

CONSERVATION PLANTING & GARDENING CLEAN-UPS CONSTRUCTION  
GROUNDS MAINTENANCE PAINTING RECYCLING ASSISTANCE INDOOR  
GENERAL SORTING & TIDYING HELPING TO MAKE HAMPERS & WRAP GIFTS



# ATTENTION!

## WOULD YOUR WORKPLACE BENEFIT FROM A FREE HELPING HAND?

Include Youth's [Give & Take Scheme](#) works with an eager group of young people, who are working hard to develop their employability skills through hands-on volunteering opportunities in their local area.

We are keen to hear from [any](#) organisation in [any](#) sector in [any](#) area across Northern Ireland that would benefit from the assistance of a group young volunteers.

There is [no](#) cost to you. We [organise](#) transport & lunch. We are [flexible](#) to your needs. Include Youth staff [provide full support & assistance](#) throughout.

**PLEASE CONTACT JACINTA TOTTEN ON 07525298490 OR  
EMAIL [JACINTA@INCLUDEYOUTH.ORG](mailto:jacinta@includeyouth.org) TO FIND OUT MORE**

include  
YOUTH

[www.includeyouth.org](http://www.includeyouth.org)

