

# We need your help



## We rely on volunteers to help us offer vital services in the local community. Could you lend a hand?

Volunteering is a great way to meet new people, learn new skills, and support the work we do in the community. We have a wide range of roles which suit different people and different skills. If you can spare a few hours of your time every week, it can really make a difference to the lives of local older people.

For more information please call

**01743 233 123**

email [volunteering@ageukstw.org.uk](mailto:volunteering@ageukstw.org.uk)

or visit [ageukshropshireandtelford.org.uk](http://ageukshropshireandtelford.org.uk)