



VOLUNTEER WITH US

Why Volunteer

- Make new friends
- Gain experience
- Become part of a caring community



In tackling isolation we run **drop-ins**, **social activities** and **day outs**, as well as our **Befriending** service and **Carers' groups** all using volunteers. We couldn't do all this without our amazing volunteers. We also need **Trustees** with specialist skills to help in the running of Lifeworks and help us fulfil our objectives.



Mission

We support marginalised people aged 14+ in North Staffordshire with Autism, ADHD, Tourette's syndrome, mostly with secondary mental ill health, as well as their carers' and professionals, to find a sustainable lifestyle.

Get in Touch

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The Queen's Award
for Voluntary Service

About Autism

Autism Spectrum Condition is a lifelong condition that affects how people communicate, interact, and experience the world. People with Autism can struggle with social interaction, communication, interpretation and conventions leading to isolation in the community. They can also be very creative with very focused interests and attention to detail. Statistically, locally around 3% of people have Autism, though our experience is more, and 8% have ADHD.



About ADHD

ADHD (Attention Deficit hyperactivity Disorder) is a lifelong neurological condition which affects an individual's behaviours including impairments to: concentration, memory recall, attention and impulsivity.

There are 3 types of ADHD;

- Inattentive
- Hyperactive
- Combined



What Our Volunteers Say

"As a carer I find volunteering has helped my confidence and wellbeing. Lifeworks is like a big family and being able to give support to other carers is very rewarding."

"It feels good to 'be there' for my befriended friend and to have their companionship in return."

"It is helping me to increase my self-esteem, some of which I have lost from not being in employment for some years."