

## Volunteering brings so many benefits

- Making positive connections with others.
- Making a significant impact on someone's life.
- Positive impact on your own mental health and wellbeing.
- Increase self confidence and self worth.
- Brings fun and fulfilment to your life.
- Gain new skills and experience.
- Advance your career/CV.



## Ways to contact us



### Call

01472 602500



### Email

admin@friendshipathome.org.uk



### Write

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



### Website

www.friendshipathome.org.uk



### Facebook

friendshipathome



### Instagram

friendshipathome

# Volunteering



Friendship at Home  
Registered Charity Number: 1160062

Friendship at Home  
Befriending and Supporting Older People



## Volunteering

Volunteers are the heart and soul of Friendship at Home. Our volunteers enable us to deliver vital services that support older people in North East Lincolnshire. By giving a small amount of your time you can make a significant difference to somebody who is experiencing loneliness and isolation. Volunteers can contribute their time and skills in many different ways:

### 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.

### Short Term Befriending

Being matched with a volunteer on a short term basis can give an older person the confidence to re-integrate back into the community independently.

### Social Club Volunteers

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

### Volunteer Drivers

Transport to and from social clubs is a real issue for some older people who find public transport difficult or lack confidence traveling alone.

### Life Story Work

Working with an older person to create their life story book, capturing special memories and family history.

### Admin/IT Support

Answering and making calls, inputting information onto computers, filing documents ect.

### Telephone Befriending

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

### Student Placement

If you are a college student we can offer placements and work experience for a variety of roles.

## Who can volunteer?

There's an opportunity for almost everyone who shares our values and vision! We are committed to ensuring equal opportunities for everyone who volunteers with us. Just as our members are diverse in their backgrounds, our volunteers have a wide range of backgrounds too. 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)

Subject to satisfactory references and DBS check.

