

Below is a sample version the A5 flyer we have that promotes the fantastic activities our Local Network's do, whilst encouraging new volunteers to join their Local Network.

This can be incorporated into your own materials, printed locally or sent to you by the volunteering team – simply get in touch with us at networks@crohnsandcolitis.org.uk no later than 2 weeks before you need them.

CROHN'S & COLITIS UK

VOLUNTEER WITH YOUR LOCAL NETWORK

Volunteering is a great way to meet new people, develop new skills and make a difference to people affected by Crohn's or Colitis.

Our Local Networks are teams of volunteers that are active in their communities through:

- INFORMATION AND SUPPORT**
- AWARENESS AND FUNDRAISING**
- EDUCATIONAL AND MEDICAL TALKS**
- IMPROVING HEALTHCARE PROVISION**

You can make a real difference to people's lives by joining our team. We organise events for people living with Crohn's or Colitis and help raise awareness of the conditions, all in your local area.

By providing a variety of events, we help give people the comfort and confidence to live freer and fuller lives. And together, we can make our voice heard.

Whatever interests, experience or skills you have, there are many ways to get involved, so if you've got plenty of enthusiasm we'd love to hear from you.

Together, we can make the greatest difference.

“ Do it! You'll wonder why you didn't do it before! You'll get a real kick out of helping others and you'll make some great new friends. ”

Lead Volunteer, East Cornwall & West Devon Local Network

For more information or to sign up to volunteer please get in contact today:

- 01727 734475**
- volunteering@crohnsandcolitis.org.uk**
- crohnsandcolitis.org.uk/local-network**

Registered Charity in England and Wales (11748) and Scotland (SC038632)