

VOLUNTARY WORK OFFERS YOU THE CHANCE TO:

- 👤 Help other people
- 👤 Use existing skills
- 👤 Learn new skills
- 👤 Access training
- 👤 Socialise with other volunteers
- 👤 Become involved in the local community
- 👤 Explore further opportunities in further education/career change
- 👤 All out of pocket expenses paid

If you are interested in applying to Amina Befriending, or becoming a volunteer, you can contact us directly on:

01382 224 687

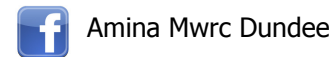
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AMINA CARERS
Befriending
Project



AMINA CARERS Befriending Project...

...aims to provide companionship and support to socially isolated Muslim and minority ethnic women.

Our volunteers visit the women at home or accompany them to activities; working alongside them to encourage social and community involvement.

WANT TO VOLUNTEER? ASK YOURSELF...

- 🌍 Do you have some time to spare once a week?
- 🌍 Can you offer support to someone lonely and vulnerable?
- 🌍 Can you make an on-going commitment?

If the answer to these questions is YES, then why not become a

Befriender!



WHO CAN USE THE SERVICE?

Our clients may be referred by social services, neighbours, GPs, health visitors and family. We also accept self-referrals:

- 🌍 if you are a carer or cared for
- 🌍 if you are lonely, and can't go out
- 🌍 need support, understanding, and friendship.
- 🌍 Want help with getting out and about.

The **AMINA CARERS** *Befriending Project* provides the opportunity to be linked with a befriender.

Befriending offers carers a new direction in life by having someone to spend time with, sharing activities with the opportunity to express any worries and concerns they may have.

GROUP ACTIVITIES

Support is offered to carers of all ages through a range of group activities organised by the carers befriending project.

TELEPHONE BEFRIENDING

If face-to-face befriending or group activities are not for you, we also offer a telephone befriending service to isolated carers.

WE WILL BE OFFERING YOU

- 🌍 Walking groups
- 🌍 Lunch clubs
- 🌍 Group outings
- 🌍 Carers Residential trip
- 🌍 Support getting out and about
- 🌍 Annual trip to Edinburgh Mela
- 🌍 Glasgow shopping trip
- 🌍 English communication classes