

Could You Spare an Hour to Brighten Someone's Day?

Connex Community Support is a local charity dedicated to supporting people aged 65 and over who may be feeling isolated, lonely, or vulnerable.

Our friendly volunteers make a real difference by:

- Dropping in for a chat and a cup of tea.
- Accompanying someone to a local café or garden centre.
- Supporting people to attend group activities and social events.

We also run welcoming social groups in **Matlock** and **Bakewell**, with exciting plans to launch new groups in other areas in the dales.

Now, we have older people in the local area who would love the companionship of a regular visitor, but sadly we don't have enough volunteers to help.

If you could spare just **one hour a week or even a fortnight**, you could make a huge difference to someone's life. Volunteering with Connex is flexible and designed to fit around your own commitments. We provide:

- Full training and ongoing support.
- An enhanced DBS check.
- Reimbursement of all mileage expenses.

Volunteering is a wonderful opportunity to support your local community, share stories, make new connections, and experience the reward of knowing you've helped brighten someone's day.

If you'd like to find out more about becoming a volunteer or about the social groups we run, we'd love to hear from you

Contact - Karen – 01335 348600

Email – dales@connex.org.uk