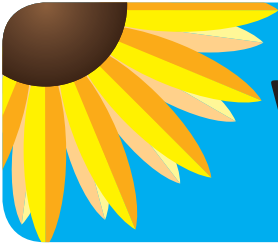


Weekend Care

Volunteering at VAC





Weekend Care

Weekend Care provides a safe and social environment for Calderdale residents 50+. A team of trained volunteers provide hot and nutritious meals to people in a friendly and attentive environment. Weekend Care improves the lives of Calderdale residents and their health and wellbeing by providing a social and stimulating environment for people to be in.

Do you want to make a difference to people's lives?

Ways to get involved:

Befriender - attend Weekend Care sessions, chat to service users, assist serving food, cleaning up and helping with activities.

Timings: 10 – 4pm on Friday, Saturday or Sunday

Cook - help prepare a two course meal, including planning the menu and shopping.

Timings: 9:30 – 1pm on Saturday or Sunday

Driver - collect and return service users. Drivers would need their own car, a clean driving licence and appropriate insurance. Out of pocket expenses will be paid.

Timings: Saturday and Sunday 8:30 - 10:30am & 3 - 5pm (Some flexibility will be required)

Passenger Assistant - to assist drivers collecting and returning service users.

Timings: Saturday and Sunday 8:30 - 10:30am & 3 - 5pm (Some flexibility will be required)

Weekend Care and Voluntary Action Calderdale will provide training and support to volunteers. By giving a few hours each week it will make a huge difference to the lives of people in Calderdale!

Get in touch:

Email: volunteering@cvac.org.uk
or call: **01422 348777** for more information

Voluntary Action Calderdale is a Registered Charity No 1087518 and Registered Company No 4115234

www.cvac.org.uk