





VOLUNTEEK EALER LALER

Monday 11th July

3pm-7pm Hellesdon Community Centre

Come along and discover what local community groups and organisations can offer you. FREE refreshments.

Why volunteer?

- > Give something back to the community
- ► Improve your self-confidence
- Meet new people
- ▶ Get back into work
- ► Boost your CV
- Improve your health and wellbeing

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s-on activities

