St Monica Trust

Sometimes, all people need is a bit of a boost!

We are seeking participants and volunteers to get out and about together

ACE Neighbours

"My confidence was knocked and I thought this might help bring it back up. And it has come back up, a lot!"

Are you an older adult (65 years+) who would like to get out and try some new activities with a friendly volunteer? Or know someone who would? If so, then get in touch!

"Going out on the walks was nice; especially meeting new people. It got me out and I met different people."

We will match you with a volunteer of a similar age who will help you decide what you want to do and accompany you on the first few visits.

"Jos was a stimulus – she made me think outside the box."

The project covers Hartcliffe, Withywood, Filwood and Lawrence Hill plus Keynsham and Saltford, but it's always worth getting in touch to see how we can help.

We are also looking for friendly and enthusiastic volunteers over the age of 60 to join us. No experience is needed as full training and support is provided.

If you'd like to take part we'd love to hear from you. Contact us:

catherine.robinson@stmonicatrust.org.uk, 07817 632 963 or 0117 305 2365