

Dear Friends

On behalf of UCHM, I wish you all a very happy, peaceful and blessed New Year as we journey into 2020 with the Lord.

Towards the end of last year the meditations in the Celtic Daily Prayer (Book One) focussed for a whole month on Psalm 119. I was challenged by the delight and commitment to fulfilling 'the law (Torah)'. For the psalmist this would be the first 5 books of the Hebrew Scriptures. We know that often there is a negative slant towards 'the law' - just interpreted as strict rules that are there to make us miserable! A better translation of the word would be 'teaching' or 'instruction'.

God gave it to us to show us how to live and how to get the most out of life. When we go against it, too often we are the ones who get hurt. Then as His word abides deep within He is able to alter our old ways of thinking and imprint within our subconscious the reality of who He truly is. *Vs 14-15 I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways.* Certain older songs seem to come to mind - "I have hidden your word in my heart that I might not sin against you". If we have the scriptures stored away inside we carry God's wisdom and direction around within us if our spiritual eyes are open.

When we get assailed by negative and troubling thoughts His word speaks truth. The psalmist has such a desire that God would continue to teach him. God's word preserves his life. For him, there is nothing in this life that comes close to his dependence, delight, and commitment to the scriptures.

Now, I 've always been on a diet from about 3 years old onwards. Occasionally we would go to visit my uncle and aunt who kept bees. The honeycombs would be in the back kitchen as the honey drained out. My cousin and I would sneak in when no one was looking and break off pieces of the comb. Gosh - was it gorgeous! Especially for someone who was not allowed it! Very occasionally they would give me a jar of honey. I can't say I remember seeing it again once we got home. Perhaps the best known verses of this psalm are *How sweet are your words to my taste, sweeter than honey to my mouth!* (v103) May our love and passion for the whole scriptures (a sign of our love and passion for the One who gave them) be so much sweeter than any honey could ever taste.

I would also like to offer my sincere apologies that this newsletter is 7 -8 weeks late. I know for many people Healing Leaves is your contact point with UCHM. The reason for the lateness is that those working in the office all have more work to do than they have time to do it in. Should any of you have been waiting for more details on the Introduction into Counselling (Level 2) Course which started on 17 Jan please do ring the Centre and speak with Maggie to see if you can still access it.

If you have a spare couple of hours / half day / day every week and would like to volunteer to make a real difference, we would love to hear from you.

Where we are most in need is in the office, receptionist and admin assistant. Receptionists role is welcoming clients with a drink, answering the phone - and if possible using the photocopier. Admin assistant work includes using computer and photocopier etc.

With every blessing  
Liz

# Prayer Diary 2020

## January

6th	Level 3 Intermediate Certificate in Counselling
7th	Level 4 Advanced Diploma in Counselling
13th	Level 3 Intermediate Certificate in Counselling
14th	Level 4 Advanced Diploma in Counselling
15th	Manager's Meeting
17th & 18th	Level 2 Award in Christian Counselling
20th	Level 3 Intermediate Certificate in Counselling
21st	Level 4 Advanced Diploma in Counselling
23rd	UCHM Trustees Meeting
27th	Level 3 Intermediate Certificate in Counselling
28th	Level 4 Advanced Diploma in Counselling
30th	Placement Meeting
31st	Vicarious Trauma Training

## February

3rd	Level 3 Intermediate Certificate in Counselling
4th	Level 4 Advanced Diploma in Counselling
10th	Level 3 Intermediate Certificate in Counselling
11th	Level 4 Advanced Diploma in Counselling
13th	Managers Meeting
21st & 22nd	Level 2 Award in Christian Counselling
24th	Level 3 Intermediate Certificate in Counselling
24th	Placement Meeting
25th	Level 4 Advanced Diploma in Counselling
26th	Affiliated Training Day

## March

2nd	Level 3 Intermediate Certificate in Counselling
3rd	Level 4 Advanced Diploma in Counselling
9th	Level 3 Intermediate Certificate in Counselling
10th	Level 4 Advanced Diploma in Counselling
16th	Level 3 Intermediate Certificate in Counselling
17th	Level 4 Advanced Diploma in Counselling
23rd	Level 3 Intermediate Certificate in Counselling
24th	Level 4 Advanced Diploma in Counselling
30th	Level 3 Intermediate Certificate in Counselling
31st	Level 4 Advanced Diploma in Counselling
31st	Placement Meeting



# **Level 3 Intermediate Certificate in Counselling**

(1 Year Course)

**September 2020**

**A distinctive Christian Counsellor Training Programme integrating the Christian Faith with person centred counselling skills  
The course integrates theory, basic counselling skills, counselling process and biblical theology.**

**This course is accredited by**



**This course meets all the National Level 3 Certificate standards and criteria requirements, and is therefore suitable for both Christian and Secular counsellor training**

For further information or if you would like to enrol, please contact  
[training@uchm.org](mailto:training@uchm.org)

Telephone@ 01484 461098



# **Level 4 Advanced Diploma in Counselling**

**(2 Year Course)**

**September 2020**

**UCHM's Level 4** teaches an integrative counselling model. Within this a person centred framework is used to develop the relationship. In year 2 a wider range of models are introduced to develop each counsellors own integration

This course is accredited by



**This course meets all the National Level 4 Diploma standards and criteria requirements, and is therefore suitable for both Christian and Secular counsellor training**

For further information or if you would like to enrol, please contact

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Telephone@ 01484 461098

## ISRAEL PILGRIMAGE

We were very sorry at having to cancel our planned 2019 trip to Israel. I believe there were a number of factors which taken together left us with no choice but to take the decision. Easyjet prices for our dates were £250 more than last time, the exchange rate is considerably lower than the previous tour and the Brexit situation has brought an uncertainty and anxiety over the outcome which resulted perhaps in less people wanting to commit to being away.

Undeterred, we have been able to book for next year. We expect to be flying El Al who have recently returned to Manchester (and we're delighted about that!) The new dates are Sunday 26<sup>th</sup> April to Sunday 10<sup>th</sup> May. For any wishing to visit Eilat at the end of the Pilgrimage for a 3<sup>rd</sup> week this will be possible. At this point, I am unable to give a definite price because of all the variables. Once El Al publish their schedule for next year, and if the \$ gets up to 1.37 I am not expecting the cost to increase much. As always, we have a dedicated bank account available for anyone who would like to pay in over the months rather than in big chunks of money.

So, if visiting Israel and walking in the footsteps Jesus is on your bucket list, please may I encourage you to come and join the pilgrimage. For me, my first time was in 1990 and it radically impacted my faith. Ever since, through many, many visits, I never return home without the Lord having opened something up to me in a new way. It is His land, His people and His Bible, and there's so much more to discover.

Liz

# UCHM's 2020 Pilgrimage to Israel

## "In the footsteps of the Messiah"

**Sunday 26th April to Sunday 10th May 2020**



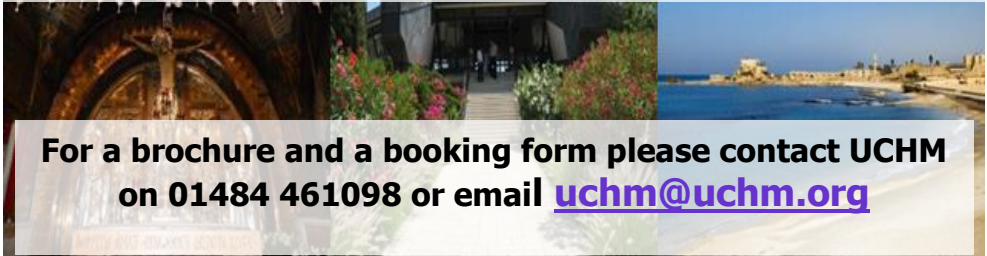
**Flying Manchester to Tel Aviv**

**Staying Knights Palace in Old City, Jerusalem & Ma'agan on the shores of Galilee**



**Optional week in Eilat on the Coral Reserve £355**

**The price is £2220 + £200 silent guide fee and includes flights, half board accommodation, coaches, all entrances and all gratuities**



**For a brochure and a booking form please contact UCHM on 01484 461098 or email [uchm@uchm.org](mailto:uchm@uchm.org)**



### **Huddersfield Town Hall**

Saturday 21st March 2020 - 7.30pm

Rob Brydon - Songs and Stories

Tickets £36 plus booking fee

<https://tickets.kirklees.gov.uk/>



### **Huddersfield Town Hall**

Saturday 29th February 2020 - 7.30pm

Murmur Music Management LTD present

Crooners

Tickets £24 with concessions plus booking fee

Packed with personality and humour, Crooners brings all your much-loved, Big Band hits to the stage, with a very unique and quintessentially British twist on the genre. Cue hilarious one liners, laugh out loud silliness and a splendiferous injection of Big Band swing as they weave their way through an impressive back catalogue of hits including Come Fly With Me, Beyond the Sea, Fly Me to the Moon, Mac the Knife and many, many more.

<https://tickets.kirklees.gov.uk/>



## **UCHM News**

### **Team News**

Andrew Hardcastle has stepped down as a Trustee due to other commitments. We thank him for his time and expertise and wish him all the best for the future. Beryl Thompson and Lee Whitworth were both accepted as Trustees at the last meeting.

Hazel Thompson and Phil McSweeney have both been accepted as Core Team members.

We welcome Jess Atkinson back as a CPD Counsellor. We also welcome Anne Dewhirst, Anne Marie Gordon, Bethany Wheeler, Criag Limbert, Jacqui Simpson, Lee Whitworth, Michelle Banks, Michelle Stickland, Sarah Harrison and Suzy Kaye as Placement Counsellors.

### **Commissioning Service**

Congratulations to all the Diploma Students who received their Diplomas at the Commissioning Service on 5th November 2019.



### **Donations**

A collection made during the service raised £244.90 for UCHM funds. We thank Jenny Fowler who held a craft stall at the service with the proceeds going to UCHM which raised £151.10. We also say a big thank you to Val Bennett and family for their donation of £177.30 and St Barnabas Crosland Moor for their recent donation of £100.

We are delighted to have received a grant of £2,000 from the Yorkshire Building Society to go towards our general running and maintenance costs.

### **Online Shopping**

We recently received £6.56 from Amazon Smile so thank you to everyone who has used that. If you want to sign up, go to [smile.amazon.co.uk](https://smile.amazon.co.uk) and select UCHM as the organisation you want to support.

# Wanted

## Electrical Goods

We are always needing small electrical items to sell in the shop - if you have any you no longer need then please donate them for us to sell on. These are then PAT tested and then put out for sale.

Dear John,

I have been unable to sleep since I broke off our engagement.  
Won't you forgive and forget? Your absence is breaking my heart.

I was a fool - nobody can take your place. I love you.

All my love,

Belinda. xxxxxxxxxx

P.S. Congratulations on winning this week's lottery.



## **Dance To The Music**

Cleckheaton Town Hall

Sunday 1st March 2020 - 7.30pm

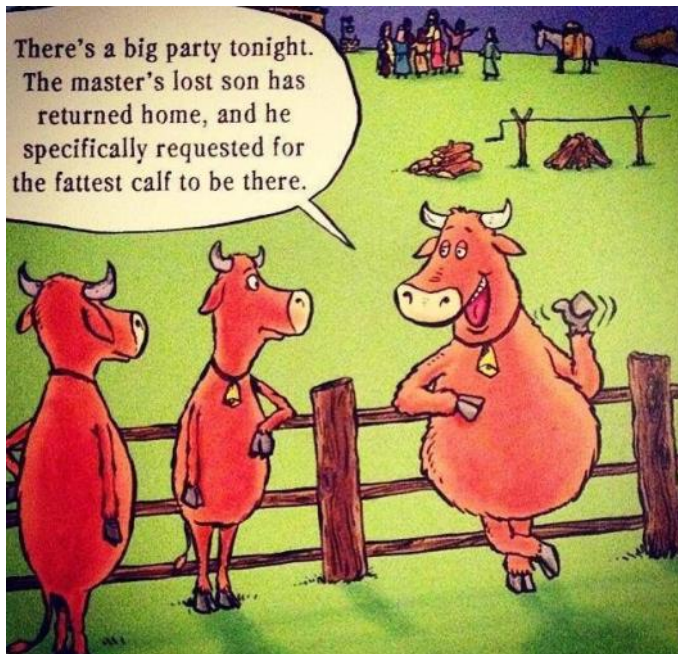
Dance To The Music - UK Tour 2020

Cleckheaton Town Hall

Tickets £28 plus booking fee (Red Seats)

Dance To The Music is a sumptuously beautiful, glamorous dance show created, directed, choreographed and starring ex Strictly Come Dancing professional Kristina Rihanoff. Kristina is excited to tour the show with even more fabulous costumes, stunning vocals and breath taking choreography. Hosted by heartthrob Jake Quickenden who first found fame with on the X Factor, I'm A Celebrity and Dancing On Ice and an exciting troupe of dancers featuring South African Dancing With The Stars professionals, Marcella Solimeo & Dylan Daniels, this promises to be an evening not to be missed.

<https://tickets.kirklees.gov.uk/>



## **ROGUES GALLERY—Helen Brightwell**

### **When did you first learn about UCHM?**

I heard about UCHM in 2015 when Helga came to Huddersfield University to talk to us about what UCHM did.

### **What is your current involvement with UCHM?**

I currently volunteer at UCHM as a CPD counsellor and since September I have been wonderfully mentored by Val as a trainee tutor on the Level 2 and 3 counselling courses.

### **What previous work and life experience do you bring to UCHM**

I have previously worked as a family support worker, supported children with additional needs in a special school and taught adults with learning difficulties life and independence skills.

My life experiences encompass many aspects from a difficult relationship with my mother from birth, enduring a domestic abuse relationship for 9 years to managing my son's diagnosis of autism.

### **What is your favourite way to spend time when not working?**

When I am not working you will find me with friends having a delicious cocktail in a quirky bar, spending time with my children and family or curled up reading.

### **Do you have a favourite song, if so what is it? And why?**

I have many! However, if I was to choose one it would be Lionel Ritchie's 'Angel' as someone told me this was their song to me because I am their angel and I never would have thought that someone could feel that way about me just for being me and caring about them.

**What is your favourite scripture and why?**

Psalm 139 1-17

This speaks to me and reminds me that the Lord is everywhere and that he knows my heart.

**What is your favourite place and why?**

The beach! The peace and tranquillity of the beach brings me into the present and allows me to marvel at this beautiful world. It shows me that I am but a grain of sand in this universe, yet I am still important and can influence the tiny part of the world that I exist in.

**What has been your favourite holiday and why?**

Majorca 2011, my children's first holiday abroad, I never thought it would happen and I did it as a single parent. We had an amazing time and it really increased my confidence.

**What is your favourite animal?**

I'm afraid I do not like hair/malting or the toileting habits of animals but I do like looking at pictures of elephants.

**Helen Brightwell**

Course Trainer

UCHM/Trinity Training

You have searched me, Lord,  
and you know me.  
You know when I sit and when I rise;  
you perceive my thoughts from afar.  
You discern my going out and my lying down;  
you are familiar with all my ways.  
Before a word is on my tongue  
you, Lord, know it completely.  
You hem me in behind and before,  
and you lay your hand upon me.  
Such knowledge is too wonderful for me,  
too lofty for me to attain.

## **OPERATION GOOD NEIGHBOR: SYRIAN THANKS ISRAEL FOR SAVING HER LIFE**

Noam Shalev, an Israeli film producer, was recently vacationing in Sweden. While eating in a restaurant in Stockholm, he was served dinner by a young Arab waitress. When it was time to pay his bill, Shalev handed over his Israeli credit card – and his waitress went into shock, dropping the card on the floor, trembling and starting to cry. “Where are you from?” she asked tearfully, looking at the Hebrew writing on the credit card.

Afraid that his waitress was anti-Semitic, Mr. Shalev started to put on his coat, ready to exit the restaurant quickly. When he answered that he was from Israel, the waitress composed herself. She was from Syria, she explained, and had never met an Israeli. Yet she owed Israel a huge debt of gratitude and wanted to thank her Israeli customer.

Several years ago, back in Syria, the waitress’ mother was gravely ill and lay on her deathbed. An Israeli humanitarian program, Operation Good Neighbour, brought her mother to Israel for medical treatment; after three weeks in a hospital in the northern Israeli city of Safed, her mother recovered. The mother returned home to Syria, and the entire family eventually fled from Syria’s brutal civil war and found asylum in Sweden.

The waitress then picked up her cell phone, called her mother, and handed the phone to Mr. Shalev. “I find myself speaking in mixed English and German with an excited and crying woman, who asked me for only one thing: give thanks to all your brothers in Israel who gave her daughters the privilege of having a mother.” Noam Shalev posted the story on Facebook on January 4, 2020. After it was re-posted in English by Slingshot Israel, a group of former Israeli soldiers who educate the public about Israeli life; within days it had been shared and read tens of thousands of times around the world.

One of the people who read the post was Lt. Col. (Res.) Eyal Dror, the commanding officer of Israel’s Operation Good Neighbour, which coordinated the aid that brought the waitress’ mother – and thousands of other Syrian civilians like her – to Israel for life-saving medical treatment. In an Aish.com exclusive interview, Lt. Col. Dror explained that when he read the story, he realized it meant that Syrians aided by the Jewish state “are not forgetting the State of Israel when we saved their lives. What we’ve done continues to be important and remembered,” shaping perceptions of Israel in parts of the Arab world and beyond.

Israel began aiding Syrian refugees near its border after civil war broke out in that country nearly a decade ago. In 2016, humanitarian efforts gained a huge boost with the establishment of “Operation Good Neighbour”, a special unit within the Israel Defense Force (IDF) to oversee aid, including sending medical and other supplies over the border to help Syrian civilians, building and staffing a maternal hospital and a day clinic on the border, and facilitating medical treatment inside of Israel’s world-class hospitals for sick and wounded Syrians.



The program brought nearly 5,000 Syrians to Israel for medical treatment, including over 1,300 children. Lt. Col. Dror says that he cannot forget the stories behind each of the Syrians he was able to help. “To see little children crossing the border into Israel late at night in the very hard winter, to see them crossing barefoot – it can break your heart. I have three little children, and I saw these Syrian civilians like my own children.”

He remembers watching some little Syrian children who’d been brought to Israel for treatment falling down and bumping themselves, yet not crying. Dror couldn’t understand their lack of tears. A Syrian mother explained to him: the children didn’t cry because they’d learned back in Syria that nobody would help them even if they cried.

“I couldn’t imagine a child not crying,” Dror recalls. “It reminded me of stories I’d heard about the Holocaust – a little child knowing that no one would help him even if he cried.”

Injured and ill Syrians were primarily treated in Israeli hospitals in the northern Israeli cities Nehariya, Tiberias and Safed, though Lt. Col. Dror explains that hospitals all across the country participated too, welcoming Syrian citizens for life-saving care. Because the Syrian regime has long demonized Jews and Israelis, many of these civilians who spent time in Israeli hospitals were forced to lie about where they’d been once they returned to Syria. Medicines and other medical equipment had to be altered so that no Hebrew writing was visible so Syrians would not face deadly reprisals back home.

Operation Good Neighbours also helped coordinate humanitarian groups' aid efforts, helping disparate Jewish, Christian and Muslim charities cooperate and work together. "I don't know how many times in history a Christian and a Muslim and a Jewish organization cooperated together to help Muslims – all under the command of an Israeli officer," Dror recalls

As the IDF ramped up its aid to Syrians, individual Israelis increased their giving as well, donating money as well as hundreds of pounds of clothing, toys, medical supplies, blankets, bedding and other items to civilians on the other side of the border. "Volunteers went home to home in every village in the Golan Heights, collecting donations of clothes and other vital items to help Syrians survive the fighting. The number of people who took part was very large." Outside of the Golan Heights, other Israeli charities coordinated donations and help across the country.

IDF soldiers helped build a clinic in Syria near the border with Israel. Called Mazor Ladach, which means "relief for the suffering", over 7,000 Syrians have been treated there. Israel also worked in partnership with Syrian doctors to build and staff a maternal hospital, sending thousands of items of equipment and supplying the hospital with fuel. To date, over a thousand Syrian children have been born in that hospital, kept running in partnership with the Jewish state.

Lt. Col. Dror estimates that he oversaw the transfer of equipment worth nearly 500 million shekels to Syrian civilians – over \$144 million. Operation Good Neighbour even supplied nearly \$1 million to help run a Syrian bakery and spent about \$5 million on the maternity hospital. "We supplied with them with all kinds of help... We supported them during those years which were hard for them" when fighting raged through Syria.

The Israeli Government estimates that Israel has sent 1,700 tons of food, 1.1 million litres of fuel, 26,000 cases of medical supplies, 20 generators, 40 vehicles, 630 tents, 8,200 boxes of diapers, 49,000 cases of baby food, and 700,000 lbs of clothing.

Operation Good Neighbour was forced to stop operations in September 13 2018, after Syrian dictator Bashar Assad regained control of Syrian territory near Israel's border, where the humanitarian operations had been running. Helping civilians became too dangerous.



One of Operation Good Neighbour's last acts was the daring rescue of Syria's "White Helmets" civil defense group on the night of June 21, 2018. The White Helmets consisted of US-trained and Canadian-trained volunteer medical and other emergency personnel and helped evacuate civilians from conflict zones and provide medical treatment. Bashar Assad labelled the White Helmets as traitors and terrorists, and in June 2018 they found themselves under attack, at risk of massacre, until Israel stepped in to save the volunteers and their families.

After the White Helmets exposed that the Assad's regime was using poison gas on its people they were targeted for elimination. "One night we opened the gate between Israel and Syria, a potential flash point for attacks, for ten hours – that was a huge amount of time given the ferociousness of the fighting," Lt. Col. Dror says. White Helmet volunteers and their families poured through the border, finding refuge in Israel. "422 people crossed into Israel that night, including babies and children." The White Helmet volunteers and their families were eventually resettled in Europe, Dror explains, where they continue to tell the story of their dramatic rescue by Israel.

For Lt. Col. Dror and many of the people who helped him aid Syrians, Operation Good Neighbour isn't really over. "The most important thing in my life was these three years that changed the lives of thousands of Syrians," Lt. Col. Dror explains.

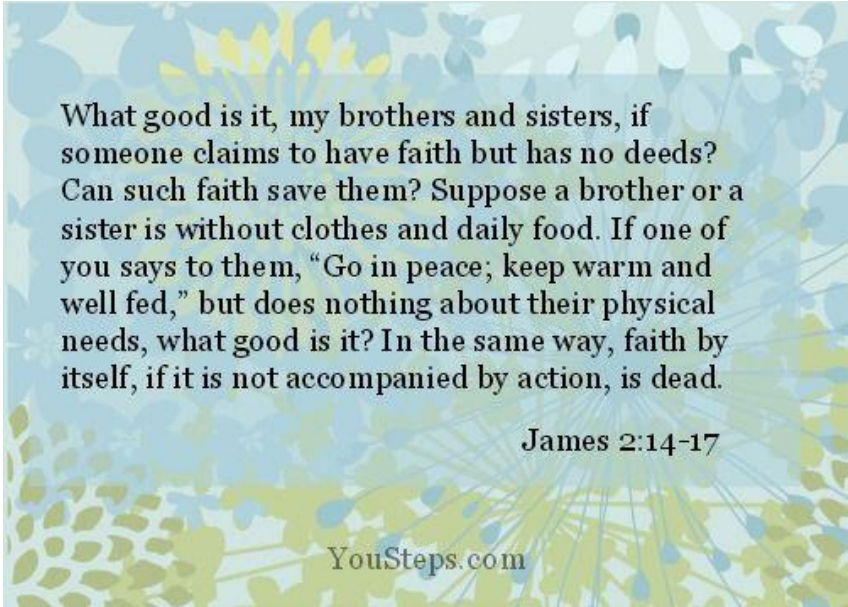
He insists that even though today Israel is no longer able to run the programs aiding civilians as openly as it once did, the fact that in Syrians' hour of need Israelis came to their help has changed people's minds about the Jewish state. "Syrians were educated to hate us as propaganda under the Assad regime. Today, they know that the only country that stood with them: Israel."

Speaking with Aish.com, Noam Shalev, who wrote the viral Facebook post, echoed this sentiment. "I hope that people can learn from this experience that behind the politics and propaganda, it's all about people. The only way to make the world a better place is to be better. I think that every Israeli and every Jew should be proud of the way Israel treated the Syrian refugees."

Lt. Col. Dror keeps a picture in his office that a nine-year-old Syrian girl drew for him. She showed up one day at the border fence with Israel, suffering from diabetes. Israeli soldiers quickly transported her to an Israeli hospital where she received life-saving treatment. "The doctor said if she'd waited even another 24 hours, she would have died," Dror recalls. When she was well enough to go home, the little girl first made a present: a picture of the Israeli flag, as well as her name in Arabic, then a heart, then Lt. Col. Dror's name in Arabic. "Can you imagine a Syrian girl that drew a heart to an IDF officer who saved her life?" Dror asks; "This was when imagination became true reality."

"There are many more stories like the Syrian waitress in Stockholm," Lt. Col. Dror notes, "of ordinary Syrians who grew up thinking that Jews and Israelis were monsters, and now are proclaiming to the world the many ways that Israel helped them in their hour of need."

[https://www.aish.com/jw/id/Operation-Good-Neighbor-Syrian-Thanks-Israel-for-Saving-her-Life.html#.XhxFj\\_AL\\_dE.mailto](https://www.aish.com/jw/id/Operation-Good-Neighbor-Syrian-Thanks-Israel-for-Saving-her-Life.html#.XhxFj_AL_dE.mailto)



What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

James 2:14-17

YouSteps.com

## **The Christians**

Sat, 14 March

Square Chapel 10 Square Rd, Halifax

Phone: 01422349422

Email: [info@squarechapel.co.uk](mailto:info@squarechapel.co.uk)

<https://www.squarechapel.co.uk/whats-on/the-christians/>

Renowned for an endless string of soulful yet socially aware hits ... Forgotten Town, Ideal World, Born Again, Harvest for the World, Whats in a Word, Hooverville, Words, Father, The Bottle and many more The Christians enjoyed huge acclaim in the late 80s and early 90s both in the UK and Europe and often confused people with their band name (in fact just the brothers surname with absolutely no religious connotation!)





## **FebFest: 'Thank You for the music!'**

Fri, 21 Feb 2020, 18:00 –  
Sun, 23 Feb 2020, 13:00 GMT

Come along and celebrate all that is good about music!  
Concerts, recitals, workshops, karaoke, open mics!

To paraphrase Psalm 150: Praise God with trumpets, with strings and pipe, with clashing cymbals, praise the Lord!  
Feb Fest - 'Thank you for the music!' is a new venture by St Andrew's Roundhay to celebrate all that is good about music in our lives as Christians. From hymn singing to modern songs, about social justice to equal rights, Shine Jesus Shine to Build your Kingdom here to And Can It Be, from Taizé to Iona, there is no doubt that music plays a pivotal part across the world to all Christians. Come along to join us and celebrate!"

<https://www.eventbrite.co.uk/d/united-kingdom--leeds/christian/>



**"Wireless communication is nothing new.  
I've been praying for 75 years!"**



# Shopping!

Do you shop online?

Raise money with those last minute Christmas gifts and anything else



**Amazon** have a scheme to donate to charities. To help us go to <https://smile.amazon.co.uk/ch/1097753-0> to select UCHM as the organisation you want to support, then shop through there to donate a percentage of your Amazon order total to us.

**Easyfundraising** is a shopping directory that features some of your favourite online stores, including NEXT, Debenhams, John Lewis, and over 3,200 others. All you have to do is go through their site whenever you shop online and, at no extra cost to you, we'll receive a donation from every purchase you make.



It's completely FREE to register and use and you still shop with each retailer in exactly the same way. If you shop online anyway then raise valuable funds for us at the same time!

Just go to [www.easyfundraising.org.uk/causes/uchm/](http://www.easyfundraising.org.uk/causes/uchm/) and register, and select UCHM as the organisation you wish to support, then go via their site when you shop online to contribute to our charity.

We have so far raised over £400 through Easyfundraising, so thank you to everyone who has supported us.





### **UCHM Magazine/Newsletter Articles**

**UCHM would welcome contributions by individuals for our magazine/newsletter. If you would like to contribute to the magazine with an article, testimony or poem, please email [uchm@uchm.org](mailto:uchm@uchm.org)**

**Please also let us know if you would like to remain Anonymous with the word NEWSLETTER in the subject box**

# **Volunteers**

## **URGENTLY**

## **NEEDED!**

### **Please can you help?**

#### **Receptionists:**

To do a minimum of half a day or an evening in the office. Duties would include answering the telephone and greeting visitors.

#### **Charity Shop Volunteers:**

If you are able to offer half a day or more to work in our charity shop. Duties would include sorting stock, and dealing with customers.

If you are interested in volunteering for any of these or would like to see if we have other vacancies then please contact the centre on **01484 461098** or email **[uchm@uchm.org](mailto:uchm@uchm.org)**