



Dunstable Good Neighbours

Help Line: 07491 455777

Volunteer Expression of Interest Form

Name: Date:

Address:

Telephone no: Mobile no:

Email:

Approx. age of volunteer (circle one): under 19 19 - 65 66 -74 75 +

AVAILABILITY - please circle potential times you might like to help

MON	TUE	WED	THU	FRI	SAT	SUN	Varied
am	am	am	am	am	am	am	Please give indication below:
pm	pm	pm	pm	pm	pm	pm	
evening	evening	evening	evening	evening	evening	evening	

TYPE OF VOLUNTARY WORK: Please tick the help you might be able to undertake

Shopping / errands / prescription collection (could be on foot or by car – which ever suits you)	
Lifts to/from hospital/clinic/doctor appointments (you would need your own insured vehicle, and valid driving licence)	
Befriending / sitting with someone	
Small household jobs e.g. changing light bulbs, watering plants etc.	
Emergency minor indoor repairs / light DIY	
Filling in forms (non-legal) / Writing letters	
Gardening / lawn – mowing / other outdoor activities	
Dog-walking, walking with service users	
Being part of the phone rota — matching callers to suitable volunteers (can be done at home – or fitted around part time employment or other activities)	
Being part of the organising group - help with publicity, fund raising, etc. (this can be done evenings or weekends if you work full time)	
Other — please specify:	

Please return this form to: dunstablegoodneighbours@yahoo.com