



# How fit and healthy is your group?

If you want to check that your community group is meeting the expectations of funding and regulatory bodies come along for a **free Health Check**. We will look at your...

**...policies and procedures, trustees' responsibilities, good employment practice, volunteer management, finance and fundraising, monitoring and evaluation, insurance...**

...to ensure that your group is up to date and ready to go!

There will be the chance to discuss and get information on funding opportunities, business planning, project management and how to write a good funding application as well.

And you will receive a new booklet entitled *Starting and Running a Voluntary and Community Group*, giving lots of useful tips and information, completely free too.

Your **free Health Check** will be available at the **"Beat The Credit Crunch" Roadshow**

**Stutton  
Community Hall  
Tuesday 23<sup>rd</sup> June**

**Pinewood  
Community Hall  
Thursday 25<sup>th</sup> June**

**Hadleigh  
Town Hall  
Tuesday 30<sup>th</sup> June**

**East Bergholt  
Constable Hall  
Thursday 2<sup>nd</sup> July**



There is no need to book an appointment, but if you do want more information, call **0845 370 6340**.