyclists or competitive friends.
Sponsorship	£300
How to apply	E-mail Lindsay.roche@theodora.org for an application form