

My Community Link

Volunteering Opportunities

My Community Link is a short term, enabling service that links a trained volunteer with an individual who needs a little extra help or support. Working as part of our Community team you will work with an individual over 2-8 weeks, towards an agreed goal. This goal will support them to re-engage, be that much more independent and live life to the full.

My Community Links aim to:

- Help overcome barriers and loneliness.
- Build social connections and relationships.
- Rebuild confidence.

Helping a person to feel confident to use the bus again or going along with them as they start a new group or activity, helping them to learn a new skill or just re-engage with something that matters to them...the support offered will be varied and bespoke to what each person needs/wants.

There are many people who live in our communities who just need a little extra help to be as independent as possible and live life to the full...this is especially so following an illness or bereavement and as Covid-19 restrictions are lifted.

Supporting a person to live life to the full, makes a real difference

We welcome volunteers to join our team and this enables us to reach and support as many people as possible.

We offer out of pocket expenses, appropriate PPE, 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 induction 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 **01235 849434** or email network@ageukoxfordshire.org.uk

Promoting independence and building confidence