

To find out more about this opportunity, please contact:

Call: 0115 939 5406

Email: connect@metropolitan.org.uk

Visit: www.metropolitan.org.uk/connect

Metropolitan Connect, Stapleford House, Wesley Place,
Stapleford, Nottingham, NG9 8DP

Metropolitan is a leading provider of integrated housing services, care and support and community regeneration.



Connect



Metropolitan



Volunteer and Make
a Difference

Improving **life** together

Metropolitan Connect provides practical advice, connections to services and short term support to enable adults living in Broxtowe, Gedling and Rushcliffe to maintain their independence

From time to time people can find their independence is at risk because of a health condition, age, mobility, disability, bereavement, or any other reason.

As little as 1 hour of your time could change someone's life for the better.

If you would like to volunteer to help make a difference to someone's life and give them encouragement and support to remain independent we would like to hear from you.

Benefits of volunteering

- ❖ Doing something worthwhile
- ❖ Support into paid employment
- ❖ Improved self-esteem and confidence
- ❖ Training and career enhancing courses
- ❖ Experience and new skills
- ❖ Help with your CV
- ❖ Expenses paid
- ❖ References