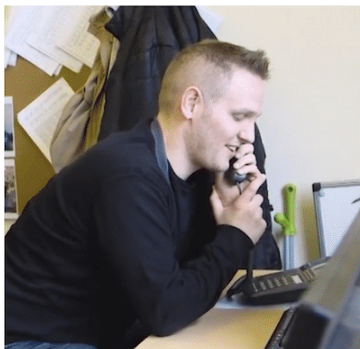


BECOME A CARELINK VOLUNTEER



Do you have a few hours a month that you can dedicate to changing the lives to lonely elderly people living in Stoke?

Our charity is dedicated to supporting elderly individuals experiencing loneliness and isolation. We believe that every older person deserves to feel valued, cared for, and connected to their community.



We are looking for volunteers to join our amazing Community Befriending Team to play a crucial role in uplifting the spirits of elderly people living within Stoke.

Most of our clients may have none or very little family and have sadly lost dear friends. As a member of our team, you will help transform their lives, giving them purpose, hope, and something to look forward to.

Telephone Befriending

Can you spare a few minutes to make friendly calls to assigned older individuals and provide much-welcomed companionship? Our clients love to chat about their life stories and share meaningful conversations. When you are alone or isolated, receiving a simple phone call can

transform feelings of despair and isolation into a sense of peace and fulfilment.

Face-to-Face Befriending

Could you provide companionship to an elderly person at our welcoming Chatty Cafés?

Sometimes our Chatty Café sessions are the only time that our clients are able to have a meaningful conversation. Whether making tea or coffee or joining them for a chat. These events have become one of our most popular services for our lonely

and isolated some of our clients. Many of our volunteers in these occasions also provide them with support, and often with some. Our elderly clients look forward to dropping in for a chat with our volunteers over a hot cup of tea or coffee.

Day Trips

Why not assist in organising and participating in our various community activities, such as day trips and activity events. We often need volunteers to help chaperone our clients when we visit local attractions. Whether pushing a wheelchair or just lending an arm, it's a fun day out for our volunteers too.

Social Events

We always love to hear from people who can help organise activities that stimulate the minds of our clients. Activities like crafting sessions, painting, listening to interesting talks, and hosting singalongs, give them something to look forward to and an opportunity to meet others and make new friends.

Just a few hours of your time a month can mean everything to our elderly individuals, who remember - were once young like you.

If you are passionate about making a difference to others in need,

Please contact us at

carelink@saltbox.org.uk

Or telephone 01782 810320