



# REGENERATE



# VOLUNTEER PACK

# ABOUT REGENERATE



Creating opportunities for young people to thrive.

Regenerate was established in 2000, and over the past 25 years have built foundations within communities of Roehampton, Putney and Wandsworth. We inspire and support young people by building strong relationships and creating life changing opportunities, helping them grow in confidence, make the best of their lives, and impact the world for good.

Across our 3 services, we work with young people aged 10-24 who experience challenges such as mental health issues, trauma, exposure to crime or violence, marginalisation discrimination and criminalisation, or are at risk of becoming NEET (Not in Education, Employment or Training).

We help young people uncover their potential and nurture their future aspirations by facilitating person-centred services, which are young person led and support them to take ownership over programme content.



\*Percentage of young people we worked with who showed improvement in the measured outcome

# HOW CAN YOU HELP?

We are really excited that you're interested in a volunteering opportunity at Regenerate!

Volunteering is a really exciting opportunity for you to do something new and challenge yourself, connect with your friends and community, and also be a part of our important local cause.

Whether you have time every week to give, or just want to help with a one off event, this pack outlines all the current opportunities we have available, and how you can get involved:

- 1.1 - Organise a fundraising event
- 1.2 - Come Dine With Us
- 2 - Become an Ambassador
- 3 - Fundraising Challenges
- 4 - Supporters club



# ORGANISE A FUNDRAISING EVENT

Organising a fundraising is an exciting way to get your friends and network together to enjoy time together in support of an important local cause!

■ **Design a fundraising event for your network and bring together your local community**

■ **Expand support for Regenerate and awareness about our cause**

■ **Gain an understanding of how our work makes a difference to society in the long term.**

■ **Join members of the Regenerate team for updates on our work, and support in planning your event**

■ **Expand support for Regenerate**

Expand support for Regenerate by have Andy and some representatives from Regenerate at your event to share more about what we do and get to know each other.

'Come Dine With Us' is one of our most popular fundraising and community building events and you can find out more information on what this is on the next page.

However, you may also have your own idea that you want to pull off – it could be a quiz or games night, a summer garden party/bbq or anything else you can dream up!

While you will be taking on the logistics of your event, we will of course be on hand to support throughout the process, provide information and promotion materials. If you'd like to organise an event, email [aimee@regenerate-london.org](mailto:aimee@regenerate-london.org).

If this is an interest you'd like to commit more time to, our volunteer events team has openings periodically and would love to hear from you!

Email [aimee@regenerate-london.org](mailto:aimee@regenerate-london.org) for more information on openings, and become part of the brains behind our events fundraising.

# ABOUT COME DINE WITH US

Come Dine With Us (CDWU) is always a wonderful evening - great fun, great food and an amazing way to get the local community together and introduce them to this local charity.

Hosts always love the excitement of welcoming new people into their homes, getting to know their neighbours and also having a chance to get their own friends together for a catch up and some wine.

The evening starts with a drinks reception at a central location. Guests are then allocated a random house to head to for their main course. Once the main course is completed the guests then head for the home of the host who invited them for dessert to finish.

We have annual Come Dine With Us events in Barnes and Wimbledon, and have also done one in Fulham in 2025. We would

## **The Role:**

Firstly, you will need to find 4-6 hosts who live within approximately 10-15 minutes walk from you. We will provide you with a briefing document which you can give to your hosts to explain what the event is.

The big task of the hosts is the cooking of the 2 courses – one main and one dessert. Inevitably there will be some dietary requirements, and we will provide a google questionnaire to establish these.

They will also need to invite 6-8 people to the event. We usually also ask that one or two Representatives of Regenerate can join in addition to this if you have the

We usually ask for a donation of £50 from guests for their ticket and all the proceeds go directly towards Regenerate services. Each £50 will fund 2 mentoring sessions for young people in the local community – helping them grow in confidence, self-management, ability to plan, and so much more.

We will provide a JustGiving page to collect ticket donations, and can lead on following up with guests for payment, however your aid in chasing the guests you've invited if needed is greatly appreciated!

# BECOME AN AMBASSADOR

Adopt Regenerate as your charity for the year and help us raise awareness and funding to support young people.



■ **Share about our work and impact through your network and spheres of influence, identifying people you know who might like to help**

■ **Use your social media to reshare online content**

■ **Understand how our work makes a difference to society in the long term**

■ **Join the Regenerate team for regular updates, strategy planning and behind-the-scenes connections**

■ **Join regular volunteer gatherings to hear feedback about the work and be inspired**

## Role Overview:

Being a Regenerate Ambassador means joining our team for a year, and being an advocate for our cause. This is an exciting role for someone with time, experience and knowledge to share, and a passion for creating opportunities to thrive.

You will meet regularly with members of our senior leadership team to be updated on what we're up to, and put together an action plan for your time with us.

You will also be given promotion materials, and arrange meetings with both your own network as well as ours, to share with them about Regenerate, and how they can support.

As part of this role you may also attend fundraising events as a representative of Regenerate, or volunteer a helping hand at other community initiatives such as our community block parties.

If you're interested in finding out more, email [clare@regenerate-london.org](mailto:clare@regenerate-london.org)

# FUNDRAISING CHALLENGES

## CHOOSE YOUR OWN ADVENTURE AND BECOME A REGENERATE CHALLENGER:

We are looking for brave individuals to challenge themselves and get sponsored to raise money for Regenerate.

A challenge looks different for anyone, it could be a run, a cycle, a swim or even a skydive! We're leaving it up to you to choose your own adventure and do something amazing for both yourself and the community:

- Share about our work and impact through your network, social media and spheres of influence.
- Identify people you know who might like to support you in your challenge as well as our work.
- Join volunteer and challenger gatherings to hear feedback about the work and be inspired.

## JOIN A TEAM FROM REGENERATE ON THE ADVENTURE OF A LIFETIME:

Our annual and infamous Regenerate journeys were born out of our adventurous values, and are a hugely important part of awareness building and fundraising.

You may have heard of our crazy cycle trips such as Rome to Home or London to Africa, or huge treks such as the 21 Peaks challenge.

If you would like to:

- Support with the planning of the trip
- Organise and take part in training days to prepare for the trip
- Engage your network to gain support
- Share about our work and impact through your network, social media and spheres of influence.
- Gain an understanding of how our work makes a difference to society in the long term.

Send an email to [andy@regenerate-london.org](mailto:andy@regenerate-london.org) to enquire about our next trip!



# Not got the time but want to help? Join our Supporters Club!



By giving monthly to Regenerate, you are doing something amazing by helping local young people your local community to thrive.

By becoming a regular giver, you will become a part of our Regenerate supporter's club!

You will receive exclusive updates, first access to trips and events

Opportunity to meet with the CEO regularly for a catch-up about what's going on at Regenerate on a deeper level.

You will be invited to our supporters' events every quarter to hear more about what we've been up to over a glass of wine at our Feel Good coffee house.

[Find out more / Join now](#)

**£10**  
a month

Pays for a training course for a young person to up-skill themselves

**£25**  
a month

Sponsors a mentee for their full mentoring journey

**£68**  
a month

provides a year of professional coaching for a Feel Good Team Member



We're so excited to be embarking on this journey with you!

If you'd like any more information or want to get involved, get in touch!

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Tel: 02031959607

**REGENERATE**

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