

**Have you Time to Spare
to Meet Someone New and Help them?**

Our scheme to train and place volunteers is gathering speed, and we already have a terrific team in the field. But here at the South & Vale Carers Centre in Didcot we would like to recruit more: would you be interested in helping out someone caring for a relative in their own home? You would be introduced to a household where the carer and the cared-for person are living, and asked to stay in the home while the carer took some time off: perhaps an hour a month, perhaps an afternoon a week.

This would all start off with an interview for you, and references sought, and then a short training course to equip you for any situation and send you free from anxiety into your future as a volunteer! We will take care in matching volunteers and cared-for people, and you would have constant support by phone when you need it as well as ongoing face-to-face meetings with colleagues and with Chris Elliott, the co-ordinator of the scheme.

Chris is waiting to hear from anyone interested, and has much more information to give. Please email her at the Carers Centre on chris@svcarers.org.uk, or phone her on 01235 510212. She will be delighted you've called!



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YOU A HEADACHE?**



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