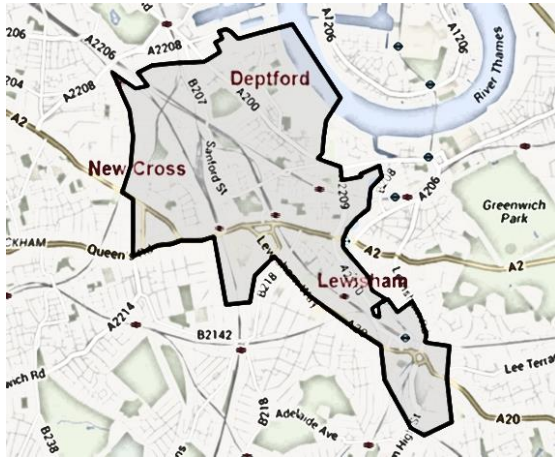


Group Befriending



Do you want to meet new people in your community or attend a group with your friends?

Do you live in the Deptford, New Cross or Lewisham area?

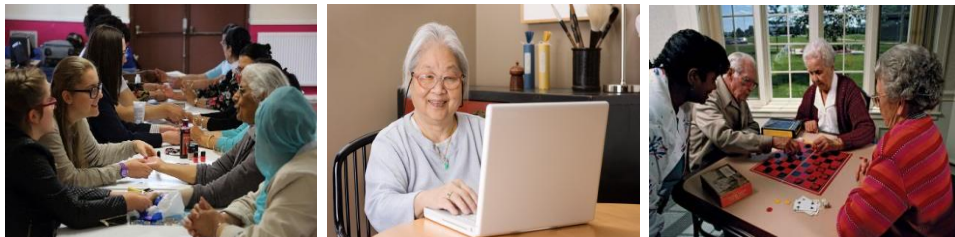
Voluntary Services Lewisham (VSL) are starting a new group for people 60+ in the Deptford Challenge Trust area.

You will play board games, learn how to use a computer to access the internet, have a massage or participate in art sessions.

Where? Pepy's Resource Centre, Deptford Strand, SE8 3BA

When? Alternating Wednesdays (from 20th July 2016)

Times? 1.30pm – 3.30pm



Contact Bettina Ganser

020 8291 1747 or E-mail: Bettina@vslonline.org.uk

Charity Number: 266585

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Want to make a difference?



Volunteer Befrienders Needed!

Do you want to make a difference to older socially isolated people in your community?

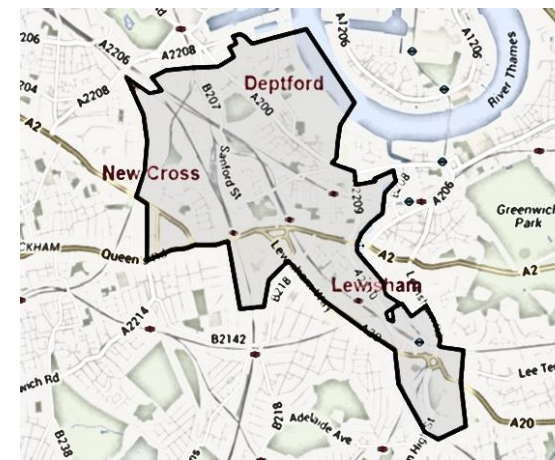
Do you live in Deptford, Lewisham or New Cross and can give some time on a Wed afternoon?

Voluntary Services Lewisham (VSL) are looking for volunteers to support our bi-weekly group befriending sessions in the Deptford Challenge Trust area starting on the 20th July 2016.

You will receive:

- training leading to AQA accreditations in boundaries and confidentiality, effective communication, first aid and more
- volunteer expenses
- A reference after 6 months
- DBS check

Contact Bettina Ganser
on **020 8291 1747** or visit us : Voluntary Services Lewisham,
300 Stanstead Road, Lewisham, SE23 IDE
E-mail: Bettina@vslonline.org.uk
Charity Number: 266858



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