

## VIVA Testimonials

RJ has aspergers and said "My VIVA officer helped me to start volunteering at Eden, I didn't think I could cope with lots of people, but I'm getting a bit better at it, and am able to work in the back room. I like having the volunteering to look forward to, I'm doing something worthwhile, I really enjoy it it's great."



"Without Steve (my VIVA officer) supporting me every step of the way I wouldn't have had the confidence to do it myself. I am looked after by the team at the Foodbank where I volunteer, and have come out of my shell, it's changed my life, I feel better and it's the best thing I've ever done."  
Tony, Bude.



We are a charity dedicated to building social capital and developing the wellbeing of individuals and communities in Cornwall. We do this by working in collaboration with a wide range of organisations to promote and support active citizenship and voluntary action covering the emotional, social, environmental and economic needs and opportunities in Cornwall.

## Contact Us

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## VIVA

Enabling  
people with disabilities  
to take up new challenges and  
make a positive contribution through  
volunteering.

