

# SOCIAL WELLNESS



## VOLUNTEERING FOR WELLNESS



*There are plenty of opportunities to make a positive impact on the wellbeing of your community while also caring for your wellness*



Volunteering is a good way to spend your spare time and reduce social isolation & loneliness.

At GBF you will meet like-minded people, work in a team, increase your confidence, make friends, and **HAVE FUN!**

You can apply to become a volunteer by applying online @ <https://gbfgrimsby.com/volunteer-opportunities/>

**HELP OUR COMMUNITY BE WELL!**

Online Donations: [gbfgrimsby.com](https://gbfgrimsby.com)