



Help Our Pennington Elderly

Together, we can make a difference for those in need.

HOPE is a group of volunteers who give their time in helping the less-able senior citizens of Pennington

Whilst there are obviously limits to what we can and cannot do, our aim is to make many of those otherwise-simple things in life to be a lot less arduous, for the elderly in need.

The services that we can offer to our Pennington senior citizens, include such things as: -

- Shopping for essential items or provide a lift to the local shops
- Assisting with getting around Pennington, such as to visit to friends without transport, or perhaps a trip to the library
- Collecting pharmaceuticals
- Providing some occasional company, for a chat and cup of tea
- Organising social gatherings
- Help with some physically demanding tasks
- Be there for emergencies and support when needed
- Take a short trip to the beach, if only to take in the breath-taking views and fresh air
- Completion of forms
- Printing and emailing
- Setting up phones for WhatsApp
- etc.

Unfortunately, we are not trained carers, so can't offer such caring services; although we might be able to find a carer for those with the budget.

If you would like to register for assistance, or know someone who needs **HOPE**, please complete the contact form at www.penningtonkzn.com/hope or phone one of our primary volunteers: -

Audrey: 0607 686 264 (English)

Jax: 0834 193 967 (English)

Ronel: 0825 783 179 (Afrikaans)