

## Volunteering with ACE Lifestyle

*Do you have some spare time that you would like to use supporting members of your community to lead healthier lifestyles? If so, one of our volunteering roles may be just the opportunity you have been waiting for!!*

ACE Lifestyle provides a range of services to support the local community to get healthier and fitter. Within these services we have a number of volunteering roles which support people to make changes to their lifestyle and improve their health.

These volunteering roles include:

- **Clacton Digs It** – a therapeutic allotment project which is also open to users of local Learning Disability and Mental Health Services.
- **Fresh and Fruity** – a mobile fruit and vegetable shop delivering fresh produce to residents of specific parts of North East Essex.
- **Administration roles** – these vary across the ACE Lifestyle services and would require a basic IT knowledge.

If you are interested in supporting ACE Lifestyle to bring health and wellbeing services to your local community then we would love to hear from you!!

For more information please contact ACE's Human Resources department on 0843 507 3600.