

VOLUNTEER WITH US

We're on the lookout for kind and enthusiastic people, to help us support the lives of unpaid carers.

As a volunteer, you'll have the opportunity to make a real difference in your local community, while:

- Developing your skills
- Meeting new people and making new friends
- Boosting your CV and gaining a reference

You can help out during times that are convenient for you - even if it's just a few hours per week. In return, we'll provide free training, DBS checks and travel expenses.

Want to know more? Call us on **0115 824 6666** or email **volunteer@tuvida.org**.

Tü Vida
Supporting your life

Charity registration number: 1051649

Nottinghamshire
Volünteer Service