

George flexes his muscles...

George Dakin who is a well-loved, loyal volunteer and fundraiser for DIAL West Cheshire (DIAL House) underwent a gruelling workout to raise much needed funds for the disability charity.

Taking place at Total Fitness in Chester, George's sponsored keep fit workout included cardio exercises and weights, including the treadmill and both biceps and triceps routines.

George, who undertakes voluntary work twice a week as part of the Café Team at DIAL House and regularly raises funds for the charity, said:

"I really value being part of the team at DIAL House in Hamilton Place. The help DIAL gives to people in the community is really important and the charity is very close to my heart which is why I decided to complete this sponsored keep fit. I was delighted to have raised over £180.00 and would like to thank everyone who sponsored me. The money will go towards equipment in the new kitchen and refurbished café. Pop-in for a cuppa and see the improvements when you are next in Chester!"

Keith Roper, CEO in the photo said:

"George is a great ambassador for the charity and we are very grateful for all his help, be it in the cafe, fundraising or spreading the word about DIAL West Cheshire. We very much look forward to backing him in his next epic challenge."

Pix – Keith Roper, Joe Richards – Personal Trainer, George Dakin

To donate please click on the link below or contact us about volunteer

vacancies:

<https://www.justgiving.com/DIALWestCheshire/donate>