

## **A Hand Up**

### An Opportunity for Individuals and Families

If you or your family is looking to get involved in a meaningful way, we have a great program for all ages!

Through our A Hand Up program, we match up volunteers with our newly housed (and recently homeless) clients who need everything from sheets and pillows to wastebaskets and toasters. Our volunteers collect those gently used items and deliver them to those in need.

For individuals and families, this is a great way to get involved— either during the week or on the weekends – and do something that truly makes a difference in your community!

There are two ways that you can help! The first is to be part of our group move-ins, which happen every weekend on Saturday and Sunday mornings. Our volunteers meet one of our staff members or lead volunteers at our warehouse in West Hartford, load up our box truck with donated furniture and make deliveries to two or three clients.

The second way to help is to “adopt” a client or two. Here’s how that works:

- Journey Home gives your group the name and information of the adopted client. Your group calls the client to find out what they need. Some clients may need a bed and other furniture while some may just need sheets, towels and smaller items. Much of what they need is just sitting in the basements of our neighbors and friends!
- Your group begins looking for items on the list. They can talk to friends and neighbors, work with a community or church group or post for items online. They can scour tag sales, talk to realtors to find people who are moving, or post on a community Facebook page.
- The volunteers then start collecting the items from people and keep them in their garages or at a central location until the delivery time.
- The group will select the move day, clear the day with the client and arrange to rent or borrow a truck, if necessary. Then, they deliver the items. It’s that simple.

You and/or your family could make this an ongoing project or a one-time event. They could also take further steps – collecting for a gift card to give the client, buying paper goods and cleaning items, or helping to hang curtain rods. They can do as little or as much as they want. Personalizing to the client’s tastes and interests is always a wonderful way of connecting with the client. You many have a lot in common if you take a moment to talk about their likes and dislikes!

We encourage you to have fun with this – taking it on as a scavenger hunt or a “design on a dime” effort. You’ll be amazed at how many people want to help, how rewarding it is, and what a difference you can make in the lives and comfort of other people. To get started give us a call at 860.808.0336.