

What does CarePlus do?

We provide a local volunteer service for older people (65+) in the London Borough of Bromley.

Our values

We believe that older people prefer to remain in their own homes if at all possible but that they sometimes need a little help from people to make this a reality.

Our good neighbourly approach supports older people to participate in the community, maintain independence and stay active and healthy.

How we do it

- We provide volunteers to help with everyday tasks like shopping, gardening, transport and personal administration for older people who are finding it difficult to get out of the house or are feeling lonely
- We hold regular gentle exercise classes to maintain mobility
- We hold a regular craft group to maintain social contact
- We provide information and advice on local and community care matters. If we can't provide the assistance you need we will refer you to someone who can

Where do we care?

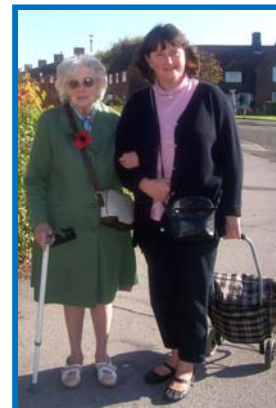
We currently work in Bromley town centre and the surrounding areas, towards the borough border in Downham and out towards Beckenham and Petts Wood.

How can we help?

- You can phone or email the office (we are here Monday to Friday, or feel free to leave a message)
- You can ask a friend to contact us on your behalf
- You can write to us at the address overleaf
- You can ask your Care Manager, GP or district nurse to contact us on your behalf

What happens next?

- We will visit you at home and talk through your needs
- If required, a volunteer will be arranged to provide support
- Your placement will be regularly reviewed by a member of staff



Our volunteers

Our volunteers come from all age groups and walks of life.

Volunteering can give a fantastic sense of achievement; provide new skills, friendships and the satisfaction that you have played a part in improving the lives of older people.

Work with us towards our mission of enabling older people in the London Borough of Bromley to remain independent and enjoy a good quality of life

To get involved, please call 020 8290 4992 and speak to our Volunteer Co-ordinator.

You will be asked to complete a simple volunteer application form and invited along for an informal chat. If you decide you want to volunteer for us, we will need to carry out a CRB check on you.

You will be given a **very warm welcome to our dedicated team** and have access to training to enhance your skills and build your confidence.

Can we help you?

Are you over 65? Would you like someone to chat to, help with your shopping or drive you to an appointment?

Can you help us?

If you can spare an hour a fortnight to visit, drive, garden or shop for someone please contact us.

Please return this form to:
9 Park Avenue, Bromley BR1 4EF.

First name

Surname

Address

.....

..... Postcode

Daytime telephone

Email

CarePlus is a local charity, caring for older people in the London Borough of Bromley. Our services are funded by donations, fundraising activity and from the goodwill of the local community.

For further information please contact:

Tel: 020 8290 4992

Email: info@careplusbromley.org.uk

Website: www.careplusbromley.org.uk

Write to us:
CarePlus
9 Park Avenue
Bromley
BR1 4EF



CarePlus is a Registered Charity No: 1061356



A volunteer service helping older people in Bromley

Tel: 020 8290 4992
info@careplusbromley.org.uk
www.careplusbromley.org.uk