

**TORBAY
TAKES ACTION**

Have you ever thought about
VOLUNTEERING?

**Help make a
difference today!**

Thousands of people in Torbay already give
their time freely in the local community

They really make a difference! Could YOU?

There are lots of benefits to volunteering, including:

Learning new skills

Sharing your knowledge

Increasing self-esteem

Boosting your career options

Taking on new challenges

Enhancing your CV

Making new friends

Discovering a new
hobby or passion

Building confidence

For more information on volunteering opportunities
visit www.do-it.org.uk or www.cvatorbay.org.uk or phone
01803 212638 to make an appointment with the Volunteer Bureau.

