

PRESS RELEASE
31/12/13

A new year, a new opportunity to help support people in your community!

Community Solutions are offering new opportunities to become a befriending volunteer and bring our community closer together.

It is so important to make sure that everyone in our community feels connected. Community Solutions Befriending in partnership with Lancashire County Council supports local people (18+) to combat social isolation and loneliness by empowering individuals to engage with people and their community.

Our aim is to ensure everyone in our community feels connected and in order to do that we need your help! We recognise the value of supporting people and the huge positive changes that can happen in people's lives just by introducing them to the right social networks.

We support people to raise self-esteem and confidence through encouragement and confidence building. We have fulfilling opportunities for anyone training or in the Health & Social care sector.

As well as a 2013 Selnet Award in Excellence in Training, we also hold the Approved Provider Standard, a national quality benchmark for organisations that provide volunteer led mentoring and befriending. Our volunteer programme can provide not only the vocational experience but also enhance your skills through training and support to progress people into employment.

Due to the increasing demand we are looking for genuine volunteers who would like to help improve the confidence and wellbeing of people in their community. Volunteers will be supported and trained to visit people in their own homes on a weekly basis, offering companionship and support and providing regular ongoing visits. This low level intervention provides a valuable lifeline to people who otherwise can go days without seeing or speaking to anyone.

We also offer group and telephone befriending services adding further dimensions to tackling isolation by providing a connection whatever the clients circumstances. If you can spare a few hours each week please contact us on info@csnw.co.uk or 01254 352591.

Community Solutions St James Old School | Cannon Street | Accrington | Lancashire | BB5 2ER

T (01254) 352591 | **E** info@csnw.co.uk | www.csnw.co.uk

“Community Solutions Befriending Service provides a valuable lifeline to many people who feel isolated in their communities. It provides companionship, the chance to develop new friendships and opportunities to participate in social activities. It can make a real difference to people who find themselves isolated, often at a time of change.” Deborah Clark – Community Solutions Managing Director

Our next available induction dates are:

Tuesday 14th January – 10.30 to 12.30 in Accrington

Wednesday 29th January – 6.30 to 8.30 in Burnley

Referrals can be made to the service by organisation; this includes GP's, health professionals, Social Services. A simple referral form is submitted and the client is then visited by the befriending co-ordinator from our Befriending team to explain the service. These visits help us to match the client with the most appropriate volunteer and also to identify if any additional help or support can be offered. Introductions are then made and Community Solutions continues to provide support to both the client and volunteer.

To find out more or to book onto our courses please call 01254 352591 or email info@csnw.co.uk

Like us on [facebook.com/CommunitySolutionsNW](https://www.facebook.com/CommunitySolutionsNW) and follow us on Twitter [@CommunitySNW](https://twitter.com/CommunitySNW) for more info on all of our services and opportunities.



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Ends

For further information please contact:

*Genevieve Waite
Funding & Promotions*

genevievewaite@csnw.co.uk

*Community Solutions
St James Old School
Cannon Street
Accrington
BB5 2ER*

www.csnw.co.uk

01254 352591

@CommunitySNW

/CommunitySolutionsNW

Notes to Editors

Community Solutions is a community resource, involving local people to meet local need. With 21 staff, 320 volunteers and 150 partner agencies, we go the extra mile to provide community services such as Befriending, Food Bank, Training & Employability, Volunteer Management, Street Soccer Academy and East Lancashire Community RePaint.

We offer a variety of fulfilling volunteering opportunities which you can apply for through our website. For referrals for our Food Bank and Befriending services please find referral forms on the relevant pages of our website.

Community Solutions Befriending Service was established over 3 years ago and is delivered in partnership with Lancashire County Council. In September 2013 we were awarded with the nationally recognised Approved Provider Standard from the Mentoring and Befriending Foundation.

All volunteers are provided with full training and support and CSNW offer a wide range of opportunities for up-skilling.

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