

**FREE Training**



**Befriending and Home Visit Service for Elderly and Disabled People**

**Volunteers wanted for Befriending for Elderly & Disabled People (Refugees, Migrants) and local community members in Newham**

### **Project A**

Mentoring & Befriending & Home visit service to Newham. For a minimum period of six months up to a year, dependant on each individual's personal situations & availability of volunteers.

### **Project B**

Enabling unemployed & young volunteers to improve interpersonal skills & gain skills & accredited qualifications in: **Mentoring , Health & Safety, Safe guarding children & vulnerable people** (NCFE Level 2) etc

### **Project C**

Encouraging elderly and people with disabilities to socialise with people, young dedicated volunteers and with communities. We aim to help them to make their own decisions, feel safe and have someone to share their skills and life experiences with. We hope this will improve their quality of life and help them avoid isolation. We also assist people in finding out about leisure, health & wellbeing opportunities in their community. We aim to help members of BME and all communities by: Helping to improve the quality of life of elderly and disabled people Reducing their isolation Building self esteem and confidence Making them feel safer in their community Encouraging young volunteers to build bridges with the elder generation.

### **Training will commence from January 2010**

Participants will be required to attend *six Sessions over a period of six months to gain Certificates. Self referrals accepted from local community members . All volunteers will be CRB checked*

For more details please Contact Contact K Sangarappillai: [info@hhrd.org.uk](mailto:info@hhrd.org.uk), [sri@hhrd.org.uk](mailto:sri@hhrd.org.uk), 07 94 3663 780, [www.hhrd.org](http://www.hhrd.org)

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