

Have you got lived experience with your wellbeing and mental health?

Can you spare a few hours each week?



Become a volunteer peer support community connector with our Barnsley Community Connects Service

This service aims to promote emotional wellbeing and physical health, supporting adults aged 18 years old upwards to build their emotional resilience and feel less isolated on their journey to improve their mental health, live independently and achieve their aspirations.

Our volunteers develop positive peer relationships that support people to find strengths and solutions, build confidence and self-esteem and develop coping strategies to enable them to live life well. We do this through home visits and remote support. Our peer supporters also help with signposting and access to other support services.

Benefits of volunteering:

- We provide full training and ongoing support
- Training and development opportunities
- An opportunity to gain new skills
- Meeting new people and making a difference in your community
- We will pay expenses



For more information about this service, please email Lesley at LesleyB@familylives.org.uk or call 07971 255308.

We build better family lives together

www.familylives.org.uk



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