

Dear Editor,

The Big Lottery Fund (BIG) and Wales Council for Voluntary Action (WCVA) are calling on people throughout Wales to give 2013 a rosy glow by volunteering their time at a local community group or charity.

As well as making a difference to others, **Big Lottery Fund (BIG)** research has found that volunteering can help to increase skills, confidence and self-esteem.

That's why BIG has teamed up with **WCVA** to encourage more people to volunteer and shake off their post-Christmas blues. As the umbrella body for the voluntary sector in Wales, WCVA represents, and has links with, thousands of voluntary organisations throughout the country.

BIG funds thousands of good causes throughout Wales - from respite help for carers, projects to help people overcome disabilities or illness, supporting children and young people to fulfil their potential, or regenerating parks and public spaces - many of which are looking for volunteer support. You can find out about the range of volunteering opportunities available with some of our projects by visiting our website www.biglotteryfund.org.uk/volunteering

As well as volunteering for projects funded by BIG, there are thousands of other activities and charities in need of support. Visit www.volunteering-wales.net for more information and signposting to different organisations and websites that help people to get involved.

Whether you have half an hour to chat to your elderly neighbour or can offer a more regular commitment there are opportunities for everyone to volunteer.

Best Regards

John Rose

Big Lottery Fund, Wales Director