

I WOULD LIKE TO BE A HELP VOLUNTEER

I can help in the following area(s)

Hospital Visiting Driving
Office Clerical (Torrevieja / San Miguel)
Office Advisory (Torrevieja / San Miguel)
Interpreting
Friendship Centre
Charity Sales
Monitoring Collecting tins
Other Fundraising Projects
Promotion/Advertising
Organising Social events

My experience includes

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Welfare Officer

We have a welfare officer who can visit you at home to offer advice and information regarding the need for care and help in the home.

Our much needed services can only continue if we receive sufficient funding so all donations are greatly appreciated.

The HELP Association of Vega Baja helps people of all ages with all sorts of problems, particularly at times of crisis and emergencies, such as in the case of accidents, thefts, break-ins, sudden deaths and when police or medical services are involved. We provide support to the English speaking community from Pilar along the coast through Torrevieja to La Marina Urb. and inland to Albaterra and Orihuela.

Charity Sales

The money raised at our weekly charity sales helps to pay for the services we offer the community. Donations of books, toys, quality bric-a-brac and new, or used but clean clothes are always appreciated

Talks

If you would like a representative of **HELP to talk to the members of your club or association** about our work and aims, please contact our office manager or a committee member.

We help people of all ages and with all sorts of problems

HELP ASSOCIATION VEGA BAJA



Charity no 2985

**Apartado de Correo 395
03193 San Miguel de Salinas**

**Calle Lope de Vega 46
San Miguel de Salinas
03193 Alicante**

Telephone 966 723 733

**Rambla Juan Mateo Garcia 4
Torrevieja 03181
Alicante**

Telephone 965 704 282

**Opening Hours 10.00am-1.30pm
Monday-Friday**

966 723 733 for our 24 hour
emergency help-line

Email: office@helpvegabaja.com
www.helpvegabaja.com

Our offices Open

10.00 am-1.30pm Monday to Friday.

24 hrs Emergency HELP-LINE

Telephone 966 723 733 if you need urgent help out of office hours

We can supply information relating to living in Spain plus fact sheets. We can put you in touch with drivers, interpreters, nurses or carers. We offer practical assistance if a death occurs and will help with the burial or cremation arrangements. We can help in cases of Repatriation and will deal with the procedures on behalf of those unable to cope for themselves.

Our vast stock of orthopaedic equipment is renewed and added to regularly. These are available for hire at very reasonable rates. At least 30 wheelchairs are in use each day of the year. There's a constant demand for walking frames, toilet seat raisers, bath seats, crutches, hoists and our hospital type bed.

Our Hospital Visiting Team visits English-speaking patients in the Vega Baja and Torrevieja Regional Health Authority Hospitals 3 times a week. Books and 'talking' tapes are loaned to patients free of charge.

Our Diabetic Support Group meets monthly. The members benefit from sharing experiences and information. Every effort is made to stay informed of any development in the treatment of diabetes.

Our Next of Kin Scheme provides you with a card in English and Spanish to carry with you giving the HELP Association as a point of contact in an emergency. We will record any Next of Kin contacts provided by you and use that information to contact them if required.

Our active Social Scene includes a monthly lunch, where members can meet each other in a relaxed atmosphere

Friends Unlimited is our social group that meets weekly . It has a wide and varied programme of events, including outings

Our Friendship Centre at Playa Flamenca welcomes those who would otherwise be housebound or in need of company. The centre provides a caring, friendly environment and a chance to make new friends. If you know of someone who's unable to get out and about, is on their own or, if you know a 'carer' who needs a few hours on their own, tell them about our centre. It could provide the answer to their prayers!

I wish to / become a member / renew my membership / of HELP VEGA BAJA (block capitals please)

Name
Address
Tel No:
Mobile
Email address:

Signed.....

1 year single	7 €
1 year couple	12€
5 year single	30€
5 yrs couple	45 €
Life Membership single	100 €
Life Membership Couple	170 €
I wish to make a donation of €

Total Amount Paid€

Received by:..... Date.....

You can pay by Internet banking, credit transfer, direct debit, cash at our office, friendship centre, to a committee member or authorised representative of our association. Bank details are available on request.