

WE CAN

BEFRIENDER



**For more Information and to get involved
please call West Euston Partnership: 020 7388
7932**

info@westeuston.org

www.westeustonpartnership.org

Twitter: @WEPNW1

Facebook: <http://on.fb.me/12pDPIk>



Loneliness is a serious issue for many people, whose only company is themselves and maybe sometimes a TV. They can become isolated from the community, which can cause serious health risks.

Studies have shown that physical wellbeing is very closely linked to mental wellbeing. Social isolation is associated with increased risk of coronary heart disease, in part, because social isolation and feelings of loneliness can be a physical or psychosocial stressor resulting in behaviour that is damaging to health, such as smoking and drinking too much.

The Role

- As a befriender, you'd be a friendly, compassionate person, interested in people & reliable. We're looking for diverse people to accommodate the wide range of individuals who need our assistance.
- You'll be able to commit to visiting/ringing the person you're matched with weekly or as suits you and the person you're befriending. Times are flexible and can be worked out with the person you're matched with.
- As part of our team, we'll ensure your safety and you'll be provided with assistance and support as needed. We require you to email or call us at least monthly to report any updates or issues.

WE CAN

Social Media Coordinator

The Role

- As our social media coordinator you would be tasked with managing and updating our blog posts, Facebook, Twitter, and Instagram.
- You'd be involved in advertising for the many events we run at WEP and possibly creating hashtags and branding for those events.
- As part of the team you will be provided with assistance and support as needed. We also require you to email or call us at least monthly to report any updates or issues.



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Event Coordinator



The Role

- Assist staff with organising and sourcing events connected to WE CAN.
- Direct individuals to different programs and services offered at WEP and partner organisations.
- As part of the team you will be provided with assistance and support as needed. We also require you to email or call us at least monthly to report any updates or issues.

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Temporary Volunteers



The Role

- You will be contacted to help with specific events.
- You will provide support to staff and other volunteers where needed.
- As part of the team you will be provided with assistance and support as needed.

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