

INTERESTED IN SUPPORTING OLDER PEOPLE IN YOUR LOCAL COMMUNITY? DO YOU HAVE A FEW HOURS TO SPARE EACH WEEK?

BE A PART OF A TRANSFORMATIVE NEW SERVICE IN YOUR COMMUNITY

A brand new service is starting this spring 2020 in South West Sheffield (S11, S7, S17) with the aim of **supporting older people to feel more confident, less isolated and improve their health and wellbeing.** The service is called Porter Valley in Touch and it is a joint

initiative between Age UK Sheffield, NHS Sheffield CCG and the Porter Valley Primary Care Network (a network of 6 local GP practices). Following training, volunteers will visit a person in their home & provide support for them to regain or retain their independence. For example,

with domestic tasks, confidence in travelling or learning basic IT skills to help keep in touch with family. If this volunteer role sounds like something you might enjoy & you have a few hours of free time a week, this might be the perfect opportunity for you!

SOME THINGS YOU MIGHT NEED TO KNOW...

- You would only need to commit to a few hours per week
- Full training will be provided beforehand
- No previous experience necessary
- You'll be supported throughout the whole process & receive a training & resource pack plus emergency contact details
- Volunteer expenses are covered so there's no hidden costs
- Help reduce pressure on local NHS services
- You will receive a certificate from Age UK Sheffield upon completion of training & volunteering
- You will need to complete a DBS (criminal record) check



WOULD YOU LIKE TO FIND OUT MORE ABOUT THE PROJECT & HOW TO GET INVOLVED?

**PLEASE VISIT:
[AGEUK.ORG.UK/SHEFFIELD/GET-INVOLVED/INTOUCH](https://ageuk.org.uk/sheffield/get-involved/intouch)**

**OR CALL:
0114 250 2850**