



Somerset You can Do

The former offices of S Notaro Ltd
Huntworth
Bridgwater
Somerset
TA7 0AJ

Tel: 01278 664180

WELCOME

to Somerset You can Do

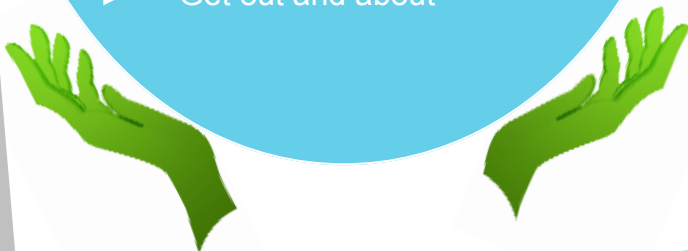


Information
on services
available

Somerset You can Do Community Volunteer Services

Somerset You can Do volunteers can help you to:

- ▶ Stay active
- ▶ Remain independent
- ▶ Feel valued and part of the community
- ▶ Break down isolation and loneliness
- ▶ Stay in touch with neighbours and friends
- ▶ Get out and about



Comments from some of our Customers

'Thank you for helping me. I don't feel so alone now that I know there are people out there that care . I now feel part of my community again and I have rediscovered myself .'



"I needed some help to get out and do things and meet new people. My volunteer came with me when I joined the group, and now is helping me to be a volunteer myself"



Some of the things our customers have asked for

'I would like a volunteer to help me find classes in pottery, cooking or gardening in my local area.'

'I would like a volunteer to help me find groups in my local community and come with me to help me settle into them.'

'I would like a volunteer to help me to get out and about in my local community and find groups and classes that interest me and meet my needs. I will need help to arrange transport and support until I am comfortable on my own. I would like help to apply for a bus pass and company until I am confident using public transport.'

'Once I have regained my confidence, I would like help to find a suitable volunteering opportunity in my local community.'

'I would like a telephone friend to keep in touch with me.'

'I would like a volunteer to help me get internet access and show me how to use email and do online shopping.'

'I would like a volunteer to help me find a suitable volunteering role, check out if there is suitable access for me and accompany me until I feel confident and settled.'

About Volunteers

Volunteers are part of a local network forming a 'multifunctioning task force'. Some volunteers work in small teams or volunteer in pairs. Others will be more like friends and help you on their own.

With the help of volunteers you could:

- ▶ join a group of friendship circle or meet people with a shared interest,
- ▶ have the confidence to get out and about and become more independent in accessing local community services and activities
- ▶ become a volunteer yourself, supported by a mentor who will help you find the right organisation and get you started. You could even become a Somerset You can Do volunteer and help us to develop the project.
- ▶ communicate with a volunteer phone, text or email friend,
- ▶ find help to use a computer and get on the internet to do shopping, photography, send emails etc.



Steps to using Somerset You can Do Services

Step 1

You will be recommended by someone from Somerset County Council and a referral form will be sent to the You can Do team or you can contact us directly and make a self referral

Step 2

We will contact you within 10 days to set up an informal and friendly face-to-face meeting at a time and place during a day that suits you.

Step 3

We will meet with you, and anyone you would like to have with you, to explain about the service and your participation.

Step 4

Once your registration details are complete, we will introduce you to your volunteer or volunteers providing we have some in your area.



YOU ARE NOW READY TO START
ON YOUR 'YOU CAN DO'

Who Pays?

At present having a volunteer will cost you nothing the volunteers' travelling expenses from their home to you and return are paid for by us.

However, you will need to pay your own and your volunteer's expenses when you are out and about or attending a group together. These expenses could be for tea or coffee or entrance to the cinema or any travelling expenses incurred.

If you do not have your own computer, you will be given the chance to temporarily borrow one from the You can Do resource bank. There will be no charge for this but you will be expected to pay for all internet charges. If you wish to buy your own computer you will be able to access help to get the best value for money including computer recycling schemes.

For more information
please contact Peter
Wood or Bryan Mitchell on
01278 664180.

