



Aims:

In providing assistance and support to those who have been affected by murder or serious personal violence, angelhands Inc aims to lessen any sense of isolation, help to regain some sense of normalcy, safety and belonging. We also promote good health and wellbeing.

We may be able to assist you if you have been affected by murder or serious personal violence, by:

- Linking you to existing support services
- Providing peer support
- Providing information
- Providing an avenue for your views to be heard by government and community.

We also provide literature, resources, education and awareness training for professionals and community groups working with those affected.



Everyone thinks someone should do something to help victims of crime, but few actually do, at angelhands we think you are someone, so we ask you to assist in enhancing the lives of crime victims by joining angelhands Inc as a volunteer.

Please consider joining us, and encourage any of the people you know who may like to join angelhands Inc.

Contact our Volunteer Coordinator on:
Phone: 0416 580 090
Fax: 08 9244 7140

E-mail: volunteercoordinator@angelhands.org.au
www.angelhands.org.au

If you are in need of help in WA:

- Crisis Care : 08 9223 1111
- See our full brochure on our website

Have YOU ever wanted to do something to help the people affected by the serious crimes you hear about in the news?



angelhands Inc offers support and strength to people who are bereaved by homicide or affected by serious assault.

What can you do for angelhands Inc?

In our hustled and bustled world, one of the few things you can do to assist others is volunteer your time.

If you have the time, the desire to help others and are a professional, a student or a general community member (16+ years), angelhands would love to hear from you!

By helping others you will not only feel that you making a valuable contribution to the community, you will gain a variety of skills and experiences that will enhance your life and your CV.



Donations

If you are unable to volunteer your time, check out our website for fundraising and donation information. angelhands Inc is a not-for-profit charitable organisation, and is grateful for any donations to help us continue our services.

For information on how to donate visit:
www.angelhands.org.au

All donations over \$2 are tax deductible.

Membership

angelhands Inc is a membership organisation. Joining fees are:

- Individual unwaged or student.....\$10
- General membership.....\$25
- Organisation (less than 10 staff).....\$50
- Organisation (more than 10 staff)..\$100

NB: it is not necessary to become a member if you are volunteering. An application form can be obtained from our website, or telephone or email us and we will send you one.

How to help a friend:

For those who find themselves at a loss as to how they can help a friend in trauma, here are a few hints:

- Don't say "I understand" or "I know what you are going through" rather say, "I can only imagine..."
- Spend respectful time with your friend
- Provide practical support but do not smother
- Take tea, coffee, snacks or meals during crisis time as there are always lots of extra visitors
- Offer to attend important meetings with your friend, but be prepared for them to say no
- If you are going with your friend, find out where to go and how to get there and take plenty of change for parking
- Be a friend for a long time, well after everyone else tops talking about the trauma or loss
- Remember to acknowledge commemorative days such as birthdays and anniversaries but don't be too confronting about it
- Give small gifts such as photo frames, journals and memory books
- Visit angelhands In online library for lots more ideas