

Volunteer opportunities

LEIGHTON
BUZZARD



Tea and Welcome

- Greet and welcome carers with a cuppa at our friendly support group
- 10 - 12pm at Bossard Hall
- Monthly, Thursday

Tele-phone befriender

- Chat with a dementia carer to cheer their day and keep them in touch with the outside world
- Anytime, from home

Appointments sign in

- Welcome and sign in carers for their hair, footcare or massage appointments
- 1 - 4pm, Whichellos Wharf, The Elms
- Monthly, Thursday

**Volunteering can be good for you too!
We are flexible and friendly**



Carol Solaiman
Volunteer Coordinator