



# The Active Wellbeing Society

## Volunteering Newsletter

March 2022

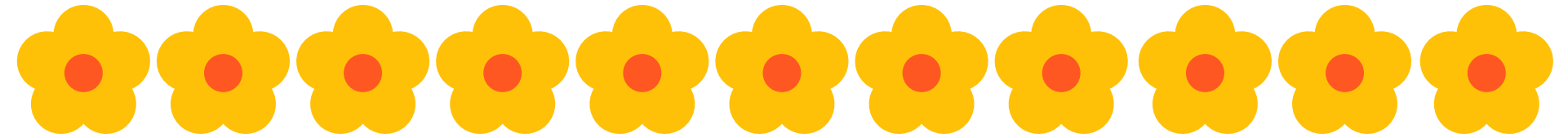


“It's great being part of a team and making a difference in the community. I'm really enjoying it!”

”



## Spring into Volunteering!



Hello everyone, and welcome to Spring! My favourite time of the year.

We have had such a lot of great support from you over the winter months, from helping to keep communities active at our weekly sessions, to ensuring no one leaves with an empty belly at our community cafes. The impact your time has is amazing, and our teams really couldn't do it so successfully without you.

**Thank you.**

The nicer weather, and longer days means we will be able to offer more and more opportunities to get involved, as a participant AND a volunteer, especially with restriction being lifted! If you see anything you might like to give a go please get in touch! We will be happy to chat with you.

Vicki

Volunteering Support

# Volunteering News



## Front of House Volunteers Needed

With restrictions being lifted we are thrilled to be able to offer this new opportunity!

Our Community Cafes are looking for volunteers to help with setting up, taking orders and helping to serve.

If you are interested [CLICK HERE](#) to book yourself on or email us at [volunteering@theaws.org](mailto:volunteering@theaws.org)



## Become a Share Shack Volunteer

We have Share Shacks where people can borrow lots of useful things for free.

Our Sharing Team are always looking for extra help, you can find out more about the project [HERE](#).

Interesting in getting involved? Email [volunteering@theaws.org](mailto:volunteering@theaws.org) or book on for a trial shift [HERE](#)



## Gardeners Wanted!

We are happy to report our Community Garden will be re-opening to volunteers on:

**TUESDAY 5th APRIL**  
**10.30am-1.30pm**

Want to get involved? Sign up via our online portal or email [volunteering@theaws.org](mailto:volunteering@theaws.org)

Session includes a FREE LUNCH in the adjoining Community Cafe

# Volunteering News



## Are you claiming your travel expenses back?

Just a reminder to everyone that we are happy to re-imburse travel costs you incur whilst volunteering with us. This includes bus fares and car mileage.

If you would like to know more just let us know, and we will send out the required form.



## Repair Cafe Volunteers

Our Sharing Team are looking for volunteers to support pop-up repair cafes to reduce waste and save money by offering skills on repairing broken items.

**We will be running 3 one off events and would be interested to hear from anyone with skills in:**

- Carpentry
- Electrics
- Jewellery making
- Dress making



## Feedback is important to us

If you have volunteered with us recently and haven't already recieved a call, please expect one over the next couple of weeks!

**It's a great opportunity to let us know how we are doing, and what could be done to make things better**

Thank you to everyone who has taken the time to chat with us.

See the latest news on our website: [www.theaws.co.uk](http://www.theaws.co.uk)

Please support and share our campaigns, and keep up to date on our Twitter, Facebook and Instagram

