

## Volunteering brings so many benefits:

- Doing something positive for the community
- Making a difference to someone's life
- Meeting new people
- Trying something new
- Getting training and new skills
- Increased confidence
- Getting out and about
- Supporting people through hard times
- Filling spare time

For more information,  
please call our office on

# 01472 602500

If you are met with an answering machine, please don't be put off - just leave a message, and we will call you back.

Or, write to:

Friendship at Home  
6-7 Aspen Court  
Cleethorpes  
DN35 0SJ

Email: [admin@friendshipathome.org.uk](mailto:admin@friendshipathome.org.uk)

Website: [www.friendshipathome.org.uk](http://www.friendshipathome.org.uk)

 [friendshipathome](https://www.facebook.com/friendshipathome)

 [friendshipathome1](https://twitter.com/friendshipathome)



Friendship at Home  
Registered Charity Number 1160062



# Volunteering



## Friendship At Home

offering support & friendship to older people  
in NORTH EAST LINCOLNSHIRE



# Volunteering

Volunteers are integral to our ability to offer vital services that support older people in North East Lincolnshire. You could make a real difference to the quality of someone's life by offering a small amount of your time. You will gain valuable experience and a sense of fulfilment. Volunteers can contribute their time and skills to the provision of the following services:



## One-to-one Befriending

Befriending is giving regular one to one support and friendship to older people who are physically frail or socially isolated, in the comfort of their own home.

## Social Club Volunteers

Help at one of our weekly social clubs or assisting on day trips.

## Volunteer Drivers

Transport to and from our social clubs is a real issue for some older people who find other transport difficult or lack confidence in travelling alone.

## Residential Care Befriending

We offer one-to-one befriending to older people in care homes who may benefit from a regular visitor.

## Telephone befriending

We offer telephone befriending to members who would like to have contact via a friendly telephone call.

## Independent Living Volunteers

Assisting our members with light chores, such as domestic (cleaning / dusting / food preparation), dog walking, medication prompts or light gardening.

## Who can volunteer?

There's an opportunity for almost everyone who shares our values and vision! We are committed to ensuring equality of opportunity for everyone who volunteers with us. Just as our members are diverse in their backgrounds our volunteers have a wide range of backgrounds. We have volunteers who are students, retired, unemployed, employed, disabled, non-disabled, or people who have previously undertaken a caring role.

We welcome volunteers age 16+ (18+ for befriending/independent living) (subject to satisfactory references and DBS check).

