



Action for Family Carers

Supporting Carers Across Essex



Volunteering Opportunities

We are seeking volunteers
for a variety of interesting
and rewarding roles throughout Essex

Tel: 0300 770 8090

email: care@affc.org.uk

www.affc.org.uk

Supporting Carers across Essex

Action for Family Carers provides a range of support services for adults and young people throughout Essex, whose lives are affected by their caring role

Some of our volunteer opportunities include:

- Helping at Young Carer Club Nights
- Assisting Day Care for older people
- Volunteer Counsellors
- Telephone Befriending
- Events and Fundraising

As well as an interesting and rewarding experience, we can provide you with ongoing training and development



A Network Partner of

**CARERS
TRUST**



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