

**A Way Forward** is a new Volunteer Support Programme, helping individuals with additional support needs find long and short-term volunteering opportunities.

If you feel your health and wellbeing may benefit from volunteering, but need some help overcoming barriers to get started, consider coming to one of our **one-to-one, tailored support sessions**.

Volunteering can be a great route into getting active, creating networks, and participating in the community – and a way to use your skills, learn new ones, have some fun and find an outlet for your creativity.

The programme is designed to support individuals who may be affected by:

- Mental health problems
- Physical disabilities
- Sensory impairment
- Social isolation
- Learning disabilities
- Chronic long-term conditions
- Substance misuse issues
- Long term unemployment

The one-off sessions are 1 hour long and cost £30, which you can pay through your personal budget, or with private funds. The sessions are confidential and tailored to your needs. By the end of the session you will have:

- Explored what volunteering can offer you and vice-versa
- Decided on a shortlist of suitable volunteering roles
- Made initial contact with those organisations
- Been provided with all the information you need to apply for the role

**To book a place or to find out more, contact Kirstie Sheehy, Specialist Projects Manager, at [specialist@life-times.org.uk](mailto:specialist@life-times.org.uk) or 0208 875 2846.**

Details of the programme are also available on Care4Me: [www.care4me.org.uk](http://www.care4me.org.uk)

**Lifetimes Charity, Wandsworth's Council for Voluntary Services**

100 Wandsworth High Street, London SW18 4LA.

**Tel:** 0208 875 2846 **Email:** [info@life-times.org.uk](mailto:info@life-times.org.uk) **Website:** [www.life-times.org.uk](http://www.life-times.org.uk)