

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

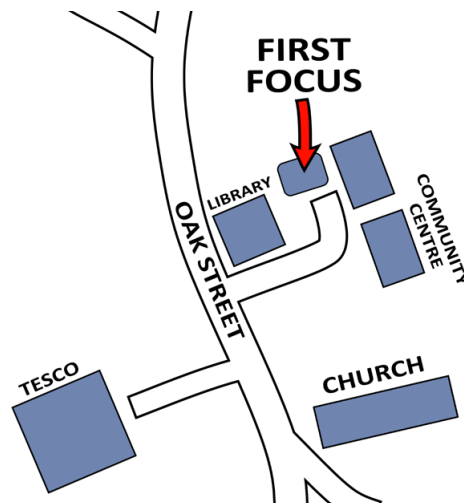
mobile: 07415 741921

email: info@firstfocus.com

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
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

Day Service Provider



LOTTERY FUNDED

“What is First Focus?”

First Focus is a charity which is unique to Fakenham

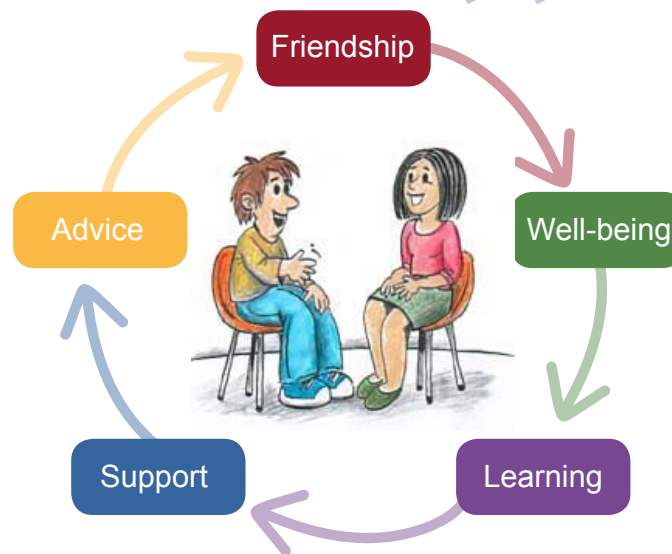
Its aim is to help improve the well-being of adults

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