



# *Willing Volunteers needed!*

*Come and make a difference to our Elders at  
Longview Home in Tawa.*

## **What does this involve?**

- Two free hours per week to work with us.
- The times we have are 10.00am-12 noon, 1.00pm-3.00pm or, 4.00pm-6.00pm.
- Our Elders enjoy activities 7 days a week.
- Be willing to help our Recreation Team in a wide variety of fun group activities. Crossword Club, Bowling, Moving to Music, Quizzes, Cooking, Bingo, Trips in the van, Playing cards, Reading the newspaper or books, Movies, Concerts, Reminiscing, Gardening, Art & Craft, Singing, Laughter Yoga, Exercises & Games, Puzzles, Music and a host of Special Events that are organised throughout the year. This helps to stop feelings of Boredom.
- Some of our Elders need One to One loving companionship and this makes a huge difference to the quality of their life at Longview. This helps to stop feelings of Loneliness.
- Other Elders need assistance with tasks that help them to contribute in a meaningful way to the community at Longview. This helps to stop feelings of Helplessness.

## **What skills do you need?**

- To be friendly, cheerful and kind-hearted
- To be willing to work closely with our Recreation Team
- To be willing to commit to two hours per week long term for this rewarding work
- To be willing to share and learn new skills

**For more information, please contact our Recreation Team at Longview Resthome.**

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