

## Have you ever thought about volunteering?

Do you have a few spare hours a week?

Would you like to make a difference?

Would you like to meet new people and learn new skills?

If so, we have a range of roles open to volunteers which include:

- Befriending people to help them get out and about
- Meeting and greeting service users and visitors to our sites
- Providing assistance at mealtimes
- Encouraging patients to take gentle exercise



If you are interested  
please contact  
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