

UUCR Helping Hands Volunteer Sign Up

Thank you for your interest in UUCR Helping Hands! Please review the activities in the table and mark any that you would be willing to help with. Please remember, as a Helping Hand, you will be asked to provide support for a **specific, on-time request!** There is no obligation to accept a request, Helping Hands can accept the volunteer requests that best fit their needs. Send your response (and any questions) to Linda McConnell - lmcc@verizon.net. You may also leave a completed form in the Caring Circle box in the UUCR office.

Your Name: _____ Date: _____

Email: _____ Phone: _____

Support Needs	Interested in Supporting
Help with shopping	
Relieve a care giver for several hours	
Visit the homebound	
Provide a meal	
Provide transportation to an appointment	
Provide transportation to church	
Help with yard work	
Help with Snow removal	
Provide technical/computer help	
Provide baked goods for memorial services	
Invite someone for holiday celebration with your family	
Other (e.g., write/send note cards; provide flowers for memorial service). Please provide description.	