

# 5 WAYS TO VOLUNTEER

## Support people with disabilities at a new farm project

A new farm project in Hamstead Marshall will support adults with learning disabilities and difficulties. The farm grows fruit and veg, fruit, flowers and herbs, and will provide an opportunity for clients to engage in purposeful activity while connecting with nature and interacting with peers and the community.

Volunteers are needed to help at the sessions. Volunteers will work alongside the gardener to put together tasks for the day and help ensure they achieve their goals. The role would suit volunteers who enjoy gardening and being outside and are passionate about supporting those with special needs. The role is available on Mondays and Thursdays (10:00-3:00). **(Ref: NY2385)**

## Help at a choir for people with dementia

A choir for people with dementia and their carers is planning to launch in Hungerford this April. As a volunteer, you will help support those with dementia to participate in the session, as well as joining in the singing yourself. Help is also needed with refreshments and setting up and tidying the room before and after the session. The sessions aim to provide a positive, engaging and fun activity for people with dementia.

The role would suit welcoming volunteers, with good communication skills. Some understanding of dementia would be useful. You don't need to be a superb singer; you just need to enjoy singing and appreciate music. Sessions will generally be between 10:00 and 12:00 on the third Monday of the month. **(Ref: NY2398)**

## Become a trustee for a local arts charity

A small charity promotes, maintains and advances education and appreciation of the arts in West Berkshire and the surrounding area. It runs art-based workshops, an art hub café and events, and also aims to improve people's wellbeing and inclusion through these.

The charity is looking for new trustees to help advance its aims. They are looking for help in many areas, including PR, fundraising, health and safety, general HR and administration. The role would suit enthusiastic team players who are friendly and approachable, ideally with an appreciation of the visual arts.

There are five trustee meetings a year (normally on a Tuesday between 4:00 and 6:00), plus additional time for specific roles, according to availability. **(Ref: NY2406)**

## Volunteer as a driver in Thatcham

A busy Thatcham car scheme needs happy and outgoing volunteer drivers to transport mainly older people who are unable to use public transport. Volunteers undertake lifts to doctors, hospitals, clinics and social outings.

The time commitment is up to you, and you decide when you want to drive. You will not be out of pocket as your mileage will be paid. Insurers should also not charge extra as you are volunteering on a not for gain or reward basis. **(Ref: NY374)**

## Volunteer at a charity race this summer

On Sunday 25<sup>th</sup> June, a national cancer charity will be holding a fundraising race event in Newbury, and recruitment has begun for volunteers to help on the day. There are lots of things that you can be involved in, such as setting up and packing down the event, marshalling and cheering the participants along the course, helping with enquiries and handing out refreshments.

The role would suit engaging volunteers who enjoy being part of a team. Volunteers are required from 8:00am-1:30pm, and any time you can give is appreciated. **(Ref: NY2405)**

**SUPPORTING VOLUNTARY ACTION SINCE 1974**

Contact us for more details of any of these volunteering roles

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