

Volunteering is good for your health!

Volunteer
Centre East Dunbartonshire

East Dunbartonshire
Community Health Partnership

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**where
volunteering
begins**



You can choose from opportunities such as

- Befriending/Mentoring
- Charity Shops
- Computer Support
- Driving
- Care/Support
- Fundraising
- Environmental
- Tutoring
- ...and many, many more!

"What we often find is that patients involved in volunteering gain enormously through increased confidence, the development of new friendships and improved self respect"
(Gary Macfarlane, Doctor)

"Volunteering has improved my health emotionally and physically and put LIFE back into my life"
(Carol, Volunteer)

"Volunteers can play an important role in raising health awareness"
(David Radford, Community Health Partnership)

"We know from our experience that Volunteering is Good for Your Health and this is confirmed by many research studies"
(Pam Thomson, Volunteer Centre)



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Supported by East Dunbartonshire
Community Health Partnership

