

Benefits of being a Volunteer:

There are many benefits to being a volunteer which include

- Making new friends
- Learning new skills
- Feeling valued
- Making a real and positive contribution
- Build your confidence
- Improve your health
- Boost your CV and career options
- Having fun

Get in touch:

For further information or to learn more about the scheme contact us at

Web:

www.be-heard.co.uk/naturalnetwork.html

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Natural Network Scheme is run in conjunction with:

Be-Heard

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Get involved with befriending
Adults with a Learning Disability



Volunteering
opportunities for
those who want
to befriend and
share in
experiences

Supported By



Most people enjoy their leisure time, but people with learning disabilities often have limited opportunities to go out and do things they enjoy



What is the Natural Network scheme?

The launch of this 'Pilot' scheme sources volunteers who are **Bracknell Forest Council employees**, who want to share experiences and time with Adults with a Learning Disability within the Borough doing mutually enjoyable activities and developing friendships.

The scheme is administered and managed by Be-Heard members themselves, matching the volunteers interested in befriending with appropriate members of the Be-Heard self advocacy group.

How do you get involved?

It couldn't be simpler!

Simply log onto the Be-Heard website:

www.be-heard.co.uk/naturalnetwork.html

There you will find a list of members together with their interests for you to choose from.

Or you can suggest your own idea to put to the Be-Heard team for matching appropriate members.

It can be as simple as meeting up for tea or a walk by the river. It's up to you and the member.

It couldn't be easier to transform your own and someone else's life through friendship...