



Disability Sheffield
Centre for Independent Living

VOLUNTEERS

NEEDED

Do you want to help people with a learning disability, severe mental illness or autistic people to get more active?

Can you spare a few hours a week either on a Monday or Tuesday to attend an activity with a disabled person?

If so, we would love to hear from you!

Full training will be provided

Volunteer expenses covered

For more information contact:

Sadia Asghar, 07563 103 419 Kate Webster, 07928 630 567

Email: getactive@disabilitysheffield.org.uk