

Selby District AVS  
AVS Community House  
Portholme Road  
Selby  
YO8 4QQ

Dear Resident

## This is an appeal from your local Community Engagement Forum (CEF)

We are looking for volunteers who are willing to help disabled, vulnerable or infirm people during a Severe Weather Situation.

The risk for vulnerable people is that an outing into severe weather could have potential life threatening consequences. The current information from the Health Service is that the change from a warm house to a cold temperature, outside, causes changes within the body. These changes can cause various problems including a stroke or a heart attack, some days later. It is these wide changes in temperature that should be avoided.

What this means for a vulnerable person is that, by staying indoors they become isolated and as provisions run low they may need to restock and brave the severe weather. It is situations like this that we are seeking to avoid.

As a volunteer we would allocate a small number of vulnerable people to you, geographically, and local to you. We would expect you to visit these people, regularly, and ensure that everything was ok. If they have some urgent need, or simply need a bit of shopping, then your help will have immense value to that person and your community.

We will provide you with a brief information session at Community House, to discuss your role as a volunteer, and equip you with, useful information and more details.

**A small amount of your time in severe winter weather is all we are asking for and you will be doing something really practical to help others in your community.**

Please complete the appropriate panel below and return, to the address overleaf. A stamp is required.

I wish to volunteer for the Severe Weather scheme	I may need the help of a volunteer during a severe weather situation
Name	Name
Telephone Number	Telephone Number
Email	Email
Please tick when you would be available: Mornings: Afternoons : Evenings : Weekends:	We will telephone you and ask for your address

Fold line 2



**Affix  
Stamp  
Here**

**Selby District AVS  
Community House  
Portholme Road  
Selby  
YO8 4QQ**

Fold line 3



Please fold to reveal the Address Panel and tuck in the flaps