

Macmillan Rural Health Outreach Project at the Farming Life Centre

Volunteers required!

We are looking for new volunteers to support our Macmillan Rural Health Outreach Project. This service provides people living with or affected by cancer or other long-term health conditions the opportunity to;

- Have regular home visits from someone who can visit them for a cuppa, a chat about current issues in farming and rural issues, reminisce about the past, find out what's happening in the local community
- Join regular social groups (currently available in Hartington, Ashford, Bamford, Boylestone and Matlock) for fun afternoons with guest speakers, activities, trips out, and tea and cake
- Join short guided 'walks for health' with trained volunteer walk leaders

Services are available to anyone (including family and carers of people with health conditions) in the Peak District.

The Farming Life Centre is looking for volunteers of all ages to take on roles as

- One to one home visitors
- Social group organisers
- Social group helpers
- Marketing assistants (to help display materials at Agricultural and country shows, deliver leaflets to shops, doctors' surgeries, etc)

Training will be provided and expenses are available. Some experience or interest in farming life and/or rural affairs would be welcome.

Barbara has been volunteering with the project for the last two years. She says,

"I started volunteering with the project because I had experience of how difficult it can be to live in a very rural area, especially if you have some health issues and are finding it more difficult to get out and about. I worked on a farm when I was younger and saw how stressful farming life can be at times, especially if there is no one around to share your worries with. I have really enjoyed meeting some wonderful people, who often have great tales to tell about our rural heritage. The social groups are great fun, we have a lot of laughs while providing each other with a bit of support and encouragement."

For more information please contact Rachel Metcalfe 01629 810903 or email: info@thefarminglifecentre.org.uk