

## Volunteering



**Do It Today**

## Rhondda Cynon Taff Volunteer Centre

With over 500 volunteer opportunities, the only problem is which one to choose!

Get help to find the right opportunity for you.

*"I got a lot out of volunteering, it made a real difference and I learnt a few things as well."*

Shelley



[www.interlinkrct.org.uk](http://www.interlinkrct.org.uk)

## Volunteering for All

When you volunteer, you can:

- Make a difference
- Meet new people
- Have fun
- Try something new
- Help your career & job prospects

We will:

- Give you all the information you need
- Support and help you to volunteer
- Find the right opportunity for you

Who can Volunteer?

Volunteering is for everyone.

Our Guarantee

You always get more back than you put in.

Supported by



Registered Charity Number: 1141143  
Company Number: 07549533

To find out more contact the  
HelpDesk on 01443 846200