

being there



life limiting illness support

Welcome خوش آمدید 歡迎
Bienvenue ਜੀ ਆਇਆਂ ਨੂੰ
স্বাগতম اهلاً وسهلاً

We are an inclusive charity that welcomes people from Black Caribbean, Black African, Asian and other minority ethnic backgrounds, people who identify as LGBTQ and people with disabilities.



We support people with life limiting conditions including Cancer, Strokes, Heart disease, Respiratory conditions and many more.

Our Support:

- **Listening and Befriending:** Talking through life experiences, difficulties and concerns (face-to-face and telephone)
- **Respite Sitting:** Allowing carers time for themselves
- **Connecting:** Online and face-to-face social and wellbeing activities
- **Being Heard:** Our professional counselling service for exploring past or present difficulties, end of life issues and bereavement
- **Transport:** Driving support for a hospital appointment or treatment *

"Being There is the only service that has regularly kept in touch with me, listens to me and understands my needs." **Client**



*There is a suggested donation of £5 towards transport

Contact Branch Manager Suzanne on: **0161 711 0643**
or **07709 522631** or email: **tameside@beingthere.org.uk**
Visit our website at: **www.beingthere.org.uk**

Ethnic Minority Volunteers needed.

Welcome خوش آمدید ਜੀ ਆਇਆਂ ਨੂੰ Bienvenue 歡迎 স্বাগতম اهلاً وسهلاً

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Advantages of being a volunteer:

- Gain skills, experience & enhance your CV
- Improve your self confidence & wellbeing
- Support your local community and people
- Connect with others & keep active
- Ongoing training and support given
- Out of pocket expenses paid
- DBS check required (costs covered)

"Volunteering has helped to keep me busy too and to appreciate all I have in my life. There is nothing better than knowing you really are helping someone else and yourself too!" **Volunteer**

Roles available are:

- Befriending face-to-face online & telephone
- Hospital transport-car owner/driver
- Respite Sitting
- Supporting face-to-face & online social group



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