



Have you got skills you could share?

Would you like to make a difference in your local community?

SpeakUP is an activity focussed programme for residents in care homes across Conwy, Denbighshire and Gwynedd managed by Age Connects North Wales Central [ACNWC]. Three county co-coordinators manage volunteer teams working to implement a programme using a wide range of activities, designed to work with all the senses.

Pairs of trained and supervised volunteers engage with older people, over an 8 week period, to help them to find or reclaim their personal power and to build their self-confidence, resilience and self-esteem by having fun.

We are looking to recruit volunteers from a wide range of ages and experiences. Everyone will be provided with full training [including the opportunity to become a Dementia Friend], a free DBS check and ongoing support. We are looking for interested people who are prepared to give a commitment [after training] of 2 hours per week for a minimum of 8 weeks.

If you would like any further information you can contact ACNWC

Tel: **01745 816947** or email: enquiries@acnwc.org.

