



VOLUNTEERS **urgently needed.....** do you have a spare hour once a week?

The Ways & Means Trust is a registered charity formed over 42 years ago, specifically to provide rehabilitation and training for adults with a learning disability or recovering from a mental illness. Our aim is to provide a safe environment where people are able to build or rebuild their skills and confidence. Ultimately our aim is to help them back into employment.

We need volunteers in the following areas:

Support Workers:

Volunteers are at the heart of what we do. You can make a difference to the lives of our clients and help support them in gaining work experience and training in their placements. As a volunteer you will help to support and supervise clients with their work based training. This may be in Caversham in either our warehouse where secondary packaging tasks are carried out, or in our canteen where everyday cooking and cleaning are taught. No special skills are needed to help in either of these areas, just patience and common sense!

Weekend Volunteers <http://www.theteakiosk.org/>

We help run the tea kiosk in Caversham Court once a month and need volunteers from April to October to help us serve tea and cake from 11 a.m. to 6 p.m. Thursdays, Fridays, Saturdays and Sundays. If you can help us even for a few hours, we would love to hear from you.

Gardening Volunteers & Literacy Teachers

Based at our site in Rotherfield Peppard, near Henley-on-Thames, we need volunteers who enjoy the outdoors. We need help supporting our adults in all sorts of gardening activities, from watering, planting and digging to classroom activities, including literacy. If you enjoy gardening (regardless of your skills!) or are able to teach literacy, we would love to hear from you. If you do not have your own transport, we run a minibus service that leaves from Caversham at 8.30 each morning. (And returns in the afternoon!)

If you are interested in volunteering in any of these areas,
please call Denise on 0118 948 1944.

Unit 2, Paddock Road, Caversham, Reading, Berkshire RG4 5BY
Telephone: 0118 948 1944 ❖ Fax: 0118 946 1176
mail@waysandmeans.org.uk ❖ www.waysandmeans.org.uk

