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May is National Walking Month Walk to school, work or just for fun and raise funds for Citizens Advice Cornwall

Photo by Juliane Liebermann on Unsplash



I am writing to you on behalf of Citizens Advice Cornwall, a Cornish charity who is seeing unprecedented demand for its services as we navigate the energy, housing and cost of living crisis.

May is National Walking Month so we have launched 5K May. To take part all you have to do is walk, run or jog 5k during the month of May and collect sponsorship from friends and family.

Anyone wanting to take part can register by visiting: <u>https://www.justgiving.com/citizensadvicecornwall</u> or by emailing <u>tamsin@citizensadvicecornwall.org.uk</u>

Citizens Advice Cornwall is a charity providing free, independent and confidential advice on a wide range of subjects for everyone in the community. Last year we helped almost 9,000 people in Cornwall and the Isles of Scilly writing-off debt worth a total of £1.8 million and gaining income worth £5.3 million.

Whether you walk 1k or the whole 5k the money you raise will help us to continue to provide the vital service we offer, giving trusted, confidential advice and support when and where it is needed. Every penny you raise goes to helping people in our community cope with the challenges they face.

If you would like to find out more please visit our website <u>www.citizensadvicecornwall.org.uk</u>.

We also have a gaming fundraiser in May if you'd like to find out more please visit <u>https://citizensadvicecornwall.org.uk/support-us/</u>



CO-ORDINATOR VACANCY

PERRANWELL FOR 8 HR PER MONTH PERRANPORTH FOR 6 HRS PER MONTH

FOR MORE DETAILS OR TO APPLY EMAIL CV AND COVER NOTE TO HEALTH@IMAGINEIF.NET

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HEALTH AND WELLBEING HUB

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Cornwall Air Ambulance FC vs Thames Valley Air Ambulance FC

21st May at Troon AFC's Grouter Park Kick Off: 1.15pm, Gates Open at Midday

This May, Cornwall Air Ambulance are hosting their first ever charity football match against Thames Valley Air Ambulance FC.

The Cornwall Air Ambulance FC team is proud to feature a number of airlifted patients, who might not have been able to take part if not for the intervention of your charity. Other team members include paramedics and those with a close connection to the heart of the charity.

There will be plenty of family fun too, with a pre-match penalty and crossbar challenge, as well as food and drink to keep you well refreshed.

Show your support to the charity on the day and help both charities save future lives.

Tickets are now on sale for just £5 per car – with limited availability these will go fast!

Tickets can be bought here: <u>https://register.enthuse.com/ps/event/CornwallAirAmbulanceVsThames</u> <u>ValleyAirAmbulance</u> DEVORAN VILLAGE HALL

Residents of Devoran and the surrounding area are warmly invited to the

Annual General Meeting

Tuesday 10th May

7.30pm

Lower Hall

Please join us for refreshments from 7.00pm



If you are unable to attend, but would like to help, be involved or have a query please contact the Hall's secretary Graham Taylor dvhsecretary@outlook.com

Please support your community hall.

Registered Charity Number: 300540

www.devoranvillagehall.org.uk