



New Year So Volunteer



How do you want to start the New Year?

- Be happier?
- Improve your health and wellbeing?
- Get involved with something new?
- Get fitter and have more energy?
- Make new friends and improve your social life?
- Feel good about helping people in the community?
- Improve the environment in which you live?



To find out about how you can move closer to achieving your New Year's resolutions, contact PAVS Volunteering Pembrokeshire on 01437 769422 or email volunteering@pavs.org.uk
Look PAVS up at www.pavs.org.uk or browse for volunteering opportunities at <https://www.pembrokeshire.volunteering-wales.net>