



# CAN YOU HELP?

Tick the box or boxes to indicate how you would like to share your time, talent and skill with HIYA. It could be one-off, short or long term

- Sports** - participate in basketball, volleyball, football sessions, or a sport of your interest
- Music** - help with music selection and practice for youth mass
- Adult presence** - help us maintain our adult / youth ratio at outings and events, have some fun too
- Art** - Graffiti project this September
- Drama** - help create short Gospel dramatisations for mass
- Film** - Assist with film projects like 'Make a Commercial'
- Youth group** - can you give one Sunday a month or a term?
- Kite building** - Share your skills on how to make a kite
- Service** - can you help co-ordinate community activities & projects?
- Discussion** - lead small discussion groups on various topics?
- Other ways you can help** \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_

Place your completed form in HIYA box at church OR mail to:  
Venus Garcia-George, 186 St. John's Rd, Hemel Hempstead, HP1  
1NR. Email information to [venusgg@rcdow.org.uk](mailto:venusgg@rcdow.org.uk),  
text or call 078 905 905 85