



ARE YOU ABLE TO OFFER YOUR SKILLS TO HELP OTHERS?

ARE YOU OUT OF WORK OR RETIRED?

DO YOU NEED SOMETHING EXTRA IN YOUR LIFE?

DO YOU HAVE TIME ON YOUR HANDS?

WE DESPERATELY NEED YOU!!!!

COULD YOU SPARE A FEW HOURS A WEEK?

- **CAN YOU COOK FOR 30 PEOPLE?**
- **COULD YOU HELP SERVE LUNCHES?**
- **COULD YOU WEED AND CLEAR UP THE CAR PARK?**
- **COULD YOU DO A STINT IN THE RECEPTION OFFICE?**
- **COULD YOU ASSIST THE TREASURER?**
- **CAN YOU DO ODD MINOR MAINTENANCE JOBS?**
- **COULD YOU SERVE IN THE CHARITY SHOP?**
- **COULD YOU HELP SERVING IN THE DROP IN CENTRE?**
- **CAN YOU DRIVE A MINIBUS?**
- **COULD YOU ASSIST WITH ADMINISTRATION?**

IF YOU CAN ANSWER YES TO ANY OF THE ABOVE

PLEASE



US

**TO HELP THE ELDERLY AND DISABLED OF SEAFORD
AND THE SURROUNDING AREA**

TELEPHONE:

BRYAN TURNER OR JANET WHITE

ON

01323 492800

TAKE A LOOK AROUND

HAVE A CHAT AND SEE IF YOU LIKE US

WE DESPERATELY NEED YOU!!!!!!