



**Time to give
+ Talents to share
+ Hope to bring
+ Cup of tea
x You**

It all adds up to

Livability



www.livability.org.uk

LivabilityUK



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Livability

Team Livability

Welcome to team Livability - our amazing network of volunteers, friends, supporters and donors. Active across the country, your support involves a wide range of activities and care.

From befriending schemes, cheering people on at Livability events, connecting communities, running dementia friendly churches, growing awareness, being a speaker or ambassador, or offering your time and skills, there are all sorts of roles for volunteers at Livability. It all adds up!

Seeing everyone as equal partners, we invite you to work with and alongside the people we support to create opportunities that connect people with their community.



Why Volunteer?

- Meet new people.
- Share your skills and strengths.
- Create new opportunities.
- Make a meaningful difference in your local community.
- Tackle social isolation.
- Build your confidence.
- Have fun.

In the last 12 months, our volunteers

- Escorted the people that use our services on trips and excursions.
- Cheered our runners at the London Marathon and other events.
- Stewarded at our Christmas carol services.
- Visited people that use our services for a chat and a cup of tea.
- Won royal awards.
- Supported teams in national office.
- Organised fun and activities.



Why do we need you?

With good support, innovative care and positive community connections, people's health and life outcomes can do much better.

That's why Livability is working hard to deliver services and projects that help people connect with their community.

If - like us - you are passionate about supporting people in your community - join the work of Team Livability today.

Here's what some of the people we support say about volunteers:

What's the best thing about volunteers?

'I can learn new things and help other people with them.'

'Learning new things helps me to feel good about myself.'

If you had more volunteers what sort of things would you hope to do?

'I would like people that can drive to help me to go to places like: the forest, the cinema, the zoo.'

'I would like knitting lessons.'

'I would like to learn to dance the twist and the waltz.'



Want to volunteer? Here are a few things you could do today!



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Volunteer at a Livability project

We have disability and community based services across the country. From residential care homes, to supported living services; horticultural therapy or wellbeing – our projects always benefit from additional support. Give as little as an hour a week to be a befriender or teach someone a new skill.

Take the 'It All Adds Up' pledge

Sign up to our pledge and grow community connections where you are. By getting active in your community – you can help boost wellbeing and reduce isolation in your neighbourhood. Hold a community meal, take part in a local club, join a local befriending scheme.

Start a Friends Group

Our Friends Groups are vital ambassadors for Livability and raise funds to support our services. Members come together from all over the community. From summer fairs, knitting competitions, open gardens or dance events, the Friends Groups have a lot of fun.

Take on a fundraising challenge

Lace up your trainers or get on your bike. Sky dive or swimathon. Whatever challenge you fancy – why not do it for Livability? We'll support you and provide you with all you need to get started. We've also got charity places with the London Marathon and Ride London – so what are you waiting for?

Help us at event

Be a steward at our christmas carol service, cheer people on at the London Marathon, or help serve tea and coffee for an event at one of our services – there are events throughout the year that need your support.



Peter's story

Peter is a volunteer at Livability Holton Lee – a wellbeing discovery centre in Dorset. Peter helps in a horticultural therapy project called Flourish. 'Volunteering can definitely tackle social isolation and flourish epitomises this. It is really well run, we are all valued and there is a happy atmosphere in which people with diverse needs work alongside each other.'



Jackshanaa's story

Jackshanaa is a volunteer befriendeer at Livability Bradbury Court - a residential service in North London for 21 disabled adults. 'I love the feeling of laughing till my insides hurt with one of the ladies I visit. Some of the residents' faces just light up when I walk in through the door - it is nice knowing that I am making a positive difference in their lives by giving up some of my time!'

How our volunteers make it all add up – for others

Rachel's story

Rachel found out about Livability Holton Lee after her personal coach referred her. 'My favourite thing about volunteering is the completely non-judgmental attitude of everyone who works there, staff and volunteers. Regardless of the varying levels of ability in our team, we're all equally respected and appreciated as ourselves. There are so many different personalities there, but we all get on. I also enjoy learning new skills, being outdoors and gaining knowledge about horticulture.'



Jay's story

Jay is a volunteer on the 'Art by the sea' course that runs at Livability Ashley Place. Jay says she gets just as much back from the class as what she puts in. 'I've always suffered from minor depression. I used to be a teacher and when I retired, I wanted to fill my life with something else. I've become quite involved with some Ashley people. I love it. They make you feel so good and it lifts your spirits.'



Team Livability – join in today!

Get in touch today for information on
volunteering opportunities near you.

Visit: www.livability.org.uk/volunteering

Email: volunteering@livability.org.uk



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With thanks to Nancy Honey for some photos featured.

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