

the line time and again in God's service. Light Force is a God's Smuggler for the 21st Century - this amazing man is once again unashamedly carrying the gospel where few dare to tread

### **Rad Lad Livin**

**by Mark Bowness, £6.99, ISBN 184291173**

The perfect manual to help any lad move forward in God, Rad Lad Livin' has come out of Mark spending time with lads across the UK dealing with issues in their lives, from lust to identity, from brotherhood to homosexuality – making this book practical in its nature and real in its content.

The book deals with serious lad issues that, let's face it, need challenging and changing in all of us. This book has been needed for a long time – real lads looking at real lad issues.

Rad Lad Livin' is written with honesty. Mark lets you into his life and recounts stories that are painful to tell yet crucial to hear. Mark has grappled with some biblical issues in order to present them in a real and relevant way, then sprinkled it with stories of past and present, making this a challenging, interesting and significant book for any lad to read.

## **Make use of those spare hours – become a volunteer**

Are you sometimes at a loose end? With the odd morning or afternoon you could spare to help somebody? Then why not join the thousands of people all over the country who work as volunteers?

Across the UK, volunteers give something like a massive 85 million hours per week in total. Men and women are equally likely to volunteer to help in their community. Most are also in paid employment. There has been a large decrease in volunteers among the unemployed – due, it is believed, to the reforms in the benefits system.

Reasons for volunteering are varied. Older people cite free time as the main reason. Young people cite a desire to learn new skills and gain experience.

Types of voluntary work available are incredibly diverse. Women are more likely to help in schools, social welfare groups and fund-raising. Men tend to get involved in sports groups and on committees.

Things to consider if you are thinking of becoming a volunteer:

- are you able to choose the type of work you do for the organisation?
- can you work flexibly to suit your other commitments?
- will any expenses you incur be reimbursed?
- will you get support?
- will you get training?
- what if you don't like what you are doing?

Remember to:

- choose something you really enjoy,
- don't be afraid to ask to help and support if you need it,
- make sure the hours and your place of work are appropriate for you,
- obtain a contact name and phone number you can use if you have problems.

The rewards of being a volunteer in different aspects of your community's life are great. Volunteers are – or should be! - valued members of any community.

To find out more contact: [Vera Winn](mailto:Vera.Winn@communitylinksbromley.org.uk) at Community Links Bromley on 020 8315 1905 or [www.communitylinksbromley.org.uk](http://www.communitylinksbromley.org.uk)