

COULD YOU HELP US COMBAT LONELINESS & ISOLATION IN SHEFFIELD? DO YOU HAVE A LITTLE TIME TO SPARE EACH WEEK?

BE A PART OF A TRANSFORMATIVE NEW SERVICE IN YOUR COMMUNITY

A new service is starting this Summer 2020 in South West Sheffield. The service, called Porter Valley in Touch, had to be put on pause due to Covid-19, but the service is needed now more than ever, and, with your help, we can get started! The service is a joint initiative between Age UK Sheffield and local NHS

services with the aim of supporting older people to feel more confident, maintain or regain independence and reduce loneliness & social isolation. Following training, volunteers will support a person over the phone/video call or at a safe distance to provide a friendly face and teach skills

such as domestic tasks, confidence in travelling or learning basic IT skills to help keep in touch with family. If this volunteer role sounds like something you might enjoy & you have a little free time each week, this might be the perfect opportunity for you to have a big impact on someone's life.

SOME THINGS YOU MIGHT NEED TO KNOW...

- Only volunteer as much time as you are happy to, the role is very flexible!
- Expert training will be provided beforehand
- No previous experience necessary
- You'll be supported throughout the whole process & receive a training & resource pack plus emergency contact details
- Volunteer expenses are covered so there's no hidden costs
- Help reduce pressure on local NHS services
- You will receive a certificate from Age UK Sheffield upon completion of training & volunteering
- We'll need to complete a DBS (criminal record) check, on your behalf (which we pay for)



WOULD YOU LIKE TO FIND OUT MORE ABOUT THE PROJECT & HOW TO GET INVOLVED?

PLEASE VISIT:

[AGEUK.ORG.UK/SHEFFIELD/GET-INVOLVED/INTOUCH](https://ageuk.org.uk/sheffield/get-involved/intouch)

OR CALL:

0114 250 2850