MONTHLY VOLUNTEER UPDATE FOR MRCT

For **Maybury Open Door** vacancies
Please call in, visit **Maybury Open Door** and chat over the volunteer role with:
St Paul's - Liz Bellworthy Tel: 0789 077 1590 (Tuesdays only) email: lizbellworthy@mrct.org.uk
For HFB Warehouse vacancies, please contact: David Evans Tel: 07999 866952 email: davidevans@mrct.org.uk
For Bounty Club vacancies, please contact: Liz Hay Tel: 01279 724515 e-mail: lizhay@mrct.org.uk

VOLUNTEERS REQUIRED

Service Area	Vacancies	Days & Times Needed
MAYBURY OPEN DOOR (Harefield Church)	No current vacancies	
MAYBURY OPEN DOOR (St Paul's Church) Friday You are invited to stay for morning coffee/tea or all day at our drop-in	Kitchen – Motivated kitchen assistant to work as part of a small team *Duties will include serving clients, handle money, make light refreshments & general kitchen duties*	Tuesday 11.30 – 2.30
HFB SATELLITE CENTRE	No current vacancies	
HFB WAREHOUSE LoknStore Warehouse, Edinburgh Way CM20 2GF	Weigh donations, sort them into categories and dates; make up food parcels for delivery to satellite centres. **Must be physically fit as lifting and manual handling is involved.**	Thursday 12.00 – 2.00 Friday 12.00 – 2.00
BOUNTY CLUB Be advised: All applicants must be over 30 (for insurance purposes) and have a clean driving license.	Drivers Drivers Assistants Picking up fresh food from local partners and re-distributing it to local organisations, charities, churches and others working in Harlow	Monday: 11.30 to 16.30 (5 hours) Wednesday: 09.00 to 16.30 (7.5 hours) Thursday: 12.00 to 16.30 (4.5 hours) Friday: 12.00 to 16.30 (4.5 hours)

A DBS check will be required for all volunteers. This will be paid for by MRCT.

***** URGENT needs

DATE: Apr/May 2015