



ORGANISATION

Memory Café - Axminster

The social side is probably the most important aspect of the café. It provides a chance to have a cup of tea and cake, chat with friends and share what is going on with you, and share with others in a similar situation.

It's also a chance to connect with some of your local health care professionals. On some occasions, one of our professional health care team may give a talk or offer advice on a particular aspect of memory loss.

ABOUT THIS OPPORTUNITY

Do you have some time to spare, would you like to make a difference to people who are suffering from memory loss?

We are looking for people who can help us organise activities. Activities we include:

Music and occasional entertainment;
Coffee, tea and cakes;
Games to stimulate the brain;
Reminiscence discussions.

AVAILABILITY

Third Monday of each month - 2.30 - 4.30

HOW TO APPLY

If this or any other volunteering opportunity is of interest to you please contact:
Carol Davies, Volunteer Coordinator, Lyme Regis Development Trust.
Tel: 01297 444570 Email volunteeringatlrtd@gmail.com



VIEW OF BRANSCOMBE BEACH

ORGANISATION

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NATIONAL TRUST

ABOUT THIS OPPORTUNITY

**USE YOUR SMILE AND COMMUNICATION SKILLS TO HELP PEOPLE FEEL AT HOME. JOIN AN ENTHUSIASTIC AND VARIED TEAM AND MAKE SOME NEW FRIENDS. SEE NATIONAL TRUST PROPERTIES FROM A WHOLE NEW PERSPECTIVE
GET A TAN WITHOUT TRYING!!**

WHAT'S INVOLVED

**MAKING EVERYONE WELCOME, ANSWERING QUESTIONS ABOUT BRANSCOMBE AND THE TRUST AS A WHOLE.
HELPING FAMILIES HAVE A FUN DAY ON THE BEACH AND PROMOTING THE '50 THINGS TO DO BEFORE YOU ARE 11 ¾' CAMPAIGN.**

AVAILABILITY

**DURING SCHOOL HOLIDAYS, WE ARE FLEXIBLE ABOUT HOURS AND DAYS -
IDEALLY A MINIMUM OF ONE AFTERNOON A WEEK ON A ROTA SYSTEM,
1pm – 5pm WEEKENDS AND WEEKDAYS.**

HOW TO APPLY

*IF THIS OR ANY OTHER VOLUNTEERING OPPORTUNITY IS OF INTEREST
TO YOU PLEASE CONTACT:*

*CAROL DAVIES, VOLUNTEER COORDINATOR, LYME REGIS
DEVELOPMENT TRUST.*

TEL: 01297 444570 EMAIL: VOLUNTEERINGATLRDT@GMAIL.COM

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