

Helping Hands is set up to help the whole community: including the elderly, those living alone, people recovering from accidents or illness, and anybody who needs a helping hand from time to time. It is made up of volunteers who give their time free of charge.

The only charge we make is towards the costs of transport if requested.



Helping Hands has been made possible through financial and practical help from:

- Rother Voluntary Action
- The Tudor Trust
- The Police Property Act Fund
- Amicus Horizon

We are very grateful for the support of many organisations.

Note: Helping Hands is not attempting to replace the professional services available to our local community.

Volunteering

As a volunteer you are asked to offer only the services and activities that you have time for and feel happy and confident about doing.



You will be contacted only for the tasks you have offered to do. You are free to change how you help at any time.

If you are unable to help at the requested time, the Phone Holder will simply contact another volunteer. No one will be out of pocket – expenses such as fuel costs will be paid.

If you are interested in finding out more please contact:

Sue Prochak 01580 881309
cllr.susanprochak@gmail.com

or
Anne Wells 01580 880832
annecwells@gmail.com

ROBERTSBRIDGE
& SALEHURST



HELPING HANDS

Our community scheme links village residents in Robertsbridge & Salehurst who need a helping hand with volunteers who are willing to help.



We'd love to help.

Call 07726 592 739

www.robertsbridgehelpinghands.co.uk

We can offer...

- Practical help such as fetching shopping, collecting pensions or prescriptions.
- Small household jobs such as changing a light bulb, changing curtains, hanging a picture or occasional cooking.
- Occasional pet care, including dog walking, grooming etc.
- A second pair of hands when one is not enough.
- Light gardening, including a one-off tidy up if you are unable to manage it alone.
- Occasional lifts to the dentist, doctor, hospital appointments or the railway station.
- Lifts to village activities, clubs or church.
- Going out for a coffee or a walk, playing cards or board games, or chatting over a cup of tea.
- Help with mobile phones, computers or email systems.
- Help with letter writing and form filling.



Sorry we can't help with babysitting or tasks not covered by our insurance, however, we will always try to give you information about other organisations who may be able to help.

How to get help Phone 07726 592 739

You will reach a dedicated answering service which ensures that your message will ALWAYS be received.



Leave your name, phone number and a brief description of the help you need.

Our Phone Holders will be responsible for checking the messages two or three times a day and he/she will phone you back as soon as possible.

If you ring in the evening, your call may not be returned until the following day.

If you have a preferred day, or an appointment to keep, please give as much notice as possible.

The Phone Holder will find you a volunteer who can offer the service you have asked for. That person will then contact you to arrange a suitable time to see you.



Your volunteer will carry a badge with their name and a contact number on it so that you know that he or she is from Helping Hands.

All the volunteers are known to the Helping Hands committee and all have been security (DBS) checked.

Volunteers are insured through the scheme insurance.

Confidentiality is an important aspect of the scheme. Volunteers will not share anything about you unless they are concerned about your wellbeing or the safety of others. If this is the case they will ask for your consent and share their concerns only with the appropriate organisation.

