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**Table 1 Volunteer activities**

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| **List of activities** | **Yes/No** |
| Fundraising  |  |
| Helping to organise an event  |  |
| Other practical help |  |
| Leading, steering, managing  |  |
| Giving advice, information, counselling |  |
| Visiting people |  |
| Provide transport, driving |  |
| Befriending or mentoring people |  |
| Representing |  |
| Secretarial, admin, clerical |  |
| Campaigning |  |
| Any other help |  |