



Welcome to Eight Bells Community Strength

Community Strength, is community based support that will be provided by Community Navigator volunteers to prevent and reduce social isolation throughout West Berkshire. It will encourage people of all ages to look after themselves, live independently and have a good quality of life. We will also support individual's mental health and wellbeing. We also want to help communities to develop their own strength and resilience so that they can thrive.

Through a referral process, we will support adults who are at risk of loneliness and isolation, have long term medical conditions, suffer with mental ill health, and have a physical or learning disability.

Community Navigators are volunteers who have a good local knowledge and a clear understanding of what is going on in their local community. They will be able to signpost and support local people to local services or join community-based activities, taking the time to understand the needs and interests of the person they are helping. Community Navigators will encourage people to recognise their own strengths to help make better choices and grow confidence.

To find out more please visit <http://eightbellsnewbury.co.uk/cs>
or contact community.strength@eightbellsnewbury.co.uk

Community Navigators Wanted!



Do you have a good understanding of what is going on where you live?

Do you have a bit of time to give to someone who might need your help or is lonely?

We are looking for people with the right attitude and qualities to help us strengthen the community around you and to support people to live healthy, independent lives for as long as possible.

We are looking for Community Navigators, volunteers to support people to improve their mental health and wellbeing.

This could include:

- having a chat and cuppa to understand interest and needs
- signposting to local services and community activities,
- helping to build confidence to attend groups and activities
- helping people to access a wider range of information so they can make better choices
- building social networks that will link people together

Volunteering in your local community can be very rewarding and is a great way to:

- meet new people
- gain new or use existing skills
- get experience
- make a big difference to your community

If this sounds like this could be something for you or you want to find out more please contact Andrea at community.strength@eightbellsnewbury.co.uk or phone 07985 404 302.

Alternatively find out more at <http://eightbellsnewbury.co.uk/cs> or to apply online <http://eightbellsnewbury.co.uk/volunteer>