

# Volunteering at First Focus

First Focus is run by a team of dedicated volunteers

If you are interested in volunteering for a vibrant, exciting and friendly organisation then please pop in and pick up an application form

There are opportunities in a number of areas such as administration, IT, catering, fund-raising, publicity, befriending & cookery mentoring.



## OFFERING:

- Information
- Advice
- Support
- Mental, Physical & Emotional

# Wellbeing



## Where to find us

Behind Fakenham Library,  
Oak Street, Fakenham, NR21 9DY

tel: 01328 855083

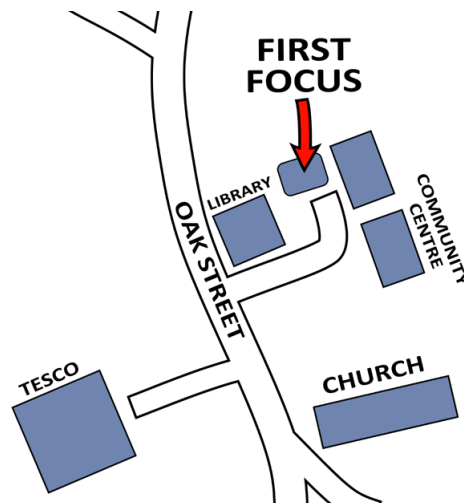
mobile: 07415 741921

email: [info@firstfocus.com](mailto:info@firstfocus.com)

## Opening Times

Mon - Weds 9am - 1pm

Thursday 9am - 3pm



Pay-as-you-go: £1 per session  
Yearly membership: £35  
Family membership: £45  
Personal budgets accepted.

Sponsored by

## JAMES BECK AUCTIONS

[jamesbeckauctions.co.uk](http://jamesbeckauctions.co.uk)  
01328 851557



Registered Charity No: 1106520

# First Focus

## Making a difference in your community

Open on  
Mondays, Tuesdays,  
Wednesdays & Thursdays

Please visit our website for  
more information

[www.firstfocus.org.uk](http://www.firstfocus.org.uk)

Day Service Provider



LOTTERY FUNDED

# “What is First Focus?”

*First Focus is a charity which is unique to Fakenham*

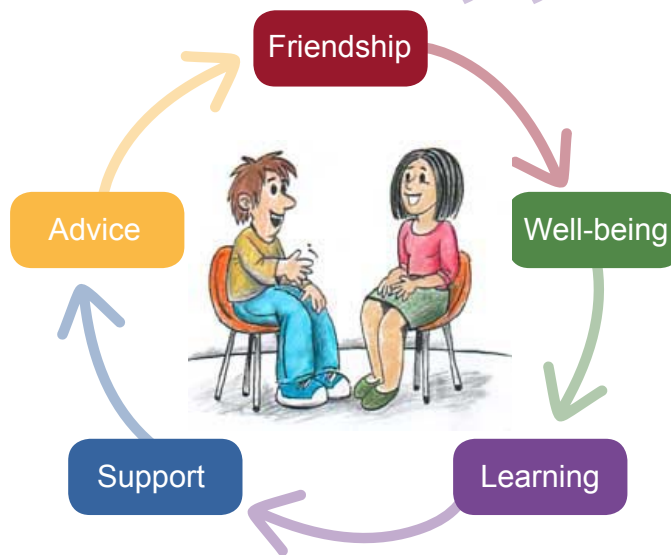
*Its aim is to help improve the well-being of adults*

This could include those who are rurally or socially isolated, or who might like to make new friends, find new interests, and develop life skills.

First Focus provides a warm and welcoming environment in which people can drop-in, socialise, and participate in group activities.

First Focus provides easy access to a range of voluntary & independent agencies. These are on hand to offer specialist advice and guidance.

# “What is on Offer?”



## *For the individual*

- Information
- One to one counselling
- Personal advice about health & well-being
- Help with addictive behaviours
- Help with emotional well-being
- A community café where you can meet others and make friends

# Health Matters

## *FRIENDLY & INFORMATIVE SUPPORT GROUPS*

- Healthy eating advice
- Gentle exercise classes
- Therapy sessions & much more

## *ADVICE*

- Support for CV writing & job searching
- Form filling-in
- Signposting
- How to be safe online

## *HOBBIES AND LEARNING*

- Writers' workshop
- Cookery Club
- Gardening
- IT for beginners
- Nutritional Club
- Arts and Crafts