

Your community needs you!

Our community is built upon the councils, charities, churches, governing bodies, clubs and services – including The Marlpit itself - that bring people together for mutual support and shared interest, helping to get things done and making a difference. All of these have something in common – they are run by volunteers. Without them, our quality of life would be so much poorer. Their motives are as individual as the people themselves – meeting people, learning new skills, religious faith, putting something back, or just socialising.

Volunteering offers great opportunities. You can try out work in a new field, get trained with new skills, get proper work experience as well as making new friends. Helping other people has been shown to be a great way of simply feeling happy.

Right now, our community needs more volunteers. There are places available in lots of different organisations, which might need help for anything from an hour a month to a few hours per week. Some need daytime help, some need evening help. Some need practical skills and others need help with paperwork. There is something for everyone.

We have an especial need for younger people to get more involved. Bodies such as the Parish Council try to represent the village but how can they do that if no-one under 40 will join? Young people need a voice in how things are run. If you are 18 or over, you can join your Parish Council or your school governing board, be heard and make a difference. If you feel you need training, just ask and it is available. If you want more facilities for young people, get involved and ask for them!

Listed below are some current opportunities, but there are many more. Ask around and see how you can help to care for your community.

Coltishall Parish Council has up to 6 places available and especially needs more young people and more women representatives. Check out its website to see what it does (www.coltishallpc.info). Maybe it should be on Facebook or Twitter or Instagram as well. Maybe you can help. Get in touch with Suzanne Hall via coltclerk@gmail.com or 07446 542156 for a chat.

Horstead and Coltishall Community Lunch Club needs a couple of volunteers on a Wednesday lunchtime to help with setting up, washing up and putting away. Up to 35 people meet together weekly for a lovely lunch and a chat – come and join them and put a smile on people's faces. Contact Joan Milligan on 737620 if you are interested.

Coltishall Village Hall Charity (aka CAST) needs additional trustees as well as volunteers to help with bookings, marketing, event organisation and some basic DIY maintenance. If you can help out, contact Doreen Snelling via doreensnelling@gmail.com. Come and take part in the rejuvenation of our village facilities.

Coltishall Primary School has vacancies for co-opted ('from the community') and parent governors. Get involved with your local school – you will smile every time you walk through the door. There are loads of opportunities to learn new things and try out new skills, with lots of training available. Contact Philippa Weightman, the Clerk, via pweightman65ru@nsix.org.uk or leave a message at the school reception.

Coltishall and Horstead Speedwatch needs a couple of volunteers either to do roadside checks or to help with paperwork. Since the start of this year, over 200 speeding drivers have had warning letters and over 170 have been convicted of speeding following Safety Camera Team speed checks in our

two villages alone. If speeding bothers you, do something about it – you just need to do one hour a month to make a difference. E-mail bob.grindrod@gmail.com for more information.

Coltishall and Horstead Good Neighbours Scheme is always keen to attract new volunteers. It offers a range of services from lifts to hospital, hairdressers or just where you want to go – for the price of the petrol – to help with gardening, form-filling and a host of other things. If you have a little time and want to get involved and help people then contact Julie Douglass via julie@douglassfamily.co.uk

These are just some of the opportunities where you can make a difference. If you have some energy and a little time then get in touch and get started on a new adventure. You will be made most welcome and you will find people grateful for the help you can offer.