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Item for inclusion in church newsletters

Could you be an everyday hero for hospice charity?

Saint Michael's is looking for everyday heroes from across the Harrogate district to befriend people living with a terminal illness in their own homes.

The charity's innovative volunteer visitor service supports people with a terminal illness to live at home with confidence, independence and dignity, by providing companionship and helping ease isolation.

Specially-trained volunteers spend around two hours a week doing simple, everyday things which can make a huge difference to people's quality of life - things like lending a listening ear, sharing a cup of tea and a chat, going for a walk or out to the cinema.

Having a volunteer visitor also makes a difference to carers and family by offering some much-needed 'me' time.

These everyday heroes don't need superpowers or special skills - just a genuine commitment to caring for and about someone. The charity matches volunteers and patients carefully, so you may even be able to share your hobby or interests with each other.

All volunteers receive full training before they start and have plenty of expert support from the team at Saint Michael's, to ensure the experience is beneficial to everyone.

"I feel very privileged to be a volunteer visitor," said Sandra Monkman Charlton, who started volunteering with the service earlier this year. "I get so much out of it but I definitely feel I'm doing a worthwhile job".

- **If you'd like to know about becoming a volunteer visitor, or to find out about other volunteering roles at Saint Michael's, please telephone (01423) 876085, email volunteers@saintmichaelsospice.org or visit the website at www.saintmichaelsospice.org.**