



Can Do is a volunteering programme for young disabled people in Essex. Can Do is open to young disabled people aged from 10 to 35 years old who have a long term health condition or disability, including physical, visual or hearing impairments, mental health conditions and learning disabilities like dyslexia and dyspraxia.

Can Do is about feeling part of the local community, learning new skills, having fun, growing in confidence and making friends. Can Doers who complete 16 hours of volunteering through Can Do can achieve a City and Guilds qualification.

Date	Activity	Address	Parking
Wednesday 27th June 10:00 to 12:30	Induction and Training Get to know one another, run through the Building Community booklet, have a cup of tea and come up with some exciting ideas to add to the volunteering opportunities!	Centre Supporting Voluntary Action, Burgess Well House, Coval Lane, Chelmsford CM1 1FW	West End Car Park, Railway Street, Chelmsford CM1
Tuesday 3rd July 10:00 to 12:30	Mini Pot Garden Project Decorating plant pots and stones as insects and other wildlife, planting out herbs and bee-friendly flowers, and making hanging garden decorations. South Essex Wildlife Hospital would love something made for their gardens!	Centre Supporting Voluntary Action, Burgess Well House, Coval Lane, Chelmsford CM1 1FW	West End Car Park, Railway Street, Chelmsford CM1
Tuesday 10th July 10:30 to 13:00	Green Fingers Taking care of a Dementia Garden and Courtyard; planting flowers, weeding, painting the benches, decorating rocks and stones, and creating a sensory board for patients of the dementia ward. Please wear outdoor shoes and clothing.	Broomfield Hospital, Court Road, Broomfield, Chelmsford CM1 7ET	Plan your visit here
Tuesday 17th July 10:30 to 13:00	Green Fingers Day two of taking care of a Dementia Garden and Courtyard; planting flowers, weeding, painting the benches, decorating rocks and stones, and creating a sensory board for patients of the dementia ward. Please wear outdoor shoes and clothing.	Broomfield Hospital, Court Road, Broomfield, Chelmsford CM1 7ET	Plan your visit here
Tuesday 24th July 13:30 to 16:00	Get Crafty Making Worry Monsters to donate to a local therapy centre where the Worry Monsters help children talk about their feelings and worries. Worry Monsters have to be ugly monsters! A group of ladies will be teaching the group how to craft and sew. The group can also make other items if they would like to.	Centre Supporting Voluntary Action, Burgess Well House, Coval Lane, Chelmsford CM1 1FW	West End Car Park, Railway St, Chelmsford CM1
Tuesday 31st July 10:30 to 13:00	YMCA Carrying out an Accessibility Audit for the YMCA. How could access be improved for disabled visitors? What works and what doesn't? How easy is their website to navigate?	YMCA, Victoria Road, Chelmsford, CM1 1NZ	YMCA Car Park
Tuesday 7th August 10:00 to 12:30	Care and Share Making Care and Share parcels for people experiencing homeless; much needed items to help someone out. It's up to the group which charity they would like to donate to.	Centre Supporting Voluntary Action, Burgess Well House, Coval Lane, Chelmsford CM1 1FW	West End Car Park, Railway Street, Chelmsford CM1

Tuesday 14th August 10:30 to 13:00	Gym It Visiting Virgin Active Gym to do an Accessibility Audit. How easy is the website to navigate? How could access be improved for disabled gym-goers? What works and what doesn't?	Virgin Active, New Writtle Street, Chelmsford CM2 0RR	Virgin Active Car Park
Tuesday 21st August 13:30 to 16:00	Get Crafty Day two of making Worry Monsters to donate to a local therapy centre where the Worry Monsters help children talk about their feelings and worries. Worry Monsters have to be ugly monsters! A group of ladies will be teaching the group how to craft and sew. The group can also make other items if they would like to.	Centre Supporting Voluntary Action, Burgess Well House, Coval Lane, Chelmsford CM1 1FW	West End Car Park, Railway Street, Chelmsford CM1
Tuesday 28th August 10:00 to 12:30	Thank You Making a thank you card for those who have given us the opportunity to volunteer with them. Finish the Building Communities booklets and celebrate with cake!	Centre Supporting Voluntary Action, Burgess Well House, Coval Lane, Chelmsford CM1 1FW	West End Car Park, Railway Street, Chelmsford CM1

To book a place on Can Do, please fill in the application form. Can Do doesn't cost anything to do.

Please note that you will not be able to join if you just turn up on the day.



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