

VOLUNTEERS NEEDED!



Are you fairly fit?

Would you like to have some fun
and help others at the same time?

We have some volunteering opportunities
that you may like to try.....

Our **Fit@Sixty** project offers games and activities to encourage older people to stay fit and healthy and improve their quality of life. We need your help to support and encourage older people to join in our games afternoons where they can play ten pin bowling, kurling, horse racing and a variety of other games.

We are also looking for volunteers to help create low cost, low maintenance gardens for vulnerable people. No gardening knowledge is required and you will have the benefit of working with a qualified gardener.

Full support is provided to all our volunteers and we will pay your travel expenses.



Contact Janet Cook or Liz Robertson on
(01234) 791147 or email janet.cook@bpha.org.uk.