

Award winning ethical, responsible, sustainable volunteer travel



Winter newsletter 2016

Editorial



Well that`s another year nearly over and what a year!
Maybe one some of us will be glad to see the back of and move onto better things!

Personally it has been a challenging year, after surviving a heart attack I have, as you might understand, been thinking a lot about my own mortality, I have a lot to be thankful for and near the top of my list is the opportunity to volunteer and work with some amazing and inspirational people who I have met through *people and places*.
When I first arrived in the South African village of Mapoch in August 2007 I could never have imagined the journey volunteering would take me on, I have learnt a lot, travelled to some amazing countries and worked with some inspirational people, so here`s to 2017 and the opportunity to see what great things *people and places*, it`s volunteers and partners can achieve.

“Season`s greetings to all of our partners and volunteers and best wishes from Kate, Sallie, Dianne and Nigel.”

Nigel Pegler

Any comments and volunteer experiences welcome at newsletter@travel-peopleandplaces.co.uk

new projects in Cambodia

New projects in Cambodia are on [our website](#). Take a look and see which project interests you in volunteering here.

Siem Reap, with its close proximity to the World Heritage temples at Angkor Wat, is a popular destination for volunteers. The projects we currently support there are two community centres, both doing fantastic work at providing education, training and community support for some of the poorest villages around Siem Reap. They provide worthwhile and enjoyable placements for volunteers who have the expertise to support teachers and childcare workers. However not all volunteers want to work with children or have the required skills and experience to do so! So we have now added projects focused on business and on health and social care to our portfolio in Cambodia.



For those of you with [business skills](#) - whether that be sales and marketing, web design, creation of promotional materials, product design, fundraising, conducting customer surveys, or business and financial planning - you might be just the person to help the **Khmer for Khmer Organisation (KKO)**, a small locally-run NGO based in Siem Reap. I met the people running KKO during my visit to Cambodia this summer and was impressed both by their aim to make their business self-sustainable rather than depending on funding from tourists, and by their thoughtful and open approach in considering what support they might need from volunteers to fill skills-gaps in their own expertise.

KKO's stated goal is *'to help Cambodia return to those more prosperous times of quality education, jobs with liveable wages and communities where people participate in decision-making and development'*. With most jobs in Siem Reap going to those with good language skills, KKO run free educational and vocational training programmes for children and young people designed to give them a head start in the job market.

Programmes currently run by KKO are:

- An English language programme for young adults, teaching 270 students daily, in the realisation that the need to speak and understand fluent English is a prerequisite for those hoping to find work in the tourist industry.
- A computer training programme for 12 students, providing them with a level of training which exceeds the basic entry level of computer skills required in most jobs.
- Motorbike mechanic training, which provides four young people a year with the necessary skills to maintain and repair motorbikes, the most commonly used means of transport in Cambodia.
- Sewing training, which provides intensive training for 12 students a year, enabling them to find work in the textile industry or to start up their own businesses.



To help them towards their goal of self-sustainability, KKO runs two enterprises under the label 'off track'. 'Off track accessories' is a newly-opened shop in the heart of Siem Reap's tourist zone producing and selling unique handmade products. It is expected that this shop will generate profits to support KKO's budget as well as generate employment for some graduates of the sewing programme. 'Off track tours' offers unique bicycle, trekking and motorbike tours to the temples and the countryside around Siem Reap. These tours have become so successful that they already generate enough money to cover about 35% of KKO's running costs.

The support KKO have requested from volunteers is in the broad areas of sales and marketing, business planning and fundraising. They are looking to widen their portfolio of 'off track' enterprises in order to move closer to their goal of self-sustainability without in any way diluting the quality of the educational and vocational training packages they provide. It would be great if we could send them some volunteers with the skills to help them achieve these goals.

For those of you with experience in the broad field of [health and social care](#), we have added a number of possible opportunities for you to consider. Although there are many skilled professional healthcare workers in Cambodia and some good healthcare facilities, basic understanding of healthcare is at a generally low level, especially in the rural areas. Many people live in villages where there is no piped water supply. Water comes from community wells and has to be boiled or run through filters until it is safe to drink, but 30% of families don't have water filters. Many villages have no sewage system. In these circumstances it is difficult to maintain the levels of hygiene we would consider essential. In addition, due to Cambodia's turbulent political history, levels of education are generally low. Most children now attend school but this was not so for their parents' generation, so many people are simply unaware of issues such as good nutrition. [Treak Community Centre](#), where we already send volunteers, is keen to expand their programme of community education and would welcome volunteer support to help them prepare resources and plan workshops for people in their village to help improve basic health and hygiene and teach basic first aid and nutrition. If you are a healthcare professional you will understand how important it is to make sure people understand the basics, and you will know what a massive difference a little knowledge could make to people's lives.



Due to high levels of poverty in the countryside, many families move into Siem Reap in the hope of finding more ways to make a living. Many have ended up living on the streets, begging for money and food in order to survive. Families living in this desperate situation are at huge risk of losing their children into institutional care, and many women have ended up working in the sex industry just to make enough money to survive.

Our partners in Cambodia support a project called Green Gecko working with families who are looking for alternatives to this way of living. The project began by working with street children and is now expanding to work with their families, helping them to stay together and to improve their standard of living through long-term health, education and training initiatives. They are looking for volunteer support to organise and run social and health workshops, as well as courses in art or other therapies. In addition, this project has recently opened the **Purple Mango Wellness Centre** where they offer alternative therapies such as reiki and reflexology. Volunteer practitioners offer individual treatments to those who can afford to pay, with the money going towards the costs of running the project. However more importantly they also provide teaching and training to members of the families supported by this project and to others in the local community, either enhancing their existing skills or introducing them to a new skill which could provide them with the means to earn a living. If you have expertise in any form of alternative therapy which you could teach to local people as well as offering treatments to paying customers, this project could certainly use your skills. You would be helping people who have lived in the most desperate of situations to work towards an alternative way of earning a living in the future.

There are also opportunities for volunteers skilled in more traditional therapies such as physiotherapy, speech therapy or occupational therapy. If this is your specialism you could work at Purple Mango offering training to local people as detailed above, or you could work at [Grace House](#), the community centre we have supported for some time now. Grace House now has a small section providing respite and transitional care for children with physical disabilities, as well as an educational and therapies-based day centre for children with special needs. They too would welcome support from physiotherapists, speech therapists and occupational therapists to help provide specialist training in these areas.

And finally, if you are a qualified and registered doctor or dentist, we now have a possible project where we can place you. The **Lake Clinic** cares for the health of people living around or on the Tonle Sap Lake. There are sixty floating villages of varying sizes on the lake. The vast majority of these are impoverished groups of people whose income is often no more than 40 cents a day. Their diet is protein-rich – exclusively rice and fish – but lacking in fruit and vegetables, which are expensive and difficult to obtain, and many villagers have no awareness of the benefits of eating these foods.

These people have only had variable or non-existent access to basic medical care as they live far from dry land in the rainy season and have not been associated with any government health centres. Since 2008 the Lake Clinic has been sending medical teams to these remote areas by boat. Each boat carries a team of doctors, dentists, nurses and midwives who go to the floating clinics on a weekly basis, providing diagnosis, midwifery, immunization, oral health and health education. Each trip lasts three days and living conditions during the course of the trip are very basic. Appropriately qualified volunteers (doctors and dentists only) do join the teams if there is a vacancy for someone of their specialism; if you feel this is the type of volunteering you could do you would stand more chance of getting a place if you could be flexible with your dates.



So if you feel you have the skills and experience to make a worthwhile contribution to any of these projects, do please get in touch with us. As you can see, we can accommodate people with a range of skills and experiences, and on all these projects you would be working alongside local people who are working really hard to improve the standard of living for the poorest people in this very welcoming country.

school sixth forms or colleges - do you have links ?

I am hoping some of you can help me. I have started going into schools to give talks to sixth form students about how to choose good volunteering projects for their gap year or student travels. There are many good and worthwhile projects to choose from (including those offered by *people and places* of course!) but there are also many pitfalls to avoid, and most students are unaware that volunteering opportunities that sound great may be very different in reality. My talk involves getting students to think critically about different types of volunteering experiences, looking for possible pitfalls and working out what questions they should ask to avoid them. I want to encourage them to volunteer, not put them off, so we also consider what good and worthwhile volunteering experiences might look like. The aim is to give students questions to ask so that any volunteering they do is of value not only to themselves but also to the projects where they work.



The schools I have gone into so far have all been very appreciative of the talks I have given – some of their feedback comments are given below. However I am finding that I can only easily get into schools where I have a personal connection . . . and I've now run out of schools to go to! I believe these are important issues that all students should be aware of and I would like to get into more schools to spread the message. So I am wondering whether any of you would be able to introduce me to schools or colleges where you have connections. I am willing to travel to schools and colleges in the UK to give the talk for free – it lasts an hour and fits most easily into a school's general studies or critical thinking programme.

If you are able to help please email me – dianne@travel-peopleandplaces.co.uk. Thank you for your help. [Here's a flyer for my presentation](#)

VOLUNTEERING ABROAD

HOW TO HAVE A GREAT TIME, MAKE A USEFUL CONTRIBUTION
AND
AVOID GETTING RIPPED OFF

A free presentation by Dianne Ashman
volunteer programme advisor - *people and places*

Want to learn more?
contact

dianne@travel-peopleandplaces.co.uk

'Dianne's talk was fascinating. It offered a very complete picture of the highs (and lows!) of volunteering abroad, with a sting in the tale which was revelatory for the Sixth Form audience. Dianne was very frank about the pitfalls that are all too easy to fall into – dodgy orphanages and unscrupulous charity packages that rob both volunteers and the communities - and she also outlined how to recognise good volunteering experiences that are beneficial to both sides. The talk encouraged students to be critical and reflective. Recommended.' (Head of Sixth Form)

'The talk was helpful. The talk alerted me to things I didn't know before. I had no idea that some situations can be fabricated for the 'benefit' of volunteers. It was shocking but incredibly useful.' (Eliza, year 13 student)

'The talk was very interesting. It really helped me see how good gap year volunteering could be for me and for the country I went to IF I prepared and thought about what the country needed and what I could do best.' (Simon, year 13 student)

'Although I'm not interested in volunteering at this stage, I now realise how careful you have to be. It's too easy to be tricked into thinking that what you're seeing is the real thing. A gap year like this is expensive. I'd want to make sure my money is going into something useful.' (Bethan, year 13 student)

international friends - and a lunch party !

WOW - each year, the [World Travel Market](#) offers fabulous opportunities for us to meet up with partners, colleagues and friends from around the world ... November 2016 was no exception. Pictured here, raising our glasses to our friendships and each other's work in responsible travel are: Najeeb Khan (Pakistan), Yashin Dujon (Belize), Harold Goodwin (people and places), Glynn O'Leary (South Africa), Adama Bah (The Gambia), Gillian O'Leary (South Africa), Kate Stefanko (people and places) ...



international friends & colleagues



and also, Crista Buznea (Romania)

As you can no doubt imagine, conversation was wide-ranging, fascinating and sometimes challenging ... yes, of course we talked about volunteering & volunteers, but a whole lot more as well ... we love our work & relationships at '[people and places](#)'.

PS - Sallie was there too - but late for the photos!

please don't let negative press put you off volunteering

people and places was founded to make volunteering a better experience for volunteers and the communities they work with - we decided [the best way to campaign for better was through example](#).

We believe in the power of well matched and well prepared volunteers - we believe the overwhelming majority of people want to do good....but we also see the damage being done in communities where poorly thought out, managed and monitored programmes are being run. We believe volunteers and the communities they seek to serve are often exploited - and they deserve BETTER.

Our plan was always to campaign FOR not AGAINST



...and it's a big but.....

.....the press love a negative story - the only way we could get the word out there was by taking part in stories about the damage that irresponsible volunteer programmes can do, so we have become known for campaigning AGAINST.

Where's this ramble going? you ask....

Last month I (Sallie) was at WTM and took part in a panel to discuss the very issue above - how do we (organisations that have responsibility to volunteers and communities at the heart of our organisations) let potential volunteers know that there is great work going on around the world that needs and would so benefit from your skills and expertise. The turn out was so heart warming - local organisations, travel companies, governments and yup even the press - we decided we needed an organisation that stands for better volunteer experiences for everyone.....

Watch this space ... I am excited ... maybe, just maybe, we can start to put a positive message out there about volunteering abroad.

So what's my pointwell I will close with 5 points (have no sense of proportion, me)

1. Please, please volunteer - your skills, experience and friendship can and do make a difference.
2. The press always want negative stories -we, *people and places*, have decided we will only participate in an article from now on IF the journalist is prepared to detail some positives too - I for one see our profile dropping like a stone!
3. That said we will continue to expose bad practice - too many local communities and volunteers are still being exploited.
4. There are great organisations out there doing wonderful work that need your support - please ask us - if we can point you in the right direction (and you don't have to choose us) we will.
5. Repeat NO. 1

for further info take a look at

[To campaign or not to campaign](#)

[Better Volunteering](#)

[changemakers Sallie talks at the end of this video](#)

please do contact us if you have any questions - or even better would like to write for us about your experience.

social meeting - from November to spring 2017

Unfortunately, we had to cancel our November volunteers' social meeting ... but fortunately we were able to let everyone know in good time



... not with a sky-writer, but with a 'sorry' email.

Fear not - there are plans afoot for another social get-together in late spring, hopefully, in a more readily accessible location than the south-eastern corner of England !
Volunteers - previous and future - will be able to chat about their experiences, and the *people and places team will have updates and project news to share with everyone.*

So, watch this space for an invitation to follow after the Christmas break :)

Saint Lucia - a volunteer story

Volunteer Amanda has been in Saint Lucia since mid-October, working in C.A.R.E. (Centre for Adolescent Renewal and Education) with [work-related training for young people](#).

Amanda has been embracing all aspects of her time in Saint Lucia - from organising workshops and sharing her skills with local staff, to enjoying all that the island offers during her time off !

Here are some extracts from her story, so far ...

Arrival

Well this is a first...blogging and St Lucia that is...It's 3am and I'm wide awake, thinking about my first day here which started when I landed at 1.30pm yesterday.

I was met at the airport and driven to my new home from home - passing cocoa trees, grapefruit trees, banana plantations, a local guy selling crabs on the roadside. It's beautifully luscious and green here. The rich countryside, colourful houses dotted in the hills, kids immaculately presented in their school uniforms, colourful roadside shacks selling creole bread and fruits. ...



sunset at Rodney Bay

Rodney Bay is on my doorstep and the beach is literally across the road. ...

Induction Day

... I'm overwhelmed with the C.A.R.E facility here in Odsan. Physically it's an unmarked warehouse, opposite a factory in what appears to be the middle of the countryside ...



Odsan C.A.R.E. facility

I arrived into an area of the warehouse decorated with positive and 'can do' mottos and statements handwritten onto flip chart size pieces of paper, hanging in different places around the wall. ... Following a private meeting with the head I had the pleasure of a tour of the different classrooms. All the students stood as I entered their room and I had an amazing sense of pride as I was introduced as 'Amanda, our volunteer from London, please make her welcome'.

My brief for C.A.R.E is to write a *"Technical Vocational Policy that addresses self sustenance for each of the skill developments taught and entrepreneurship for the trainees"*

There will be lots more detail about the school, its pupils and their amazing success over the coming weeks ... had a lovely meal at home (avocados are the size of a bowling ball here!) and a cheeky little spiced rum and coke at my local beach bar before bed.

C.A.R.E - my first days

There are about 45 young people who attend, coming from marginalised backgrounds, and referred to C.A.R.E for specialised help and skills development to enable them to live a successful life.

I joined a class who were sharing their weekend stories - 6 in the class, aged between 14 and 17. It was a cultural insight into a typical Lucian weekend. They are reminded by their instructor to stand up, speak up, gain eye contact with everyone, explain clearly. What a great way to build their confidence and enhance their communication skills... I stayed with them until lunch and sat through their next topics, Language, Spirituality and Self Awareness. Whilst a bit of a handful, with a few teenage strops and talking over the instructor (who took no bull) they were really nice kids who were attentive, focussed, respectful and keen to learn.



There are special skills-training groups here that they move on to in their second year. The largest group is car mechanics and electrical engineering.

I met with Dr Mason who leads the 4 C.A.R.E centres in St Lucia. She has worked there for 10 years. She explained the challenges she has leading a charity & getting the funding. She writes off a lot of money each year when the trainees fail to pay their fees - which to you and I are peanuts but to a poor family it's the difference between food on the table or not.

workshop in one of the C.A.R.E. centres

Miss Augustine has been very helpful and supportive and has worked at C.A.R.E for 16 years. We had a chat in her office and she would like me to facilitate some skills lessons for the trainees over the next 6 weeks on how to run a business. This has me thinking... as I've no materials documented I have started preparing the content, purpose, mission, goal setting, monitoring, documenting a plan, presenting a plan etc. Sounds fun! Post it notes, sharpies and laptops to the ready!

The weeks go by ... and I'm busy

Today was an important networking opportunity as it was Instructor Training Day at our Centre for all instructors from the four C.A.R.E centres. The government have supplied laptops to C.A.R.E so they can use them in lessons with the trainees. Today was all about free cloud software available to use plus some classroom management tools. I wonder if it will take some time to build confidence with the instructors before the laptops can or will be used regularly. Couldn't help thinking how I would love to facilitate a Change Leadership session with the instructors to support them, helping them to engage, become involved and drive accountability for an implementation plan.

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new 'kids' lurking outside :)

I asked my class yesterday to write down 3 lessons they learnt about our English and St Lucian cultural differences. Top answers included:

1) The English buy old coconuts in the supermarket. We sell them on the streets when they are green and fresh and drink the water from them.



2) In England they love to drink lots of tea to stay calm, Lucians drink lots of rum

3) We do nothing to celebrate Halloween in St Lucia but the English celebrate it

Monday I will return the marked papers - if it's allowed, I will give a small gift to the person with the best answer (bought some London keyrings and Cadburys Eclairs!)

... another Monday. It was a productive day. I wrote a skills management course called 'Managing YOUR Business'. It's in 5 modules which I will deliver over the next 5 weeks to three different groups on a Monday, Tuesday and Wednesday. This week I wrote Workshop 1 - 'Why Bother?' I worked interactively with 9 boys who are learning auto mechanics. We had an interesting and lively debate about the benefits of running your own business (not least because there is 28% unemployment here) and started to consider the skills and behaviours they will need to be a success. I've asked them for Homework to consider what type of business they would like so that next week we can focus on 'Vision and Goals' to start bringing it to life.

... and some time off. It was a brilliant Friday. I met with Nova for a 121 catch up and lunch. She took me to a fabulous local place in Gros Islet. Amongst the project and general news I took the opportunity to ask about the local protocol with addressing people. Everyone is calling me Miss Amanda. Saying 'Miss' in front of someones first name is considered to be polite and respectful. I have adopted this however find it unusual by how many people are still addressed by their surname, rather than first name...

The weekend was amazing. I took a tour and bathed in mud, showered in a hot volcanic waterfall, saw some bamboo bursting, sucked the fruit of a cocoa, ate golden apple, drank coconut water, bought fresh fish (Blue Marlin) in the street which had just been caught. Then a local cooked me Fish Stew with green plantain, green banana, peppers, carrots, cabbage, spices ... delicious!

... **Jounen Kweyol Weekend** This weekend was the annual Creole celebration so Friday at school was a dress down day and the traditional breakfast was cooked, saltfish, cocoa tea, bakes... We had Creole music playing all morning, hung around chatting (no lessons) and left at 12. Sophie who volunteered here last year is back on holiday (with a car) so we headed into Castries and wandered around the market. Sunday was Jounen Kweyol celebration day. Each year four communities host the celebrations. The Lucians often drive around the island from one area to the other throughout the day. I went with Yinka to Gros Islet who were hosting this year. Everyone wears their traditional check clothing and historical activities are reenacted. We spotted a huge pig and asked why he was there ... turns out he was the raffle prize!!!

... **football & local support.** Nova took me to the Sacred Sports Foundation (SSF) office [*people and places local partners*] and I had the pleasure of presenting kit donations. They are genuinely so grateful.

I am so impressed with the work that SSF do here to help communities and kids. What's amazing is they get all their grants oversees which means they stay truly independent & don't get caught up in local politics. SSF is a local non profit charity. The work they are involved with is vast and is associated with youth development through sport. They are also my local family, looking out for me, making sure I'm safe, happy and well.

Today I travelled to watch the C.A.R.E football team take on another school in a Seniors knock out league. They were smartly turned out in their grey football kit - which is on loan to them from the Sacred Sports Foundation.



SSF & colourful new kit



boots for some

What shocked me though was the lack of football boots and shin pads. The kids were literally swapping their kit with the ones on the bench and swapping over again when a sub was made because they just didn't have enough between them for 11 players.

They played brilliantly in the 2nd half (whilst I was sweating buckets watching... I've no idea where they get their stamina for 90 minutes!)

... All is progressing well at C.A.R.E. I have now held the 2nd Workshop in my series of 5 called 'My Business, My Passion'. This week we have been focussed on setting a vision and the importance of goal setting. I found a quote online from Yogi Berra "If you don't know where you're going then how are you going to get there?" A nice thought to end on ...

some personal notes ...

I arrived 4 weeks ago today so thought it might be a good time to reflect on all the new experiences and lessons learnt. With a little tongue in cheek!

- . Always carry a bottle of water and an umbrella
- . Never put your bag on the floor because it means you have no money
- . Don't step on the orange tiles when it's raining
- . The traffic is heavy on cruise ship days
- . People with dreads do eat meat
- . Buy tomatoes when you see them, they are in high demand and short supply
- . My hair will never look good in this humidity
- . My hair will always be wet due to sunshine and heat or rain
- . Politely say no to the beach vendors
- . Wear shorts on a jet ski
- . Extending your visa can only be done within 5 days of it expiring
- . I can live without a dishwasher and washing machine
- . I still can't stop buying shoes
- . The cocoa tea is delicious
- . The Lucians cannot make a decent espresso martini
- . The food is delicious and you always take leftovers home
- . Always say good morning/afternoon to everyone you pass in the street and when on the bus
- . Hire a jeep, not a car
- . No-one wears a seatbelt or crash helmet
- . There is no speed limit in St Lucia
- . When it rains hard school closes early because everywhere floods
- . The brightest star in the sky is a satellite
- . Unemployment is 28% and these guys know how to sell!
- . You have to be able to cook to demonstrate to a potential spouse that you will be a good husband / wife

... December.

Today SSF hosted the Digital Sponsored Festival of Fun. The event was attended by government officials and this year was the 5th anniversary. Around 400 children with disabilities were invited to attend. Each wearing a T Shirt representing the colour of their special needs school. After a few important speeches and singing of the national anthem (I know most of the words now!) the fun began!



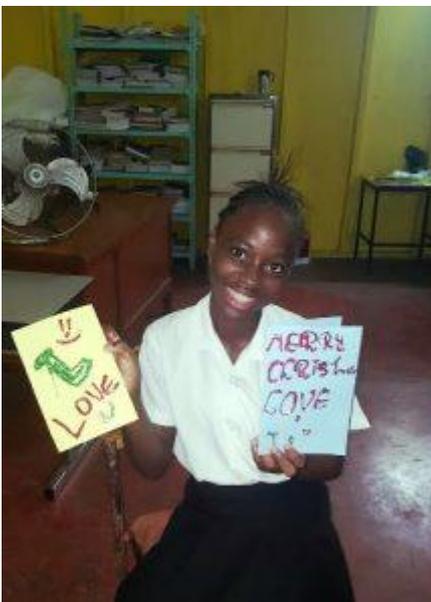
Festival of fun



We had football, volleyball, basketball, golf, hoola hoops, table tennis, face painting, bouncy castles, a Dj, free pizza, free ice creams. The kids all seemed to have an amazing time, lots of laughter, dancing ... Even the kids in wheelchairs were being pushed around the (massive) sports hall by their friends at speed, giggling their heads off!!! I stuck to volunteering on the table tennis table and took on the role of table tennis coach (hilarious I know) , ball boy, argument breaker upper, table tennis bat retriever, cuddler, dance partner and occasionally opponent. I mainly said things like "Wow, great shot", "Do it gently" "Try and hit the ball on the table" and "You're really good at this" "That was brilliant, well done". We didn't get on to anyone actually playing a 'proper' game (due to time spent on getting balls back) thank goodness because I would have had to Google the rules and didn't have wifi ...

... and finally as the Christmas holidays are almost here ...

It's started to be more relaxed at C.A.R.E. now. The kids are on their Christmas wind down as school finishes Friday. We are playing games as exams and parent/teacher discussions are done. Thursday will be special lunch day, everyone has been asked to dress in Christmas colours. (I do have some gold shiny trousers so might drag them out!) I suggested to Miss Douchan on Friday that we could perhaps have the kids make some Christmas cards this week for their family. As she was in agreement (and there are no resources) I nipped into Castries Friday and bought the materials - cardboard, glitter, glue... I also have a big pack of coloured sharpies with me. The total bill to make 10 cards was just \$13 (£3.86).



The class spent pretty much all day making their cards today...

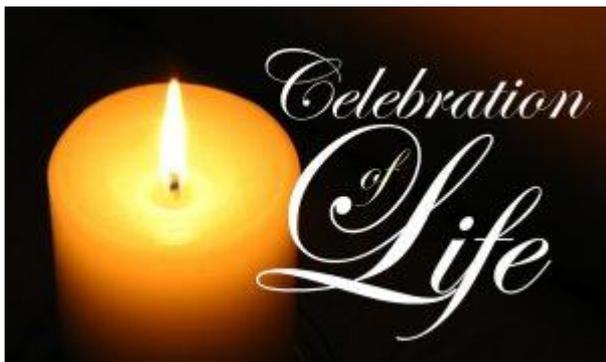
MERRY CHRISTMAS from SAINT LUCIA :)

Merry Christmas

'celebration of life' for volunteer Dudley

In November, we received sad news about volunteer Dudley who had worked with his wife, Carole, in a Port Elizabeth school this year.

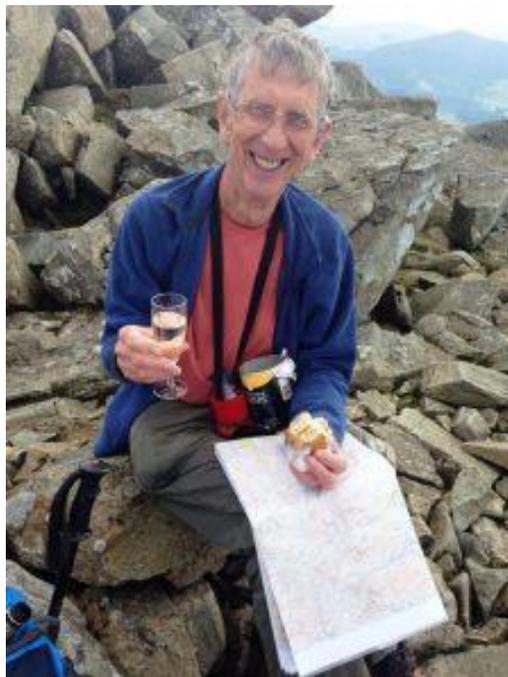
Carole sent us the following message: *"We had a short service for family and a few very close friends followed by a celebration of life ceremony in our village ... and we were able to remember Dudley's life and achievements in a very fitting way. We suggested that donations in his memory could be made for the school and we will be in touch with Paul about this in due course."*



And here's a lovely portrait of Dudley on Scafell Pike, celebrating life.

Thank you, Dudley and Carole, for your valued and valuable work.

Kate and the 'people and places' team



If you haven't already spotted our YouTube channel it's worth a look. There are video interviews from volunteers and if you have videos of your time volunteering or one of the talks you have done – we know many of you talk to groups on your return from volunteering – please send them to us so we can share them.

click the logo



meet the *people and places* team [here](#)



[Take a look here at slideshare for slide shows from volunteers](#) – if you have a slide show to share please do send it to us, thanks so much to all the volunteers who have contributed to date.

Remember we are on facebook too - [follow us here](#) – in the blog and on facebook are where we tend to post our latest news.

If you like beautiful pictures and funny visuals we are also on [pinterest – follow us here](#)

and finally we are tweeting too – [follow us here](#)