

Late Spring Oxfordshire Volunteering Opportunities

Late Spring Oxfordshire provides bereavement support to all those aged 50+ in the community. We offer a range of services in person, virtually, by telephone and by post. We welcome volunteers to join our team and this enables us to reach and support as many people as possible.

Late Spring support services aim to:

- Give people an opportunity to remember a loved one, reflect on memories and look to the future...without forgetting.
- Provide a listening ear and a link into services that offer specialist emotional support if needed.
- Support them to build confidence and help overcome barriers so they can live life to the full. This may include supporting someone to re-connect with their local community or friendship networks.
- Hold local and virtual group sessions which provide a safe space to interact with others, who understand, these groups are restorative and informative.

We call our volunteers in this service **Late Spring Ambassadors**. An Ambassador helps support local people and communities to be more aware of the support offered by Late Spring Oxfordshire as well as helping individuals to access their Late Spring group and may offer additional support to settle someone in and make new friends.

The opportunity to meet with others who understand makes a real difference

Volunteering has changed over the past year and so some opportunities are on hold till Covid-19 restrictions are lifted but we would encourage you to sign up to be one of our Late Spring volunteers as there is still a lot that you can be involved in.

We offer out of pocket expenses, training, and support and in return you will join a great team of volunteers as well as know that you are making a real difference.

An information pack is provided and full training is offered virtually, usually over Zoom or Teams, for one hour.

If you would like to know more, or would like to join the team, please call **Nicola on 01235 426660** or email latespring@ageukoxfordshire.org.uk

With your support we can reach more people who have been bereaved and help them to know that they are not on their own.

Supporting people to look to the future...without forgetting

Nb: Late Spring is NOT a counselling service:

Bereavement counselling is a specialised type of counselling that involves supporting individuals who have experienced the loss of a loved one. This counselling helps them work through their grief as well as perhaps learn coping mechanisms to help them when they are on their own. Bereavement counselling is recommended for anyone, of any age, whose loss seems overwhelming or whose life is being adversely affected by their grief.

You would be supporting anyone for whom this is the case to access their GP.