



The Creighton Centre

A small charity with a big impact



Volunteer with Keep Active

Volunteers needed to help older people get active again after illness or fall

Keep Active is a project run by The Creighton Centre in partnership with the NHS Community Rehabilitation Teams in Hammersmith & Fulham. Volunteers visit a client once a week for 9 weeks, supporting them with prescribed indoor exercises and outdoor mobility. This unique role allows volunteers to help support and encourage clients to reach their mobility goals, gain more independence and access the community.

We provide training, DBS check, travel expenses & ongoing support.

To find out more contact:

Keep Active Coordinator

020 7385 9689 / 07495 312753

keepactive@creightoncentre.org

creightoncentre.org