



**WELCOME TO NAPA'S PODCAST**  
**Thank you for listening...**

**How can NAPA Helpline support You?**

Hilary Woodhead - Executive Director

Sylvia Cowleard – Helpline Manager

For more information about NAPA  
Visit: [www.napa-activities.co.uk](http://www.napa-activities.co.uk)



**Monday to Thursday**  
**7.30 – 4.30**  
**Friday 7.30 – 12 noon**

**Text 70085**

Type NAPA20 to donate £20

Type NAPA10 to donate £10

Type NAPA5 to donate £5

**Thank you for listening...**

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Sylvia Cowleard – Helpline Manager

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