What TuVida does

The TuVida approach is simple. We provide help and assistance to carers and people with care requirements, in ways that work best for them.

It's our aim to provide support that enables people to make the most of their lives.

About TuVida

TuVida is a not-for-profit organisation, meaning that we invest any surpluses back into our services.

We have over 30 years' experience in care. You may have previously known us as a network partner of Crossroads Care, Carers Trust and/or Princess Royal Trust for Carers.

Today, we operate as **TuVida**.

We are registered with the Care Quality Commission (CQC) – the independent regulator of health and social care in England.

Our CQC performance rating is **GOOD**.

Tu Vida

Supporting your life

Formerly known as Carers Trust East Midlands.

carerstrust East Midlands carer services action · help · advice

volunteerservice caring · companionship · connection carerstrust East Midlands

Local office
19 Pelham Road, Sherwood, Nottingham, NG5 1AP.

0115 824 6666

volunteer@tuvida.org

Follow us @tuvidasupport

www.tuvida.org

TuVida is a Carers Trust Network Partner.

If you require this information in a different format, please let us know.

Charity registration number 1051649.
East Midlands Crossroads – Caring for Carers is a company limited by guarantee registered in England and Wales, registration number 3128631.

Registered office
19 Pelham Road, Sherwood, Nottingham, NG5 1AP.

Tu Vida

Supporting your life in the East Midlands

Volunteer Service

We are here to support unpaid carers



TuVida is a not-for-profit organisation.
Charity registration number 1051649.

Nottinghamshire Volunteer Service

At the TuVida Volunteer Service, we're here to provide help and support for people with disabilities and health conditions, at home and in the community.

We also support unpaid carers – helping them to get information, advice and take periods of respite when it's needed most.

How will volunteering benefit your life?

Everyone knows that volunteering is about giving, but there's also plenty you'll gain. As a volunteer with TuVida, you'll have the opportunity to:

- Be part of a team that cares
- Receive ongoing training and support
- Receive a free volunteer DBS check
- Bring fun and fulfilment to your life
- Improve your CV with new experiences and a reference
- Share and enhance your life skills
- Support a charity and help your local community
- Meet amazing people and make a real difference

Volunteering roles

We have a range of volunteer roles available with flexible hours. Whatever time you can give, is always appreciated! No qualifications are needed – just the ability to listen, be patient and caring.

Here's a snapshot of some of the roles we have available...

Community befriender

To someone who needs it, you could be there to provide:

- A friendly voice over the phone
- A smile over a cup of tea or coffee
- A helping hand to accompany a carer or person needing care – perhaps to go shopping, or to meet their friends.

Fundraising and events planner

Help us organise events in the community, and raise funds to continue the good work.

Office support

Help us to answer phone calls, update spreadsheets and support our admin team.

'We're here to help carers when they need help most. Our volunteers are a hugely important part of what we do.'

Sue Cain | Volunteer Coordinator

Can our volunteering team help you?

We have more than 100 friendly volunteers across Nottinghamshire, ready to lend a helping hand.

With a smile, we can:

- Be company for the person you care for, while you take a break
- Provide friendship over the phone or by email
- Accompany you or the person you care for on a walk, shopping trip, or to a community group

In fact, there's a range of ways we can help.

For more details, please get in touch.

Find out more

Whether you'd like some help, or you'd like to help others, we'd love to hear from you.

Our enquiry line is open Monday-Friday, 9am-5pm.

0115 824 6666

volunteer@tuvida.org