



## **HELPING OTHERS IS GOOD FOR YOUR HEALTH**

Volunteering can be hugely rewarding and is a great way of gaining work experience or skills. You will also get to know people in your community who will appreciate your help and reward you with their humour, wisdom and often their friendship. Many people have enjoyed volunteering for their community during the Covid-19 pandemic and evidence shows that helping others can also improve our own health and well-being.

The Blackdown Support Group is a local registered charity working closely with the Blackdown Practice. We work to support the health and well-being of local people through a range of volunteer-led services and we are currently recruiting for new volunteers in the following areas:

### **MEDICAL TRANSPORT DRIVERS**

Many of our usual volunteer drivers are unable to assist us at present and we urgently need new volunteers to help us with transport to important medical appointments. If you have a little spare time, your own vehicle and would like to support your community in a flexible and fulfilling way please get in touch. Full guidance and PPE will be provided, expenses are paid and we are happy to work around any other commitments you may have. Our drivers are often the only social contact an isolated person might have and the chat on the way to an appointment can be as important as the journey itself.



## **BEFRIENDERS**

We continue to offer telephone support to people who live alone. We are also offering one to one volunteer visiting within government guidelines, again guidance and PPE is provided and expenses are paid.

Many people might not be getting much, if any social contact due to the absence of local group meetings. A friendly face or voice and a good chat is hugely important, especially in these worrying times.

## **DIGITAL SUPPORTERS**

Could you help someone to navigate basic online tools such as Skype, Zoom or Facetime to help them connect with others digitally? This can be done over the phone or face to face where appropriate and could be a lifeline for someone whose normal social activities aren't currently taking place.

## **GET IN TOUCH**

You can find out more about us on our website or Facebook page:  
[www.blackdownsupportgroup.org.uk](http://www.blackdownsupportgroup.org.uk)

<https://www.facebook.com/BlackdownSupportGroup>

If you would like to discuss our current volunteer opportunities or you know someone who might need our help, please get in touch with us.

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