

# The much-loved sandwich run is back again

**Y**ellow Submarine is an award-winning local charity, founded in 2009, supporting people with learning difficulties and autism across Oxfordshire.

Through social clubs, work experience, and traineeships at their social enterprise cafés, they support their members to do more and need less – encouraging independence, confidence, and of course fun!

“Imagine if your coffee reduced isolation, your sandwich taught life skills, and your lunch created employment” ... this is what they do at Yellow Submarine. Their café hosts wonderful trainees, who learn about the world of work while serving customers, preparing food, and attending lessons.

They also run a work experience programme called Compass. Part of this project is the Sandwich Run, where members go out and sell fresh sandwiches from their cafes to local businesses. This is an opportunity for their members, who have learning difficulties and autism, to develop their communication, money handling and professionalism as well as learn valuable life skills.

## VOLUNTARY VOICE

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Yellow Submarine are hoping to relaunch the Sandwich Run in September with new volunteers, who would drive their members to businesses and help sell their sandwiches. They are looking for someone who is regularly free between 10 am to 1 pm on Tuesday, Wednesday, or Thursday from September. Whether Yellow Submarine can run this much-loved project depends on whether they can secure the right volunteers – they just can't do it without some extra hands!

They're are looking for a driver for their minibus who's comfortable being a leader for their members. Yellow Submarine will provide the minibus and some training; drivers must be over 21 and have had an ordinary driving licence for two years, with no endorsements. They are looking for someone patient, friendly, and understanding of the diverse needs of their members. Prior experience of supporting people with learning difficulties and autism is useful but not essential.

Yellow Submarine say that they provide “a fun and supportive environment, the opportunity for new experiences, and all the

smiles you can help make”.

Chris, one of their Compass volunteers, goes on to say “As time has gone on, I've had the privilege of getting to know each of the members as unique, often hilarious, and always inspiring individuals. It has genuinely been one of the most fulfilling and enriching experiences I've had.

“I leave each session feeling that I've made a real difference.”

The organisation as a whole has a significant impact and across all their activities – work experience, training, and social activities – they have provided members and their families with more than 37,500 hours of support this year alone!

To find out more about these and lots of other volunteering opportunities in Oxfordshire visit “oxonvolunteers.org” and type “Yellow Submarine” in the search bar or contact Miriam Chappell via email: miriam@yellowsubmarine.org.uk or telephone 01865 256119.

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