**Film Transcript**

**The Big Help Out 2023 highlights**

People are being encouraged to volunteer their time on Monday during what's being called the big help out

Volunteering is very good it doesn't just do fantastic good it's good for the soul it's good for the mental health

It is so life enhances to be with a bunch of volunteers

Apparently there's six million people today being involved with this which is amazing you know success one in ten people around the country

Members of the royal family have joined volunteers for what's been called the big help out

Lend a hand make a change was the big help out slogan and people

around the United Kingdom are certainly doing that

[Music]

oh

[Music]

The coronation is completed by the big help outs and an attempt to make volunteering a real feature of the new Caroline age