



**Voluntary Activities Form**

We could not exist without the efforts of our volunteers! Our voluntary activities are extremely varied and any help you can offer is appreciated. Please have a look through the list below and tick the boxes below of any activity which would be of interest to you.

Please send completed form to:  
The Granary, Quay Lane, Sudbury, Suffolk, CO10 2AN

***I would like to find out more/help with:***

Coxswain or bankside helper for our boats at Sudbury/Flatford/Dedham

Helping in our Tea Room at The Granary, Quay Lane, Sudbury

Helping with activities at our Visitor Education Centre, Great Cornard  
(educational, open days, events, etc)

Interested in helping with or organising fund-raising events

Interested in finding out more/helping with specific events, such as:

Teddy Bear Boat Rides  Pirates on the Stour

Coracle Regatta  Sudbury to the Sea - (S2C)

Willing to help with or organise social event/s for members

Working Party Organiser/ Volunteer  
(lock restoration, river dredging, general maintenance tasks, etc)

Staffing Trust stand at local shows, etc

Helping to produce our bi-annual journal, Lock Lintel (sourcing articles, etc)

Interested and willing to help with activities, such as:

- Navigation & Conservation

- Marketing & Publicity

- Fundraising & Events

- Boat Operations

- Administrative activities (office tasks)

Any other type of help - please specify overleaf

Name: .....

Address: .....

Home Tel: ..... Mobile: .....

E-Mail address: .....