



# Options Project

## Volunteers Wanted

**Are you patient, reliable and a good communicator?**

Options is a project for local disabled adults which promotes independence, choice, equality and social inclusion.

Members have opportunities to take part in activities including: Independent living skills, adult education courses, healthy lifestyle, community leisure and sporting activities.



All of our volunteers are passionate about people and develop trusting relationships with Options members who they work with on a daily basis. Volunteers provide support to members in both group and 1-1 activities.



**If you are interested contact**

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**[www.pcp.uk.net](http://www.pcp.uk.net)**

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