

Caring Hands



Organisation details

Caring Hands is a UK charity supporting individuals experiencing homelessness and addiction. They offer comprehensive services to rebuild lives, going beyond shelter to provide holistic support. Their residential facilities offer stability and community. A key focus is addiction recovery, with access to detox, counselling, and support groups. They equip individuals with life skills through training in budgeting, cooking, and job searching, promoting independent living. Caring Hands prioritizes well-being, offering counselling to rebuild self-confidence. Collaborating with other agencies, they connect individuals with healthcare, social services, and employment. Supported by donations and volunteers, Caring Hands alleviates homelessness and empowers individuals towards lasting change and brighter futures, offering compassionate care and practical support.

Challenge Details

The day will focus on completing three main tasks, two are interior painting and the other exterior gardening/DIY activity.

Interior:

- Paint feature wall in Hall
- Paint small accommodation room

Exterior – This is weather dependant

- Fill raised beds with topsoil
- Build picnic bench

On-site support

On the day Participate will be providing a member of staff to support the volunteers. A first aid kit will be available during the challenge. A tools talk and health and safety briefing will be given by Participate at the beginning of the day.

Preparation

Volunteers will be undertaking gardening and decorating activities and are required to wear old and reasonably robust clothing. Volunteers should pay particular attention to footwear wearing tough shoes or boots. Painting boiler suits will be provided, but do not guarantee the safety of clothing. Where personal protective equipment is required it will be provided. This will include new gloves.

Materials, tools and equipment

Participate and Vanquis will be providing all tools and materials to support the challenge.