

Looking to volunteer?

Supporting Ex-Forces men & women to help improve health & wellbeing, quality of life, and reduce isolation



**Disability • Autism • Sensory Impairment
Brain Injury • Mental Health Difficulties**

Are you understanding, empathetic, good listener, and a team player?

Learn new skills, make a difference, enjoy supporting others, value diversity, equality, and inclusion

Volunteer Roles

- **Welfare & Advice Assistant**
- **Wellbeing Support**
- **Outreach Support Assistant**
- **Activities Support**

Training provided will include....

Safeguarding, Manual Handling, Veteran Profile Awareness (for non ex-forces), First Aid at Work, Mental Health First Aid, Welfare Advice & Disability Benefits, PIP & ESA Form Filling, Autism Awareness, and more...

Get in touch if you are interested in volunteering

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text: 07458 306246

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

