

Further information

<i>Volunteer activity</i>	1:1 work with disabled children at our weekly sports sessions in Tufnell Park (KEEN)
<i>What I do</i>	Becoming a KEEN London volunteer is easy, rewarding, very worthwhile and above all great fun! Each volunteer is assigned one athlete for a session. As a coach, your role is to enable your athlete to take part in the activities to the best of his or her abilities—and to have a great time! No previous experience or sporting ability is needed, just an enthusiasm to get involved. We are also looking for new trustees and would welcome help with marketing, fundraising and partnership development.
<i>Time commitment</i>	KEEN meets on Sundays during term times in Tufnell Park The sessions last from 11am to 1pm although occasionally special activities take place later on Sunday afternoons. Induction sessions are held frequently, either before a weekly Sunday session or on a weekday evening at our Islington office. Additional trainings are held on weekday evenings at the KEEN office in Islington. You do not need to make a regular time commitment at KEEN—we only ask for a minimum of three sessions each term. As a trustee, you would meet four times a year. Trustees tend to take on responsibility for a particular area and do some additional work in these areas so time commitment varies but we work around what you can offer. If you do would rather help us with a particular area such as fundraising, marketing, PR or partnership development we would also be very interested in talking to you.
<i>Why I do it</i>	<p>You will gain an immense amount as a volunteer with KEEN. Not only will you be helping this wonderful group of children, but you will learn new skills and gain some new experiences. We offer full training and support, and a range of additional education sessions, including autism awareness, behaviour management, session leading and accredited training in MAKATON (a sign language used by many children with special needs). KEEN Volunteers have won awards for their volunteering and KEEN London has been recognised by the <i>Higher Education Volunteering Awards</i>.</p> <p>A few quotes from Volunteers:</p> <p><i>“I just love doing KEEN, it’s not something I do because I feel I should, it’s something I do because I have a great time. And it’s good to realise people’s lives go on whatever you are doing—there are these kids... and your essay is not a big deal at all, really” – Kate</i></p> <p><i>“I’ve had such a good laugh with the kids. they put such effort and enthusiasm into everything: KEEN really puts back your faith in humanity” – Jennifer</i></p> <p><i>“There is not much I’ve done that comes close to KEEN in terms of fun and enjoyment” – Abdul</i></p>
<i>Downsides</i>	Working with a small charity is great as every penny goes into it – but there isn’t a huge amount of resource behind it – so you get totally involved!
<i>What to do next</i>	It’s easy to find out more about just go our website http://www.keenlondon.org/volunteers.html