



We believe in making a difference

Do you have a couple of hours each week to spare?

We are looking for volunteers to support local Older People and those with Learning Disabilities. Volunteers of all ages and backgrounds are needed. If you have some free time to benefit your community, you have something to offer.

Rewarding roles are available in local Residential/ Nursing Homes and Day Services, helping each person get the best out of their day. There will be opportunities for you to gain new skills and experience, or make new friends. Full training will be offered.

Gardening

Friendship

Activities



Hampshire
County Council

To find out more about volunteering contact:



www.volunteerwessex.org



volunteer@cfirst.org.uk



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