



**United Way
of Chester County**



2010-2011 DAYS OF CARING Project Guide

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED 

Dear Volunteers,

Since 1995, United Way of Chester County Days of Caring have demonstrated the power of organized and focused volunteer efforts in improving life for everyone.

United Way of Chester County coordinates the many resources sent our way - human, financial and material - to promote positive, sustainable changes in living conditions for those in need. Days of Caring engages those human resources - volunteers - in meaningful community activities that strengthen the local nonprofit social service sector.

Carefully selected projects showcase the strategies applied by the United Way of Chester County to have the greatest impact on our community:

- Education** helping children reach their full potential to become productive citizens of the future
- Income** promoting financial stability and self-sufficiency
- Health** improving access to treatment, awareness of healthy lifestyle choices, & independence despite challenges
- Basics** safeguarding life's essential needs to transition beyond crisis

These are the building blocks of quality living for everyone - and where the United Way of Chester County invests its Community Impact Fund dollars.

Days of Caring projects provide volunteers an understanding of the needs, a glimpse of the helping programs, and the personal fulfillment of a job well done for the community. Your company's goals in charitable giving will likely align with one of the impact areas; several project options are available in each throughout the county. The nonprofit host agencies are excited to have your group help them serve clients, improve facilities and distribute information to vulnerable populations.

Please join us in celebrating this special 15th anniversary of Days of Caring by selecting projects for your groups. You may even request a year-round rotation of volunteer activities. United Way of Chester County will plan, schedule, coordinate and support your efforts to Give, Advocate, and Volunteer.



Mary Anne Feeley
Manager, Community Engagement
United Way of Chester County

EDUCATION

Help Children Reach Their Full Potential

- *Provide access to affordable quality childcare & youth services*
- *Educate parents to nurture*
- *Prepare toddlers for school success*
- *Support academic achievement*
- *Develop productive young adults with social, vocational and leadership skills*



- Swim and play for sensory development with disabled children of The Arc of Chester County
- Build bikes for disadvantaged children using the Care Center Foundation
- Renovate a dollhouse for low-income preschoolers at Phoenixville Area Children's Learning Center
- Design and install Born Learning Trails at West Chester YPAL or in parks
- Read to children at Phoenixville Area Community Learning Center
- Spread mulch and repair playground equipment at Phoenixville Area Children's Learning Center or West Chester Area Day Care Center
- Engage in a learning activity with children at West Chester Area Day Care Center
- Paint classrooms at West Chester Area Day Care Center
- Run back-to-school drives for disadvantaged children using the Bridge Academy, Catholic Social Services, Coatesville Center for Community Health, Melton Center, Salvation Army
- Tutor students in afterschool programs at Catholic Social Services or Community, Youth, Women's Alliance
- Prepare snacks for students in after-school program at West Chester YPAL
- Collect Christmas gifts for children attending The Bridge Academy in Coatesville
- Mentor youth for Big Brothers Big Sisters of SEPA
- Clear woods and paint outdoor sheds at Brandywine YMCA
- Paint indoor recreational facilities at Freedom YMCA
- Create a youth leadership forum with Communities That Care prevention programs for Martin Luther King Day
- Collect supplies and assemble sewing kits for students learning to make clothing with Catholic Social Services
- Refurbish the gymnasium floor for youth leagues using the Charles A. Melton Center in East End West Chester
- Assist with a community-wide Christmas event at the Charles A. Melton Center in east end West Chester
- Present at Career Day at the Bridge Academy & Community Center in Coatesville
- Design, supply and install countertop in computer lab at CYWA in Coatesville
- Develop early learning & nutrition education handouts boxes to distribute information and conduct surveys at Born Learning Trails-various locations
- Conduct client workshops at Community, Youth, Women's Alliance in Coatesville
- Construct and install a park bench near the Born Learning Trail at the Charles A. Melton Center in West Chester
- Provide and install a new sign alerting families to the Born Learning Trail and other youth activities at the Charles A. Melton Center in West Chester

- Guide low-income families to build and sustain assets at Open Hearth's budgeting workshops
- Conduct Christmas toy drives for low-income families with CYWA, the Melton Center or the Salvation Army
- Design a website for The Pledging Tree's financial education and matching savings programs
- Teach job search skills at Community, Youth, Women's Alliance
- Conduct a resume workshop for families in bridge housing at Friends Association
- Help low-income families receive the Earned Income Tax Credit -training provided online or at your workplace by Life Transforming Ministries
- Tutor clients at Catholic Social Services in English language skills for workplace success
- Analyze and update IT systems for the technology lab used by clients at Catholic Social Services
- Package products side by side with disabled clients in the sheltered workshop at Handi-Crafters, Inc.
- Construct affordable housing for low-income families with Habitat for Humanity of Chester County
- Provide job search skills workshops for shelter residents at Safe Harbor in West Chester
- Teach financial management for residents of transitional housing at CYWA in Coatesville
- Repair homes for low-income clients of Good Works, Inc.
- Prepare and deliver lunches to Good Works home repair volunteers
- Assist clients of Salvation Army of West Chester with computer skills training
- Construct affordable housing for low-income families with Habitat for Humanity of Chester County

INCOME

Promoting Financial Stability

- *Break the cycle of poverty*
- *Increase income*
- *Build savings & sustain assets*
- *Create opportunities for financial literacy & self-sufficiency*



HEALTH

Improving People's Health & Lifestyle

- *Build awareness for healthy living*
- *Improve access to quality treatment & services*
- *Offer means for self-determination to vulnerable people*

- Entertain children waiting for free preventive dentistry during "Sealant Saturdays" at Chester County Community Dental in Coatesville
- Creatively redecorate the waiting room at the children's clinic of Creative Health Services
- Clean, paint and repair program areas for drug and alcohol prevention at The COAD Group in Exton
- Upgrade IT systems for drug and alcohol prevention programs at COAD in Exton
- Assemble HIV/AIDS educational packages for health education outreach programs of Family Services
- Assemble information packets on reproductive and sexual health for Planned Parenthood
- Do landscaping and facilities maintenance at Planned Parenthood in West Chester
- Design a website for advocacy and outreach by ChesPenn Health Services, Inc. in Coatesville
- Collect items for Infant Care Packages for new low-income mothers and babies-Maternal & Child Health Consortium
- Host highway safety training sessions for COAD
- Host a social event for HIV/AIDS clients of Family Services
- Take senior citizens on a cultural outing with Adult Care of Chester County
- Paint program areas and landscape grounds at Adult Care of Chester County in Exton
- Paint patient rooms at the Neighborhood Hospice in West Chester
- Present a program or cook a special meal for patients and families of the Neighborhood Hospice
- Repair disabled clients' homes for Cerebral Palsy Association of Chester County
- Make memory boxes with Visiting Nurse Association of Pottstown Hospice clients' families
- Serve a meal, volunteer at a special event, do crafts or present a program at Downingtown Area Senior Center
- Wrap Christmas packages at Exton Mall to benefit Coatesville Senior Center
- Paint program areas or garden for West Chester Area Senior Center
- "Adopt" a disabled family at Christmas through Cerebral Palsy Association of Chester County
- Maintain the landscape at a retirement home for moderate-income seniors in West Chester-The Hickman
- Build a bike rack for residents and staff of The Hickman, a retirement home for moderate-income seniors in West Chester
- Help seniors with meals and games at spring and fall events of Chester County Department of Aging
- Repair donated computers for disabled clients of Cerebral Palsy Association of Chester County
- Stuff envelopes for direct mail annual appeal of Adult Care of Chester County
- Join a bowling party with mental health clients through COMPEER



BASICS

Safeguarding the Essentials

- *Provide food, clothing & shelter*
- *Temporary assistance during crises*
- *Move beyond crisis to stability*



- Do direct mail or grant research for the Domestic Violence Center of Chester County
- Assemble fire safety kits for American Red Cross
- Harvest donated produce for the Chester County Food Bank
- Repair homes for low-income clients with Good Works, Inc.
- Prepare lunches and deliver to home repair volunteers for Good Works, Inc.
- Assemble emergency supplies kits for the American Red Cross
- Prepare meals and freeze for delivery to shut-ins for Aid for Friends
- Serve a holiday meal to those in need at the Family Center of Gap
- Host a turkey drive for holiday meals at the Domestic Violence Center of Chester County
- Hold a winterwear collection drive for Maternal & Child Health Consortium
- Hold food or personal care collection drives for Domestic Violence Center of Chester County
- Salvation Army-Improve client service with data entry systems
- Host a food drive for local cupboards or Chester County Food Bank
- Host a collection drive for gift cards, personal care items or coffee bar condiments for Safe Harbor Shelter in West Chester
- Entertain the homeless at Safe Harbor with a movie or travel videos, or lead an activity
- Reorganize and paint storage area for donations at Catholic Social Services
- Collect items and assemble care packages for babies or adults using Catholic Social Services
- Prepare a meal at your own location and deliver it to the homeless at Safe Harbor Shelter of West Chester
- Redecorate, repair, maintain transitional housing for homeless women and their children through Home of the Sparrow
- Clean and paint transitional housing units for Domestic Violence Center
- Landscape and garden around transitional housing units of Domestic Violence Center
- Provide bridge housing repairs and painting for homeless families at Friends Association
- Conduct interview skills workshop for clients of Good Samaritan Shelter
- Present workshops on resume writing, interviewing, budgeting for clients of Safe Harbor Shelter in West Chester
- Mentor Salvation Army of West Chester's clients on employment searches and computer skills
- Build a picnic bench for families in re-entry programs at Community, Youth, Women's Alliance in Coatesville
- Paint and redecorate a staff bathroom at Safe Harbor Shelter of West Chester
- Paint offices and outside main facility at Community, Youth, Women's Alliance (CYWA) in Coatesville
- Scrape and repaint flagpoles at CYWA

VOLUNTEER PROJECT PLANNER

2010 - 2011 Days of Caring



Date of Project

Begin Time

Approx. Length

Project

Number of Volunteers

Project Location

Volunteer Team Coordinator

Company

Phone

United Way Contact

Phone

Agency Coordinator

Agency

Phone

Notes:

Lunch Provided

Yes No

Parking

Yes No

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of Chester County**
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Participation in any activity through United Way of Chester County is voluntary and relieves United Way of Chester County from liability for personal injury, property damage or wrongful death. Participation further implies express consent for United Way of Chester County and other event sponsors to use a volunteer's name, voice, photo, and likeness for promotional purposes without any case considerations or payments.