

Pulling Together Ludlow



A BIG Thank you for your interest in volunteering

Volunteer Name Mr / Mrs / Ms / Miss	
Are you considered a healthy volunteer under our COVID19 guidelines? - see at the end of the form.	
Age	
Phone number(s)	
Email (please write clearly)	
When would you be able to volunteer? Day of the week, morning, afternoon	

Would you be willing to :

Drive with your own car e.g. to pick up and drop off supplies If so do you have a valid insurance, MOT and tax?	
Accompany a driver so you can drop off items	
Help with tasks such as shopping / making up parcels?	
Call people on our behalf or answer the helpline?	
Are there any special skills that may be useful for us to know e.g. Level 2 hygiene certificate, ex. nurse	

Finally the small print:

Are you DBS checked for another organisation? If so which one?	
Have you been convicted of a criminal offence, spent or unspent, or received an official police warning excluding fixed penalty speeding or parking tickets	
Are you happy for your contact details to be passed to other volunteers? (this will help us to get things done quickly and effectively)	

You MUST telephone 07584858056 or text 07403998802 if you have possible COVID-19 symptoms or become aware you have been in contact with someone who has the virus.

ARE YOU CONSIDERED A 'HEALTHY VOLUNTEER?'

***If you can say yes to ANY of the following please write NO in the table above. This does not mean that we will not ask for your help but we will place you in tasks that should not place you at risk.**

Aged 60 or older (regardless of medical conditions)	A weakened immune system as the result of conditions such as HIV and AIDS or medicines such as steroid tablets or chemotherapy
Under 60 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds)	Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis, a learning disability or cerebral palsy
Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis	Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
Chronic heart disease, such as heart failure	Chronic kidney disease
Chronic liver disease, such as hepatitis	Being seriously overweight (a BMI of 40+)
Diabetes	Those who are pregnant or think they may be pregnant