



We are looking for **Companions** for our new **Feeling Good** project.

Jacksons Lane works with vulnerable groups within the community, using the arts and creativity to increase confidence, reduce isolation and improve overall well-being. Funding from the Cadent Foundation has enabled us to deliver a project designed to improve the lives of older people living across North London. Our work to reduce isolation is needed more now than ever due to Covid-19, as many older people live alone or are now unable to leave to leave their homes.

Activities will happen throughout the year and will include social activities, workshops, walks, games, crafts, theatre and concert trips and outings, all in line with government advice regarding social distancing where necessary.

WHAT WE ARE LOOKING FOR

We're looking to pair up a volunteer with each isolated elderly person in Haringey that is in need of someone to chat to and create with.

ONLINE WORKSHOPS

In October and November, we'll be running weekly online workshops on a Wednesday evening that follow the themes of Music, Games, Cooking and Movement. The volunteer will visit the participant's home for the workshop, using their own device to access the Zoom workshop. The workshop will be led by a professional facilitator, with lots of *Feeling Good* pairings online together.

If you're interested in volunteering but would prefer to be connected via the phone or Zoom, rather than visiting the participant's home, DO still get involved. We're also aiming to set up Autumnal walks.

IMPORTANT INFO

- Materials needed for workshops will be supplied prior to that Zoom.
- If you do not own gloves, we can expense them (only applies to in-person visits)
- If needed, we'll pay for a DBS check (only applies to in-person visits).
- Volunteer meetings will be in the evening on Tues 29th Sept and Thurs 1st Oct – you'll need to attend one.
- We'll go through Safeguarding and Covid-19 policies at the online meetings.
- Full support from Jacksons Lane will be readily available at any point.

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