



Volunteer Centre

North Lincolnshire

Voluntary Action
North



*Promoting, developing and
supporting voluntary activity
within the community*

Volunteering can seriously improve your health!

If **you**, your **clients**, **colleagues**, **friends** or **family** want to get involved in volunteering, talk to the experts.

**Make a free, confidential
appointment to talk to a
Volunteer Advisor
by ringing**

01724 845155

or email

volunteer.centre@vanl.org.uk

We can help you find something useful, interesting, exciting, developmental, fun, rewarding – whatever it is you want to get out of it –

talk to us!

Did you know?

Volunteering can help you to:

- Develop new skills
- Gain work experience
- Improve your CV
- Recover and show you have something positive to offer
- Make new friends
- Give something back
- Get the 'feel good' factor
- Get back into a routine
- Do something interesting and worthwhile
- Have fun!
- Try something new.
- Be yourself!