

FRIDAY BULLETIN

Can You help Us



We all know that volunteering is an amazing thing to do but we need your help to spread the message amongst our wider communities.

How can you help?

There are two ways you can do this, and the good news is that they are both really straightforward.

If you belong to a club or community group, we would really like the opportunity to come along and speak at one of the meetings – this could be for 10 minutes or longer, depending on the time available at the event.

Alternatively, if there is a village hall, sports club or other community zone near you, we have plenty of copies of the 'Guide to Volunteering at CUH' and we would appreciate it if you could help us by distributing it to these areas.

What next?

If you are able to help in any way, please let us know by email with details of community groups and/or where you will be distributing the booklets so we can keep a record. This will also enable us to have the booklets ready for you to collect when you next come into the office.

Thank you in advance for your help.



A2 (NCCU) has moved to J3

CUH Arts: dance for Health Twilight—20 June, 16:30

Staff team sessions of Dance for health are proving popular. However, if you can't gather your colleagues for this activity, join Dance for Health Twilight at the Deakin Centre (room DK14) on Thursday 20 June 24 at 16:30.

Individuals who would like 20 minutes of movement to music to unwind and relax towards the end of the day are welcome to join. No special clothing or prior experience are required. Come as you are.

Book your place for Dance for Health Twilight here.

If you have any questions, please email cuh.arts@nhs.net mentioning 'Dance for Health' in the subject line.

