



## **National Volunteers' Week**

Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities.

The involvement of volunteers is often unseen and unrecognised by many, at True Food, we want to take the time to say thank you to all our incredible volunteers. Our volunteers help with;

- marketing and promotion;
- shop-based tasks such as till work, restocking and cleaning;
- behind the scenes support such as sitting on committees, helping at community events, assisting with maintenance and design.

Whilst most of our volunteers are members of True Food, we also host Duke of Edinburgh Award participants, receive assistance from Reading Voluntary Action and support informal volunteers.

During the week we will be posting a short profile featuring one of our volunteers on our website and social media pages. If their stories inspire you to want start volunteering with us too then please do get in touch.