



Volunteer

TO CHANGE LIVES



Did you know that more people die of isolation and loneliness than anything else? The more people you have in your life, the much happier, healthier and safer you will be.

My Life is a local charity based in Standish and Leigh. We believe the answer to some of these issues lies in the hands of our community, but we want to see how this can work in reality.

We are looking for 10 local volunteers who have a spare hour each month, or more, to help us deliver a new and exciting project to help people who are isolated and lonely get a better life. That one hour could make a **BIG** difference.

If you're interested, we will tell you all about the project and offer you some free training, which includes getting to know you and what you want to get out of volunteering. Once you feel confident, we will match you with people you think you will get on with.

All you need to do then is go and have a chat with them about their likes, dislikes, interests, hobbies and anything else, and visit them as often as you choose. By working together we may be able to find a range of opportunities we could tap into that improves the quality of their lives.

We also have a wide range of other voluntary opportunities available, including horticulture, cooking, animal care, art and crafts, floristry, sewing, music, dance and drama, to name just a few. All your out of pocket expenses will be paid.

Interested?

Get in touch for more info or to express your interest.



Registered Charity No. 1167858

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