

Would you like an active role in your local Mencap Charity?

We are looking for volunteers over the age of 18 years from all backgrounds to take part in planning our services and to help us involve the community.

You can get involved at different levels according to your interests and the time you have available.

**To find out more visit
www.chelmsfordmencap.org.uk**

**Alternatively contact Sam Barnett
Charity Manager on 01245 268303
Email info@chelmsfordmencap.org.uk**