



**BEFRIENDING AND SUPPORT
FOR PATIENTS AND CARERS**

For as little as one hour each week, could you help people in your local community?

A local befriending charity is looking for volunteers to help make a real difference in the community! Respite at Home Volunteers West Mid Beds and Ivel Valley are currently recruiting befriending volunteers all across Central Bedfordshire.

This is your chance to make a positive and immediate difference to the lives of people living with life limiting illnesses and their carers in your local community. If you enjoy spending time chatting and listening, have a sense of humour and want to meet some genuinely interesting and inspiring people then this an opportunity for you. As part of our befriending team you'll receive full training and support as we match you with one of our families who are looking for a little extra companionship and some respite and time off from their caring role each week. As a volunteer you don't have to have prior experience of a life limiting illness, but you do need to have warmth, reliability, empathy, common sense and a ready smile.

For more information about how to join our team contact 07483 376077 or email: respiteathomevolunteers@aol.co.uk



unsung heroes
The Queen's Award for Voluntary Services 2006

