

## Why volunteer?

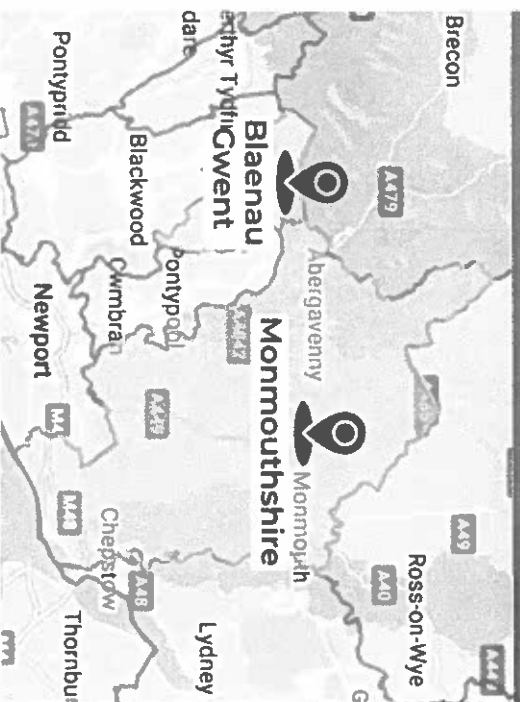
- ✓ You will meet new people
- ✓ Give back to your local community
- ✓ Neighbours helping neighbours
- ✓ Make a difference to people's lives

## How can you help?

These are just a few examples of the help offered by our friendly, supportive volunteer drivers...

- Lifts to and from the shops
- Lifts to and from appointments
- Lifts to and from social activities
- Lifts to visit friends or family

## Areas we support



*"I am so grateful for the service you offer, it is so affordable and allows my mum to do the things she would like to do, your driver is so lovely and very patient with her, thank you!"*

*Get in touch with your local Car Scheme Team today!*

Call us on

**01600 228787**

Email us

[carscheme@bridgescentre.org.uk](mailto:carscheme@bridgescentre.org.uk)

*Give the gift of a lift!*



**Supporting people to get out and about in Monmouthshire and Blaenau Gwent**



**Wellbeing Services**  
Bridges Centre