

Volunteering brings so many benefits

Every volunteer gets something different from their volunteering experience, including the opportunity to:

- make a positive difference to people's lives
- improve self-esteem, confidence and wellbeing
- gain invaluable work experience
- receive high-quality training and develop new skills
- use existing skills and knowledge to benefit the local community
- meet new people and increase your social circle
- feel valued and part of a team



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

Making a difference



Join us today

Friendship at Home

Registered Charity Number: 1160062



Volunteering with Friendship At Home

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 providing regular visits 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.

Telephone Befriending

Providing a regular telephone call for a friendly chat.

Pawsitive Friendship Dogs

Providing a regular visit along with your canine companion to an older person at home (Dogs will be assessed by a professional).

Hospital Support Volunteers

Helping patients at Diana, Princess of Wales Hospital to aid their recovery by assisting with gentle exercises and providing social and mental stimulation.

Wellbeing Volunteers

Visiting an older person for a friendly chat to identify issues and providing help, advice and support on a variety of topics.

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 the confidence to travel 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, general duties associated with the running of the office.

Fundraising and Awareness

Raising funds/ assisting at awareness events.

Student Placement

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

Who can volunteer?

“The most precious gift you can give someone is your time”

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 and experiences too.

Whether you are a student, working, unemployed, or retired, giving as little as just one hour a week can have a huge impact on someone experiencing loneliness and social isolation.

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

