

Supporting your5 ways to Wellbeing











Connect with those in your local area

Be Active in your community helping to promote health and wellbeing Take Notice of the difference you are making in bringing people together

Learning and participating in courses and gain qualifications Give your time to help others

See overleaf for information on our training and volunteering opportunities....

For further information please contact a member of the ROVTE team on 01424 423683 ext 22 or email eturner@fsncharity.co.uk









<u>ROVTE - Rural Outreach Volunteer Training and Empowerment</u>

FSN's rural outreach project funded by the Big Lottery Fund aims to offer those living in Rother and areas of Wealden:

- Volunteering opportunities
- Accredited training with volunteering
- New opportunities to come together
- Community events and activities



- Do you like to get involved with local events within your community?
- Would you like to train and be supported to deliver events and workshops within your local community?
- Would you like to improve your employability skills?
- Would you like to start up your own interest/hobby group in your community, but don't know where to start?

If you answered Yes to any of the above then please get in touch



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Charity Registration Number 208446