

Hertswise Volunteers

.....

Hertswise needs you!

.....

Hertswise is a service designed with people living with dementia, low level memory loss or mild cognitive impairment, and their friends, family and carers at its heart. It's provided by a partnership of community and voluntary groups along with local volunteers to ensure we can provide the kind of support that is needed at a local level.

Volunteers

The partners involved in Hertswise have a wealth of experience in working with and valuing the contribution volunteers bring. We are committed to ensuring that volunteers find the experience of volunteering with us satisfying and rewarding and hope you will consider joining us at this exciting time.

Hertswise aims to enable people to make positive changes to their health and wellbeing to both prevent the onset of dementia and to live well with memory loss and dementia whether or not they have (or want) a diagnosis.

Services where volunteers have an important part to play include:

- **Activities and groups designed by our service users.**
We will work with service users to find out what activities they would like to get involved with and will help to get these running with support from our volunteers. This could include getting outdoors for a gentle walk, indoor exercise or a music group - or any other ideas that our service users suggest.



**NORTH HERTS
MINORITY ETHNIC FORUM**



- **Information and advice for all aspects of your life.** Support with benefits advice, Lasting Powers of Attorney, housing, community care and health services, leisure and social activities or any other queries – delivered by phone, via home visits or at community locations.
- **One to One support.** For people who would like more individual support, one-to-one support may be offered by our volunteers.
- **Carers support groups and advice.** Volunteers can help support these groups where carers have a chance to relax and share experiences and ideas with other carers.

Hertswise will also provide:

- Assistive technology information and advice.
- Specialist (Community Information Network) Advisers based with NHS teams to help people access services at all levels of need.
- Referrals to enhanced levels of support from specialist providers.

If you're interested in finding out more about this exciting new service we'd love to put you in touch with your locality worker who will be the coordinator for our local services.



Call HertsHelp to leave your contact details and we'll be in touch!

Tel: 0300 123 4044

Mon – Fri 8am to 6pm