

# CAN YOU HELP?

Age Concern Liphook runs a fun and lively programme of activities and events throughout the year to support the older people in our community. We're looking for some more people to help out - so if you have any time to spare (however small), we would love to hear from you!

## Volunteering Opportunities

Volunteering can be incredibly rewarding and really great fun. There are lots of ways you can help - even if you only have a little time to spare...



Coming along to our regular **Cuppa Club** and/or **Friendship Friday Lunch Club** to help make the drinks & chat to people



Joining us when we go out on **monthly visits** to the local shops & bank



Coming along on the **fun trips and outings** to make it all run smoothly.



Helping out at some of our **annual events** like Cream Teas, Christmas parties etc.



To find out more or just to have an informal chat, please contact us. We would love to hear from you!



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