

THOSE INVOLVED IN REACH OUT HAVE SAID:

"She's a lovely woman. I'm very happy to be spending time with her"

CLIENT

"I felt that hour might not be that important to me, but it could change someone's life"

VOLUNTEER

"(..the volunteer) is a star – helping me out with everything"

CLIENT

"It's about creating a connection with someone"

VOLUNTEER

"(..the volunteer) has been really helpful and has made a huge difference to my wellbeing."

CLIENT

"I enjoy being able to make a positive difference in someone's life"

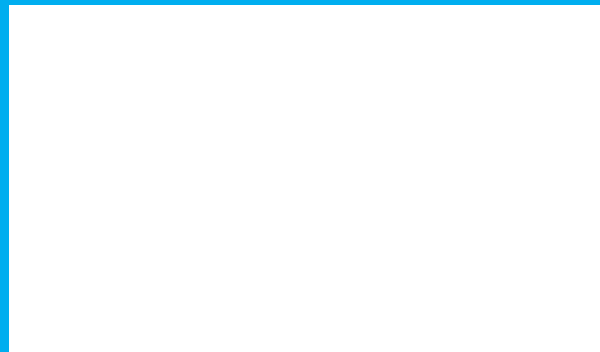
VOLUNTEER



Find out more on our website
www.reachout-project.org.uk

contact us by email at
reachout@nhcvs.org.uk

or call us on
01462 689403



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HELPING PEOPLE AT HOME



www.reachout-project.org.uk



ABOUT

Reach Out is a project that provides support to those who are recovering from illness or injury and may be at risk of hospital admission. This includes people who have recently been discharged from hospital.

Reach Out can assist people by linking them up with a volunteer in their neighbourhood who can offer companionship and practical support during their recovery.

The service is free and is available to help people who are medically vulnerable or home from hospital. All our volunteers have undergone training and we have conducted all the necessary police and reference checks.

WHAT WE CAN OFFER

REACH OUT VOLUNTEERS CAN HELP THOSE WHO:

- Are recovering from illness, surgery or an accident
- Need support to regain independence following medical treatment
- May be at risk of admission to hospital
- Have recently been discharged from hospital

REACH OUT VOLUNTEERS CAN:

- Visit people at home to check they're ok
- Make tea and coffee and have a chat
- Support people to get back to doing the things they enjoy during their recovery
- Collect small items of essential shopping, such as bread, milk, fruit, snacks etc
- Accompany clients on outings such as follow up appointments or shopping
- Support people to rebuild their confidence during their period of recovery
- Collecting prescriptions
- Provide short term support with pet care
- Support people to try new activities or visit other services that may help them
- Researching and signposting people to other services that may be useful

WOULD YOU LIKE TO HELP?

Could you spare an hour a week to help someone in your local area?

Reach Out allows people to volunteer flexibly to fit in with their own lifestyles and commitments.

Our Reach Out volunteers have told us that Reach Out has enabled them to:

- Contribute to their community
- Do something rewarding
- Increase knowledge and contribute to personal development
- Increase confidence
- Have fun!

To find out more you can register your interest via our website or by contacting us using the numbers on the back of this leaflet.

