

Could you become a Volunteer with us?



*Promoting health and wellbeing to
build a stronger community*

Volunteers are the reason we are able to do what we do. Our volunteers give their time and effort to make a real difference to other people's lives.

We provide activities for adults of any age who may be feeling lonely, isolated, depressed or have perhaps lost their way in life following a bereavement, or unexpected knock back.

Can you spare a few hours a week to help?

Volunteering opportunities include:

- Offering kindness, support and a listening ear
 - Cake, jam and chutney making
 - Fruit picking to be bottled into juice
- Guiding in craft making and teaching new skills
- Helping run/assisting at regular activities provided by us
 - Helping at fundraising events
- Assisting on WitW stands and stalls at local events
 - Administration and IT support
 - Social Media support
- Running profile raising and fundraising events
- Governance and compliance knowledge/support
 - Training, educating and inspiring others

For further information please get in touch:

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