



Support and friendship
for families

Home-Start Colchester



Volunteer for your health!

Home-Start believes engaging with friends, family and one's community (through volunteering or other methods) leads to a sense of fulfillment in life which in turn seems like it decreases stress and promotes a general healthy feeling of wellbeing! If you agree then please support us to evaluate the benefits!

Would you like to volunteer for a local Children and Families Service?

We are looking for 10 people to come and take part in an exciting and innovative **trial and learn** project to discover if volunteering can really promote a healthy feeling of wellbeing?

Criteria for this project:

- You must be aged 60 and over
- We need you to feel that you have a health concern/issue/need so that we can monitor change.
- We need you to be happy to answer questions about health changes.
- Located in Colchester.
- Be willing to take part in this trial and learn project and support our efforts to show volunteering can support health changes.

What will you receive?

We will provide a social volunteer preparation programme over 12 weeks. This will provide you, the volunteer, with a social intervention, opportunity to share ideas, learn new skills, share skills and inspire you to bring your ideas and passions together which will enable the project leader to develop children's workshops to cascade your ideas and skills to local children that we support. Social meetings will include refreshments, free training and lots of fun!

We may be able to provide transport, should this be required.

Recent studies have shown that volunteering has many benefits for you, the volunteer. e.g.

- You feel mentally and physically healthier
- Improves your mood, self-esteem, and emotional well-being
- Lowers stress levels
- Enriches your sense of purpose in life and you feel part of the community.
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Can you help us to discover if Volunteering really improves your health?

If yes, call 01206 865349 or email team@homestartcolchester.org.uk

