



6 June 2019

Every Minute Matters

Title: Join Us on Chelmsford High Street for this year's VOLFEST!

Over 50 feel good activities, with live music, food and fun!

Community is a work of heart

Be it a day, a month or a lifetime commitment, whatever time and energy you can freely give has the potential to change someone's life. We are thrilled to announce that on Thursday 6 June, we will be celebrating #VolunteersWeek on Chelmsford High Street at VOLFEST 2019, the event organised by Chelmsford Centre Supporting Voluntary Action.

Over 50 local organisations will be coming together to showcase and promote their offer in a festival of all the good that can come of our community working together. Come and join us for a day of feel good activities, live music, food and fun!

You'll be able to see first-hand some of the wonderful ways in which charities and public service support our city, and find out how you and your loved ones can access that help.

Check on your wellbeing by having your blood pressure, weight and BMI measured; get advice on how to stop smoking and support with quickly accessing local activities. You'll also have the chance to learn about all the different opportunities for you to get involved as a volunteer; even if you only have half an hour to give.

Last year's event was an incredible success, Lorraine Jarvis from the Centre said "There was the most amazing buzz in the High Street, people chatting to

the stalls, to each other, and finding out how all the local organisations showcasing could benefit them. Volunteering really is life enhancing, it was an amazing day!”

So come down on the 6th and help us celebrate the fact that in Chelmsford every person, and Every Minute Matters.

More information the event can be found here:

<http://chelmsfordcvs.org.uk/volfest>

BBC Essex will be promoting the event in the lead up and will be present throughout the day.

Follow the event on twitter @ChelmsfordCVS using the hashtag #VOLFEST2019 and #VolunteersWeek

Notes to Editors:

Volunteers Week takes place every year and is a chance to celebrate and say thank you for the fantastic contribution millions of volunteers make across the UK. It takes place 1-7 June every year and is an opportunity to celebrate volunteering in all its diversity.

The Centre Supporting Voluntary Action is an independent support and development organisation (sometimes called CVS) set up to champion, support and strengthen local charities, voluntary and community groups.

<http://chelmsfordcvs.org.uk/>