

Hartlepool Learning & Skills Service

2020 INTRODUCTION TO VOLUNTEERING COURSES

Benefits of Volunteering: 4 ways to feel happier and healthier

1. Volunteering brings fun and fulfilment to your life.

2. Volunteering is a fun and easy way to explore your interests and passions.

3. Doing volunteer work you find meaningful and interesting can be a relaxing, energising escape from your day-to-day routine of work, school, or family commitments.

4. Volunteering also provides you with renewed creativity, motivation and vision that can carry over into your personal and professional life.

All of our courses are held at Waverley Community Garden, 10am-12noon, for 4 weeks.

Start Dates:

Wednesday 22nd January

Thursday 23rd January

Wednesday 26th February

Thursday 27th February

If you are interested in volunteering opportunities in your area, please

visit and register your interest at:

www.volunteerhartlepool.org.uk

or for more information contact Tracey Wilson on

01429 867074



TEES VALLEY MAYOR



HM Government

