



Volunteer Centre
North East Lincolnshire



Volunteering can seriously improve your health!

If **you**, your **clients**, **colleagues**, **friends** or **family** want to get involved in volunteering, talk to the experts.

Make an appointment to talk to a Volunteer Advisor by ringing 01472 231123

We can help you find something useful, interesting, exciting, developmental, fun, rewarding – whatever it is you want to get out of it –
talk to us!

Immingham

Tuesday all day
(various locations)

Cleethorpes

Wednesday mornings
The Pavilion, Sydney Sussex Park, Brereton Avenue

Grimsby

Friday mornings
The Minster (St. James Church near Freshney Place)

Students at Franklin College
support to volunteer every *other* Wednesday lunchtime in college

Grimsby Job Centre clients support to volunteer every Tuesday afternoon. Just speak to your work coach!