Be a family support volunteer

### Would you like to help a family with a child or young person with a life-limiting or life-threatening condition make the most of their time together?

**Do you enjoy gardening, cooking, tidying or doing odd jobs?**

­­We need volunteers to provide practical support to families in their own homes. Any time you can offer – a regular slot or a few hours as a one-off – can make a real difference.

#### **Practical activities could include:**

* Gardening (regular lawn mowing or a one-off blitz)
* Shopping, including collecting prescriptions
* Cleaning, such as vacuuming, dusting, washing or ironing (regular or spring cleans)
* Cooking, such as preparing meals or snacks
* Looking after pets, such as dog walking or grooming
* Driving, including to and from activities and appointments
* Helping support siblings by accompanying them to play dates, preparing them for school activities or organising an activity for them to enjoy with friends.

To find out more about this opportunity, please contact: **XXXXXXX**

