

Volunteer Vacancies in Sidmouth

March 2022

Sid Valley HELP
01395 892 011 or 07378 964 521
www.sidvalleyhelp.org.uk



Sid Valley Help is a local charity that provides information on local health and social care services and our volunteers support and befriend isolated people.

We need **befriending volunteers** to join our befriending team to visit people at home, generally for an hour or two every week, or to phone them regularly. Training will be provided and volunteers have a team leader who can help with any issues. We are also recruiting new members of the **management team** to help us run our increasing activities.

To find out more please ring our Helpline on 01395 892 011 and leave a message and Ron will call you back or email sidvalleyhelp@gmail.com.
wwwsidvalleyhelp.org.uk



Sid Valley Memory Café is a local charity which aims to provide a social space and support for people in the Sid Valley with memory problems and their carers. Our café meets every Wednesday afternoon at Twyford House in Coburg Street between 2pm and 3:45 pm when we have tea, play games, do quizzes, sing and enjoy musical events.

Join our friendly team - Our café is run by a team of volunteers who support our members by organising activities, making tea, and most importantly talking to them, particularly during the current pandemic when many of our members have become isolated. Should you be able to spare a couple of hours on a Wednesday afternoon at least twice a month, and enjoy chatting with people, please call Angela on 01395 577 394.

We also need additional volunteers for our **fund-raising team** that raises money to pay for the café and the Sidmouth Admiral Nurse.

www.sidvalleymemorycafe.co.uk



**Sidmouth
Hospice at Home**
FORMERLY SIDMOUTH HOSPISCARE

Sidmouth Hospice at Home provides tailored care and support for people in the Sid Valley diagnosed as palliative, and for their carers and families. Our volunteers provide support by driving patients to medical appointments, befriending, and in bereavement.

We need **volunteers to join our dementia team** to visit people at home. Training will be provided, and all volunteers have a named member of staff for questions and attend regular meetings of all volunteers. Most of our volunteers have one or two clients who they visit once week for up to two hours. Dementia volunteers work in pairs and can either visit their client alone or with their 'partner'. To find out more please phone Ashlynn Lee for a chat on 01395 578707 or visit the Information Centre at 48 High Street or email info@sidmouthhospiceathome.or.uk www.sidmouthhospiscare.org.uk

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Sidmouth Voluntary Services is a registered charity and has been providing services, care and friendship for the elderly and disabled in the Sid Valley area for over 50 years. We provide a range of services from our base at Twyford House in Coburg Road including a morning café, lunches, patient transport, and shopping buses.

Volunteer in our Kitchen and Dining Room Every week-day up to 35 people come to Twyford House for a three course meal. We are also open from 10am for coffee and refreshments. We have a chef and a warden to make sure things run smoothly but we also need volunteers to help the Café and with Lunch. This involves helping laying the tables, welcoming our clients, serving drinks, biscuits and meal, getting to know our clients and chatting or playing cards or board games. And of course helping to wash up!

Mini-bus Helpers We have a weekday lunchtime mini-bus that collects clients from their homes and returns them after their lunch. We also run weekly shopping trips to Waitrose and Lidl. We **URGENTLY** need helpers to travel with the mini-buses and help our clients.

Car Drivers We also need additional drivers with their own vehicle to take clients for medical appointments, usually to the RD&E or the Beacon Health Centre and local dentists. Mileage is reimbursed.

To find out more please call Carol on 01395 515063 or email SidmouthVS@gmail.com
www.sidmouthvs.org.uk.