

Cards of Kindness Volunteer - Making and/or Delivering

Volunteer Role Description

Role:	Cards of Kindness volunteer
Where:	Your preference of: From home / in groups / delivering to care homes across an agreed area convenient to you
When:	Flexible, from 1 hour a month or more if you wish
Why:	Sending cards to older people in care homes helps reduce loneliness and isolation, builds connection with their local community and lets them know people are thinking of them and brings smiles that last.
What does the role involve:	You can choose one or more of the following activities: <ol style="list-style-type: none">1. Creating handmade cards monthly at home or in a group.2. Writing short messages or poems inside the cards.3. Delivering cards to a designated nearby care home.
Attributes / skills needed:	Enjoy creating / arts and crafts Enjoy writing / poetry Or, enjoy getting out in your community and you'd like to make a difference by delivering finished cards to a designated nearby care home - a great way to get involved if you're not so keen on making cards
What's in it for you?	The knowledge that you are bringing joy to some of the oldest and most isolated residents in our community Being part of a committed team of staff and volunteers
What you can expect from us:	Regular opportunities to meet up with other volunteer card makers Ongoing support from the project co-ordinator Opportunities for further training
For more info:	Email: hampshire@embracingage.org.uk Phone: 07577 945106 www.embracingage.org.uk