



Mentor, garden, learn, guide,  
explore, enjoy, support. Eat cake.

# Can you help?



To find out more  
call: 01491 628 933  
email: [mail@waysandmeans.org.uk](mailto:mail@waysandmeans.org.uk)  
[www.waysandmeans.org.uk](http://www.waysandmeans.org.uk)

The Ways & Means Trust Ltd, Greenshoots, Manor Farm,  
Rotherfield Peppard, Henley-on-Thames RG9 5LA

To volunteer with The Ways & Means Trust, read on...

# Spend some quality time with us



## There are great things going on at The Ways & Means Trust.

Set up to provide rehabilitation and training for adults with a learning disability, or recovering from a mental illness, our aim is to provide a safe working environment in which to build skills and confidence.

### Who do we need?

Our volunteers are the reason we're able to keep doing what we do.

If you've got skills to share, time on your hands, are interested in social services or would just like some experience to give your CV an extra boost - then you're for us.

Good things about volunteering:

- ✓ You'll meet new people
- ✓ You'll learn new things
- ✓ It will add valuable experience to your CV
- ✓ You will genuinely make a difference



## How can I help?

It doesn't matter how much time you can spare, if you want to help, then we want you!



## Support our training work

You can make a real difference to those we support by supervising our work-based training.

We run a warehouse for secondary packaging tasks and a canteen where we teach everyday cooking and cleaning.

No special skills required for this one, just patience and enthusiasm.



## Help out in the tea kiosk

Once a month, we help to run the outdoor tea kiosk in Caversham Court. Volunteering here will allow our trained staff to stay helping our adults.

The kiosk is open from April to October, 11am - 6pm on Thursdays, Fridays, Saturdays and Sundays, serving tea and our award-winning cakes. If you can manage even an hour, we'd love to hear from you.



There may even be cake left over...



## Release your inner gardener

If roots and shoots are more your thing, volunteers are always welcomed at our outdoor site near Henley-on-Thames.

We need help with all sorts of activities, from watering and planting to educational activities including literacy.



If you love gardening but don't have much space at home, have expert green fingers or just like the sound of getting stuck into some weeding, it's not just our adults that can benefit from your help.

Not sure how to get there? Our minibus picks up from Caversham at 8.30 a.m. and will drop you back in the afternoon.

If you like the sound of volunteering with us...

...talk to Denise on 01491 628 933