

recruit a Volunteer Co-ordinator and ensured we can offer engaging, educational, informative workshops as well as numerous chances to learn hands-on conservation skills.

Our volunteering and engagement events are the antithesis to the explosion of the twenty-first century and hectic, plugged-in lifestyles. Not only good for the environment, seriously good for you and the Lochaber community as well. Research shows that volunteering can improve your physical and mental health, boost your employability, foster a sense of belonging and provide essential job and life skills. A community of volunteers is a thriving community; improved health, reduced crime and enhanced intergenerational and intercultural integration are a few of many, many reasons why volunteering matters.



We extend an invitation to you all to join us on November 3rd in Glen Nevis for the Friends of Nevis AGM. This is your chance to meet the folk that started our charity, the volunteers and the people working to deliver engaging, enjoyable events. Have a bite to eat and hear about all the great work that has been happening throughout Glen Nevis all year, book your spot on our website.

“Volunteering takes donations of time and talent and turns it into human gold. Volunteering is alchemy.”

www.friendsofnevis.co.uk/events

info@friendsofnevis.co.uk

(01397) 701088