

Could you give two hours per week to support a local person to develop new skills?

Barnardos is looking for people with life experience to become volunteer mentors to support families and individuals in Christchurch and Waimakariri. As part of our SAGES programme, you could help them learn practical skills such as cooking, budgeting, home maintenance, and more. No special abilities are required – just the life skills, wisdom and empathy to help others grow. As a SAGES volunteer, you will be supported, trained and your expenses reimbursed.



For more details contact Barnardos
on **0800 188 038** or **03 365 3923**
and you'll be put in touch with your
local SAGES coordinator.