

# How to volunteer

Do you have:

- An hour or two a week to offer support to an older person, initially in their home?
- A genuine, keen interest in the lives of older people and the issues they face?
- An ability to listen and communicate effectively?
- An interest in treating older people with kindness, compassion and dignity, and appreciation of the value of independence?

If so, you might be interested in becoming a volunteer.

Contact details can be found on the reverse of this leaflet.

Mind in Bradford

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# Community Companions

A new project to prevent loneliness and depression in the elderly community



Volunteers needed.  
Can you help?

 **Mind in Bradford**  
for better mental health

**CCGs working together**

Airedale, Wharfedale and Craven CCG  
Bradford City CCG  
Bradford Districts CCG

In conjunction with



Muslim Health Service

## Why volunteer?

Benefits of volunteering for Community Companions include:

- Mentoring support
- Careers advice
- Fulfilment and a sense of achievement
- Helping to create a bridge between generations
- The chance to engage with different cultural backgrounds and nurture a positive community spirit
- Enriching your personal skills, CV or university application
- A certificate at the end of the project



## About Community Companions

Community Companions is a new project to reduce mental ill health through one-to-one visits from volunteers.



Volunteers will spend quality time building relationships with elderly people from all cultural, religious and social backgrounds and help housebound individuals access community programmes.

The purpose is to promote mental wellbeing and reduce social isolation and depression rates among the elderly who live in North Bradford.

## Why is this project needed?

Depression rates are increasing amongst the elderly with thousands suffering across Bradford.

Depression causes low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep and appetite.

Being housebound and other factors such as poor mobility, poor hearing and poor vision can lead to social isolation and loneliness.

