

A bit sooner than I expected, I've got a few more volunteering opportunities to share with you, and a reminder of a couple of the ones you've already seen. A big thank you to all who have already offered help. And, a special thanks to Michelle who has painted our front door in the last few days; we're looking good!

I thought you might like to know that we currently have 69 volunteers (with new people coming forward each week) helping with all aspects of running The Gregson. Our aim is to find a volunteer role for anyone who wants to get involved, so do tell your friends.

Leafletting

Charles has ordered 5 million leaflets (OK...2500...but it's a lot) to let people know about the huge range of regular groups that are running at The Gregson this Winter and Spring. **If you could help us distribute these, please let me know - we've got some to be dropped off in city centre locations and some to be posted through doors. We'd be very grateful for your help as always.**

Community Choir Assistants

We're looking for 2 or 3 volunteers to welcome participants to our new 'Breath of Fresh Air' community choir which will be running weekly on a Monday 1.30-3pm (volunteers would need to arrive at 1.15pm) from Monday 30th January.

The choir is for people with asthma, COPD and other breathing conditions. We're looking for friendly people who could come along each week to meet and greet and brew up! Please let me know if you're interested.

Do-Up Day

Sunday 28th January, 10am - 3pm

If you'd be happy to wield a paintbrush or some sandpaper, and could come along on that day we'd be very happy to see you. **We've got a list of interior paint jobs as long as your arm and my arm combined, so please let me know if you'd like to come along. Refreshments, lunch and all materials will be provided.**

Able to help? We'd love to hear from you!

For any and all of the above, or anything else relating to volunteering, please get in touch with Lisa Shrimpton by emailing l.shrimpton@gregson.co.uk or, telephone The Gregson on 01524 84959 and leave a message.



New: Café & Community Hub Volunteers

We're looking for quite a large group of volunteers who could take on a regular daytime slot (probably 3 hours) and help us relaunch the cafe as a warm and welcoming community space.

You would be working alongside a paid member of staff as part of a team, and really contributing to how it all develops - we're hoping that we can also develop some social activities during the day as well as the cafe.

If you would like to find out more, and contribute any ideas you might have, **please come along for an hour on either Tuesday 24th January at 5.30pm or on Saturday 28th January at 3.30pm.**

It would be really helpful if you could let me know if you are intending to come along - just drop me an email on l.shrimpton@gregson.co.uk

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