



This is Volunteer's Week and I want to thank all of you who volunteer to keep Charnwood U3A so healthy and enjoyable.

I am grateful to everyone who volunteers:

- our Welcomers, our Tea Rota helpers and the PA team at monthly meetings;
- Group Leaders;
- all those who help our groups by organising refreshments, or hosting meetings in their own homes;
- members who give lifts to members;
- all our Committee members;
- those who look after group finances;
- furniture movers
- and many, many more.

There are many benefits to volunteering, as well as helping others, volunteering has been shown to improve volunteers' wellbeing too.

It's human nature to feel good after helping someone out. Volunteering can also help you gain valuable new skills and experiences, and boost your confidence.

If you don't yet volunteer in Charnwood U3A, please consider how you can help. We are a voluntary organisation with principles of Mutual Aid and Self Help for those in the Third Age.

Thank you again to all our volunteers

Helen Davison, Chairman, Charnwood U3A