VOLUNTEER WITH US!

We’re looking for positive, energetic people who would like to help us run the “Our Day Out” sessions!

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Tasks will include:

- Helping set up and clear away
- Making the participants feel welcome
- Encouraging and supporting participants to get involved
- Helping to make tea and coffee

Get in touch...

Why not come along to a taster session to see if it’s for you? Please contact Lea on 01953 713390 or email lea@creativeartseast.co.uk if you would like to attend.

Norfolk County Council | Breckland Council | Norfolk County Council | SPIRIT of 2012 | ARTS EAST
'Our Day Out' is a unique high-quality programme, funded by the Spirit of 2012 Trust, which engages older people across Norfolk with culture and creativity through participatory music and dance sessions, whilst in a dementia friendly environment.

The project is run by Creative Arts East, a charity who provide high quality arts experiences for people who want it, need it or have never had it because it makes a positive difference to people’s lives.

**Volunteer Commitment:**

Sessions run twice a month in Dereham, Watton, Attleborough, North Walsham, Thetford and Wells-next-the-sea. Volunteers should select the group they would like to support and would be required to offer a 6-month commitment (this equates to supporting at least 12 sessions for 1 group). All reasonable travel expenses will be reimbursed.

HAVE FUN & MAKE A DIFFERENCE

[WWW.CREATIVEARTSEAST.CO.UK](http://WWW.CREATIVEARTSEAST.CO.UK)