

**NEED A NEW YEAR'S RESOLUTION THAT REALLY WILL
CHANGE YOUR LIFE?**

**Visit Bracknell Leisure Centre on Saturday 14th January
between 8am and 1pm to find out how**

Volunteering changes not only the lives of the people who receive help from voluntary organisations, it can improve the lives of people who volunteer too.

Whether you become a befriender, a driver, help out at local support groups, you can gain confidence, experience, skills and friends. It might need a few hours a week or a couple of hours once a month, there is something for everyone. It might be that you find a new vocation in life and change career!

Bracknell Forest Voluntary Action will be at Bracknell Leisure Centre on Saturday 14th January between 8am and 1pm to tell you about the myriad of volunteer roles available in Bracknell Forest Borough.

Tracey Morgan, Volunteer Recruitment Officer at BFVA, says; "Volunteering is not all hard work, it can be rewarding and great fun; even life changing. Particularly in the current situation the country is in; volunteering can enhance your CV and improve your job prospects."

So come along to Bracknell Leisure Centre next Saturday to find out more about changing your life for the better.

For more information, contact Tracey Morgan at Bracknell Forest Voluntary Action on 01344 304404 or email tracey.morgan@bfva.org