

## What you get out of volunteering :

- a sense of satisfaction at helping others
- an awful lot in the way of thanks
- new skills and knowledge
- meeting other like-minded volunteers for friendship and support
- a fair amount of tea and coffee and the occasional lunch
- reasonable out-of-pocket expenses (eg. your travel costs reimbursed)

## Here's what one volunteer said

*"I have been a volunteer for over 2 years helping out by staffing information stands and assisting at carers events. I really enjoy the look on carers faces when they realise there is something and someone they can depend on for support. It's great fun and I would recommend volunteering with Bolton Carers Support."*

## Are you interested?

Please contact us for a Volunteering Pack and complete and return the simple application-form in the freepost envelope provided.

## What happens next?

We will ring you to arrange a time for you to visit our office to discuss your skills, experience and interests. We will tell you more about volunteering and show you around our offices.

**Give us a call! We look forward to hearing from you.**



**Bolton Carers Support**  
**01204 363056**  
**9.30am to 4.30pm**  
**Monday to Thursday**



**Thicketford Centre,**  
**Thicketford Road,**  
**Tonge Moor,**  
**Bolton BL2 2LW**



Visit our website  
[www.boltoncarersupport.org.uk](http://www.boltoncarersupport.org.uk)  
or email us  
[boltoncarers@btconnect.com](mailto:boltoncarers@btconnect.com)

Registered Charity 1082166

Company Ltd 03965369



**Can you help us make a difference to carers' lives?**

# VOLUNTEER TODAY

*It's nice to know that I'm not as alone as I think I am, that there are others in the same situation as me, and people and organisations which are willing to help.*

*Local carer*



## About us

We support 'carers' - ordinary people like you and I who do something extraordinary - look after a family member who is ill, elderly or who has a disability. The care they provide is unpaid and done willingly as a natural part of family relationships.

*When I married my wife I said 'in sickness and in health'. Since her stroke I have done everything for her - we've been together 46 years and are still a team.*

Caring can be very rewarding and satisfying but there are also times when it is physically and emotionally exhausting.

### That's where we come in.....

We listen to carers, tell them about services that could help them, provide reassurance, training and opportunities for a short break from their caring responsibilities. This support can make a big difference.

### CAN YOU HELP TOO?

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## About our Volunteering Opportunities

### Telephone Befriending

Do you have a great telephone manner? Are you able to chat to anyone? If so, why not volunteer to ring carers on a weekly basis to offer a friendly listening ear and to let them know they're not alone.

### Meet, Greet and Buddy Up

Are you lively and sociable? Like to meet people face-to-face and make sure they are comfortable? If this is you, perhaps you could volunteer to meet and greet carers at events, help serve refreshments and introduce carers to other carers, supporting new carers to get involved.

### Newsletter Mail-Outs

Perhaps you don't have time to commit to regular volunteering but would still like to help out occasionally. Then why not assist with our quarterly newsletter mail-outs.

### Information Takeaways

Are you courteous, welcoming and sociable? Do you pay attention to detail? We need volunteers to assist with our information takeaways, giving out leaflets to carers and taking their details.

### Home Visiting

Do you have excellent listening and problem solving skills or are willing to learn? Can you visit carers at their home to identify their needs and provide information and help them to get support? Ask about our home visiting service.

If you are interested in volunteering we'd love to hear from you!