



Are you a sociable person?

Are you friendly and helpful?

Why not become a 10 to 3 Club Volunteer and help older people feel less socially isolated?

What would be involved?

- Chatting and listening to our clients as they attend their weekly Lunch Club
- Making tea/coffee and helping to set up and clear the room
- Encouraging members to join in with the activities such as playing board games, singing or listening to a guest speaker
- Supporting our Club Supervisors

What days are available?

- **Mondays** - Baldock, Letchworth, Ware
- **Tuesdays** - Hitchin, Codicote, Cheshunt, Hitchin (Asian Club)
- **Wednesdays** - Woolmer Green, Royston, Cheshunt, Letchworth (Asian Club)
- **Thursdays** - Broxbourne, Hertford, Whitwell, Letchworth (Asian Club)
- **Fridays** - Letchworth, Hitchin

* All volunteers are recruited subject to references and a clear enhanced DBS. Training will be provided.