



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

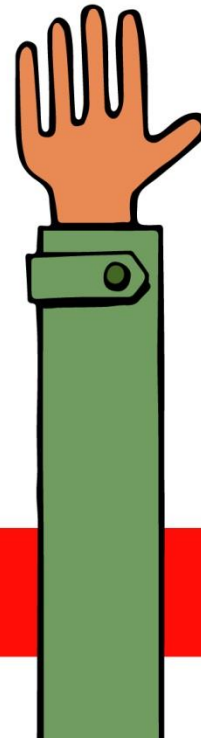
**Email:** [volunteer@volunteeruttlesford.org.uk](mailto:volunteer@volunteeruttlesford.org.uk)

**Website:** [www.volunteeruttlesford.org.uk](http://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