



What's your New Year's Resolution?

How about making a positive impact in the life of someone in your community?

Volunteer with IHC's One-to-one friendship programme and become a friend to a person with an intellectual disability.

Spend time with your friend – get to know each other – discover new experiences – find something you enjoy doing together again and again.

Help make a difference in someone else's life, while making a difference to your own.

To find out more about how you can give back to your community in 2019, contact IHC Volunteer Coordinator Jane Peoples on 0278360342 or 03 5381115 or visit www.ihc.org.nz/volunteering

