



We will help match you to the volunteering opportunity that is right for you.

THE BENEFITS YOU WILL GET FROM VOLUNTEERING

- Learn new skills
- Gain confidence and self esteem
- Meet new people, make new friends
- Feel valued and needed
- It's good for your mind and body
- Reduce social isolation
- Get inspired and have fun

HOW TO CONTACT US

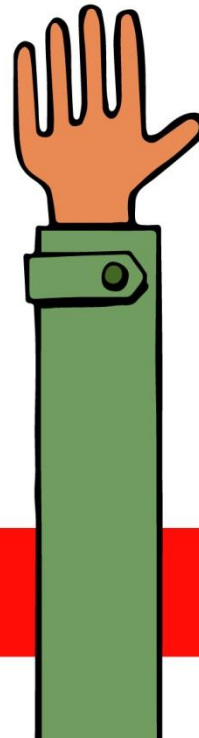
Phone: 01799 510525

Email: volunteer@volunteeruttlesford.org.uk

Website: www.volunteeruttlesford.org.uk

Or come and see us at:

Uttlesford District Council Offices
London Road, Saffron Walden, Essex CB11 4ER



"Be the change you wish to see in the world"

Gandhi