



Older People Active Lives

## Ready to give back and make a difference to older people in rural west Cheshire? Have you got 1-2 hours spare a week?

OPAL provides a range of services for older people  
in rural west Cheshire.

We are urgently looking for new Volunteers for a variety of  
roles including supporting carers and our members,  
drivers, fundraising, publicity and more.

If you'd like to help, we have a role to suit you!

Get in touch today to find out more...

Contact : Janet Handley  
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## Think about me, not my age