



Molly & Bill

Making our lives lively & Being involved in local life

Molly and Bill are in your area!

Molly and Bill is a local community based project run by VAC and is an acronym for **M**aking **O**ur **L**ives **L**ivel**Y** and **B**eing **I**nvol**V**ed in **L**ocal **L**ives.

The project works with residential care settings in the local area and will deliver a range of creative and meaningful activities in the care homes by community groups and volunteers with particular skills or interests.

**Get in touch to find out how you can get involved
contact the Project Worker on 07495 049458**

www.cvac.org.uk



Interested in getting involved with the Molly and Bill project?

Get involved as a volunteer

Volunteer opportunities include becoming a **companion** and acting as a befriender to residents at a local care setting. Volunteers may also **deliver creative activities** and can be supported to explore appropriate activities in the care settings. Activities can be delivered as a 1 to 1 (such as reading, playing cards or using memory books) or as a group activity (such as creative arts, music or movement).

Community groups will also be delivering activities in the care settings and volunteers are able to **support residents** to attend a broad range of activities. There may also be opportunities to support residents to **go into the local community** and accompany people to attend events or connect with local activities.

Volunteers receive training, support and expenses. Care staff will be available during volunteering sessions to ensure resident's needs are met and volunteers will not undertake any personal care duties.

Involving local communities

Community groups and local people are invited to share their talents with care home residents and be part of the Molly and Bill community. We are looking for more opportunities to link with local activities and community events.

If you would like to join the Molly and Bill community, please email mollyandbill@cvac.org.uk