



**Are you friendly & helpful?  
Do you have good listening skills?  
Would you like to help those in need?**

**If yes, why not become a HCNS Volunteer and help older people to recuperate following a hospital stay or period of ill health**

**What will I be doing?**

- Supporting people with shopping & accessing provisions
- Accompanying someone on short walks & outings
- Helping people to collect prescription medications
- Providing welfare checks on clients to ensure they are safe and well

**What will I receive?**

- Training and on-going support provided by the HCNS Team
- Knowledge that you have contributed to your community by helping older people