

# VOLUNTEER WITH US!



## Can you spare a few hours a week to support people in your local community?

At Brighton and Hove Foyer, we provide accommodation and support for young people aged 16-25, encouraging them to develop their skills and live as independently as possible. We offer a psychologically informed environment and trauma informed care. We are looking for kind and caring people to volunteer alongside our friendly team and help with:

- General office tasks and administration
- Developing life skills workshops for clients
- Group sessions
- Befriending
- Working with young people to fulfil their potential
- Sharing personal skills or interests with others

If you're looking for a fulfilling volunteer position where you can help make a real difference to the lives of local people, please get in touch.

For more information or to book a place, please call **01273 225 022** or email **[Community.Hub@sanctuary-housing.co.uk](mailto:Community.Hub@sanctuary-housing.co.uk)**