



**EMBRACING AGE**  
WEST SUSSEX  
Later life in all its fullness

Registered charity no. 1160400



## JOIN OUR VOLUNTEER COMMUNITY

Would you like to make a big difference in the life of a care home resident near you?  
Full training & support given.

### We welcome help with...

- Befriending care home residents
- Making and distributing handmade crafts such as cards & knitted gifts
- Photographs and artwork
- Flowers to bless residents and staff

Imagine  
a world where  
older people are  
valued, connected  
and full of  
hope.

 [westsussex@embracingage.org.uk](mailto:westsussex@embracingage.org.uk)

 [www.embracingage.org.uk](http://www.embracingage.org.uk)

 020 3778 0035



## The difference you could make...

"It is a wonderful and rewarding experience to help and get involved in different projects which have such a positive impact on the happiness of local care home residents!" Volunteer

"Having a volunteer has absolutely transformed my life."  
90 year old care home resident

"Each person is an individual with their own identity and humour. This may surprise a lot of people but we have a lot of fun and laughter and I find the residents very engaging." Volunteer

"Thank you for all the hard work you do in making people feel that their lives matter."  
Care Home Manager

"It makes me feel such a very special person to receive the most lovely cards. I cannot thank you all enough for thinking about me. When I feel alone I think of you all and I know I'm not alone." Care home resident



For more information visit  
[embracingage.org.uk](http://embracingage.org.uk)

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