

How else can you help?

We are always in need of fundraising help. Maybe you nominate us at your workplace for their Charity of the Year, or ask your employers about Payroll Giving.

For individual volunteers, we also need people who would be willing to train to deliver talks about our work.

How do you find out more?

Simple - get in touch with us at the address below. We can make an appointment to come and talk to you (or you can visit us) about what exactly you are looking for and what sort of thing your group is interested in helping with.

Contact us:

Telephone: **01298 23970**

Email: adminvol@connex.org.uk



Or just call in and see us at:

**16 Eagle Parade,
Buxton,
Derbyshire
SK17 6EQ**

Registered Charity No.1067193



**We look forward to
meeting you!**



**Ideas for group
volunteering activities
in aid of
Connex Community Support**

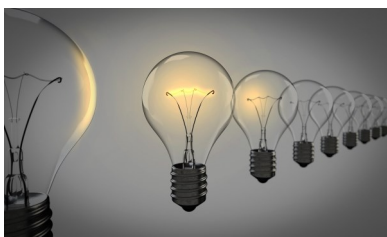
Registered Charity No. 1067193

**Count
Me In!**



Connex Community Support is a long established local charity based in Buxton, Bakewell and Ashbourne. For many years, we have provided a range of support services to help the most vulnerable people in the Peaks and Dales.

This leaflet offers ideas for people who may wish to help us to offer our services, by supporting us through volunteering.



Of course, this is not an exhaustive list - you may have ideas of your own which we'd be very interested to hear !

Leaflet distribution

We always need people to help us distribute our publicity material. Maybe a group of you could arrange to visit shops, cafes, libraries and other public buildings to drop off supplies of leaflets and posters, and make sure they are checked regularly and topped up.

Fundraising challenges

If you can help us by volunteering to take part in a fundraising challenge, we would be very grateful! Maybe a group of you could do a sponsored swim, walk or cycle together, or maybe a fun assault course, a colour run or a dance marathon - a great way to help us, have fun and keep fit too!



Bag Packs

The local supermarkets will often let us do bag packs - if you can volunteer to do one of these for us, you'll be helping us to raise much needed funds but also to raise our profile, which is great!

Befriending Activities

We do lots of work to help older and vulnerable people who might be isolated or lonely. Some of these are group activities, such as coffee mornings, music clubs, or various crafts such as making memory books. We always need extra volunteers to help at things like this. Maybe your group could help us to set up and run something for older people in your area?

One off events

Occasionally we run one-off events such as a Jazz evening or a Tea Dance. Extra pairs of hands are incredibly useful here, from helping decorate the venue, to ticket selling, serving food or just helping us publicise the event.

Youth Clubs

We run a Youth Club for disabled young people aged 12 to 25 and are about to start another for younger disabled children. If you are a small group and would be like to do some regular



volunteering rather than a one-off, you could help us here with activities including crafts, games and trips out.