

# Reach Learning Disability

## Volunteering opportunities



We seek volunteers to help at our centres for adults with learning disabilities in Southwell, Newark, Mansfield and at Flower Pod - our horticultural-social enterprise (based on Nottingham Trent University Brackenhurst campus just outside of Southwell). Our day service volunteers help provide motivation and encouragement to clients and enable us to provide a very person-centred service. We also seek people who can help with office work and fundraising – either regularly or on an ad hoc basis.

### Current opportunities include:

#### ***Reach Southwell:***

- Fundraising volunteers - from running events to occasional helpers
- Office admin support - weekly commitment preferred
- Gardening volunteer - to assist our current volunteer gardener

#### ***Reach Newark:***

- Singing - Monday (10am-12pm)
- Sewing - Tuesday (1pm-3pm)
- Pottery Group - Fridays (10am-12.15pm)

#### ***Reach Mansfield:***

- Health Kick sessions - Monday (10.15am-12.15pm)
- Crafts - Thursdays (1pm-3pm)
- Fundraising volunteers – from running events to occasional helpers

#### ***Flower Pod:***

- Volunteers to help in client, horticultural or floristry activities

### ***Volunteering opportunities for teams:***

We are also able to offer exciting corporate and organisation volunteering days at Flower Pod and on occasion at our other centres too. Current opportunities:

- **Flower Pod team volunteering days** – get out and about together, helping us to complete seasonal tasks at our cut-flower horticultural social enterprise.
- **Spruce up a Centre!** – help with painting and decorating, outside area maintenance etc
- **Fundraising challenges** – take part in organised events or ‘design your own’ sponsored challenge for your team or group. Current opportunities:
  - Help us raise £40,000 in one week for our Big Give Christmas Challenge
  - Get your running shoes on for our first ever Newark Santa Run
  - Micro-volunteering – share our social media posts and help spread the word!

*Enhanced DBS checks undertaken and two references sought as appropriate to role.*

*For more information please contact Liz Bowes-Hall on [liz.boweshall@reachuk.org](mailto:liz.boweshall@reachuk.org)*