

UP ON THE DOWNS



VOLUNTEER UP ON THE DOWNS

Up on the Downs has produced this leaflet to help people interested in volunteering for their local heritage to choose the opportunity that is right for them.

**Volunteering in the countryside makes a difference.
It's good for you, wildlife and our cultural heritage.
Check out our website for more information
www.uponthedowns.org.uk/Get-Involved**



WHY VOLUNTEER?

What our
volunteers
have to
say

'I have discovered so many public open spaces and footpaths in Dover that I didn't know were there. I enjoy the exercise and the friendliness of our regular Tuesday tasks'.

Dinah from White Cliffs Countryside

'I started volunteering in this area in 1989. I like to feel useful and I like wildlife'.

Derrick from Samphire Hoe

'I can't stand seeing rubbish in the beautiful River Dour so I volunteer to clear it up'

Sue from River Dour Partnership

'Gets me out of the house for some exercise and fresh air. Also, I believe conservation is vital in looking after our environment'.

**Gemma Knights- Kennedy
Looker for Folkestone Downs**

'My one day a week volunteering on Folkestone Downs has become my favourite day - despite of having a full life. The combination of nice people, stunning and glorious downland scenery - deeply satisfying work must be a pathway to heaven!'

Roger for White Cliffs Countryside Partnership

'With so little suitable opportunities (in particular for young people) in this part of the country, volunteering has not only aided my employment and ultimately now I hope a long term career, it has also benefited my life personally.'

Nicholas Sinclair for Kent Wildlife Trust

'My volunteering has made a difference for others and given me valuable life experience'

**Beatrice Neden,
National Trust White Cliffs of Dover**

'I had heard of the Fan Bay Deep Shelter, but had never been there. This was an opportunity not to be missed!'

Emma Scheck, Fan Bay Digger National Trust



LOTTERY FUNDED

Find a volunteering activity that suits you

Your key to the type of activities available:

- Heritage conservation** - You could help us sort archaeological finds, conserve military structures or research historic places. Get a taste for a dig by volunteering at East Wear Bay in the summer!
- Nature conservation** - Help us to create habitat for wildlife and monitor how plants and animals are doing. You can also help us to clear up rubbish or even become a volunteer warden.
- Leaders** - Help people explore: lead guided walks or be a tour guide for Fan Bay, the lighthouse and other heritage. Become a storyteller.
- Events** - Help us to organise events: you could run a stall or marshal to help keep people safe.
- Looking** - Help look after our conservation livestock (cows, ponies and sheep) by checking up on them and reporting their condition to us.
- Other** - There are also lots of opportunities behind the scenes: design leaflets, take photos, Tweet, Facebook, Instagram, write funding bids, conduct reports - the list is endless.



River Dour Partnership

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01304 241806



National Trust

whitecliffs@nationaltrust.org.uk
www.nationaltrust.org.uk/find-an-opportunity
01304 207326

Looking - rob.sonnen@nationaltrust.org.uk



Kent Wildlife Trust

volunteering@kentwildlife.org.uk
01622 6662012

Looking - karen.weeks@kentwildlife.org.uk



The Land Trust

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07825 901358



White Cliffs Countryside Partnership

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Kearsney Parks Project

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English Heritage

volunteer.enquiries@english-heritage.org.uk
01793 414752
www.english-heritage.org.uk/volunteering



Elham Valley Line Trust

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01303 273014
www.elhamvalleylinetrust.org



Western Heights Preservation Society

secretary@doverwesternheights.org
07584 655712
www.doverwesternheights.org/work-days/



The Bay Trust

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www.baytrust.org.uk



Lyminge Bumpy Field Gang

lymingepc@virginmedia.com



Canterbury Archaeological Trust

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01227 462062
www.canterburytrust.co.uk



Alkham Valley Community Project

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Find a site near you

