



# Give a Little, Help a Lot

At Murray Hall Community Trust,  
we're looking for caring volunteers  
to help support our community in  
meaningful ways.

You can get involved by:

**Charity Shop & Pantry Assistant**  
sorting donations, stocking shelves, or  
helping customers. No experience  
needed, just a friendly attitude.

**Chaperones** to accompany individuals  
to hospital appointments  
(no car needed).

**Drivers** to transport people to and  
from hospital appointments  
(car needed).

**Befrienders** to offer companionship  
through phone calls or home visits.

**Volunteers** to collect and deliver  
prescriptions or food parcels to  
clients' homes.

**Supportive companions** to attend  
group activities with clients.

## Join today

Become a volunteer today by  
contacting Sara Morris

☎ 0121 612 2934

✉ [Sara.Morris@murrayhall.co.uk](mailto:Sara.Morris@murrayhall.co.uk)

