

# DO SOMETHING GREAT...



...SUPPORT YOUR COELIAC UK LOCAL GROUP AND HELP PEOPLE IN YOUR COMMUNITY TO LIVE WELL, GLUTEN FREE. Coeliac UK is the charity for people living gluten free, providing trustworthy advice and support, funding critical research, improving diagnosis and fighting for better availability of gluten free food. You too can help to improve the lives of those living gluten free, by sharing your story, your skills, your time and your experiences.

## ...SUPPORT NEW MEMBERS...

As somebody who has gone through the diagnosis journey and are now living confidently on the diet, your knowledge and experiences are incredibly valuable to the newly diagnosed.



## ...HOST EVENTS...

Getting people together can help break down those all too familiar feelings of being isolated or "the odd one out".



## ...RAISE AWARENESS AND FUNDS...

We are passionate about improving awareness of coeliac disease, increasing diagnosis rates and making gluten free food more easily available when shopping, travelling and eating out.

Local group committees use their passion, knowledge and networks to make a difference and raise funds so people can live well, gluten free.

## ...AND MAKE NEW FRIENDS ALONG THE WAY. CONTACT US TODAY TO FIND OUT MORE.

No previous volunteering experience is needed. You will be supported in your role by your committee and the Coeliac UK Volunteer team. To sign up or to find out more email [XXXXX@coeliac.org.uk](mailto:XXXXX@coeliac.org.uk).