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**THANKS TO OUR VOLUNTEERS OVER THE LAST YEAR (October 2012-Sept 2013) WE HAVE:**

Helped **1181** times with shopping

Provided transport for **502** medical appointments

Provided transport **172** times for the hairdresser

Taken **242** people on outings

Visited people in their homes **250** times

Taken people to clubs or day centres **1072** times

We have also helped with post/paperwork, gardening, dog walking, visiting relatives and advocacy

Our telephone volunteers have worked in the office for a minimum of **572** hours

Total volunteer hours for the past year exceed **7600**

**Thank you for all your help!**