

## BECOME A VOLUNTEER

Volunteers are at the heart of TGNS and we are always looking for people who are interested in helping others in the community. As a voluntary service we rely heavily on the generosity and dedication of local people to enable the service to grow. We need local people to help us with the following things:

occasional transport | befriending | shopping  
minor gardening | prescription collection  
form filling & advocacy | help with pets  
and more...

Volunteering for TGNS can be a very rewarding experience; giving a bit of time to listen or to offer a helping hand can make a real difference to people's lives.

Another benefit of volunteering for TGNS is that it fits around your life – work, family commitments, including time out for holiday. You tell us when you are available to help and we will arrange jobs to suit. You are under no obligation to say yes to any job offered to you.

## SUPPORTED BY



If you can spare a few hours to help someone get to the hospital or do a spot of gardening then we would be delighted to hear from you!



Please call 01844 212833 to find out more or visit [www.thamegns.org](http://www.thamegns.org) to complete an application form.



## LOCAL HELP FOR LOCAL PEOPLE

## HOW WE CAN HELP

Help from the TGNS comes in many forms and is available to anyone in the community experiencing difficulties. Perhaps you need someone to pick up your prescription or help change a lightbulb, or you might like to have one of our volunteers visit you for a cup of tea and a chat.

Please note the scheme does not replace carers and is unable to provide personal care or food preparation.



## SERVICES WE OFFER:

- Occasional transport
- Help with shopping
- Light gardening work
- Having a chat
- Filling in forms
- Walking or feeding your pet
- Minor household tasks & repairs
- Prescription collection
- Sitting service
- Library book collection
- Light technical support

## WHAT IS A GOOD NEIGHBOUR SCHEME?

Thame Good Neighbour Scheme is a local voluntary group that offers services to those in the local community who may need help or support. These people might be older people, people with disabilities, single parents, those temporarily in need through illness, or anyone who feels isolated. Thame Good Neighbour Scheme, through its team of dedicated volunteers, is committed to helping the community and working in partnership with other services to promote involvement and well-being for the people of Thame, whatever their age.



## OUR VOLUNTEERS

All of our volunteers are local people wishing to help others in their community, each with their own skills and knowledge to enrich the services they are able to offer you. They have been checked by the Disclosure and Barring Service (formerly the Criminal Records Bureau) and all carry identification so you can feel safe and confident when allowing them into your home.



## ARRANGING A VISIT

Arranging a visit from one of our volunteers is quick and simple:

### CALL US

01844 212833

### DROP IN

Visit us at the Town Hall, High Street

Mon - Wed 9:00 - 4:30

Thu 10:00 - 4:30

Fri 9:00 - 4:00

### GO ONLINE

Visit [www.thamegns.org](http://www.thamegns.org) and complete the online application form

To ensure that you and our volunteers stay safe, we will ask you to provide us with emergency contact details as well as information about your home environment and any special needs you may have. All information provided is kept confidential.