

#### HELP OUT AT YOUR LOCAL FOOD BANK

Volunteers are urgently needed to operate food banks in our area. We have had foodbanks in our towns and cities for many years. (1) \_\_\_\_\_. However, with the growing problem of low wages and high prices, even some families with parents in work now use them. They are therefore more important than ever.

We are not asking for financial help. Supermarkets, charities, and other organisations provide the food that we need. Local business leaders have helped to finance our centres. What we need is keen volunteers who can give their time. (2) \_\_\_\_\_. We will train you to give help and advice to people as well as providing phone numbers of organisations that people can contact if they need financial help.

#### BE A PART OF YOUR LOCAL NEIGHBOURHOOD WATCH

Would you like to play a bigger part in helping your community? Why not sign up to join a neighbourhood watch scheme? Being part of a scheme gives you the security of knowing that other people are keeping an eye out for any suspicious behaviour and reporting it to the authorities. (3) \_\_\_\_\_. It also reduces the number of crimes committed. If you join up, you will receive emails with reports of burglaries or other problems in your area. (4) \_\_\_\_\_. For example, they will give tips on how to secure your home better and what to ask if people come to your door claiming that they are collecting money for charities. In addition, some funding is available for burglar alarms.

#### HELP MAKE 'REHABILITATION IN THE WORKPLACE' A SUCCESS

We are calling on all business people to help us with our new Rehabilitation in the Workplace scheme. The aim is to provide work for people who have recently been released from prison. Despite some opposition from those who think that we should be doing more to help those who haven't committed any crimes, we believe this will bring benefits to everyone.

(5) \_\_\_\_\_. This is an official government-funded scheme, so half of the wages and all the employment insurance and taxes of anyone on the scheme will be paid for you. A trial of the scheme has been running for the last six months in the London area and, if you wish, you can read reactions of employers who have taken on employees on our website.

- C An increasing number of people are making use of this scheme.
- D These will also give advice on personal security.
- E Traditionally, they gave food to the homeless.
- F This can be a real comfort, especially for people who live alone.

#### Listening

2 [Track 17] Listen to part of a radio programme. Choose the correct answer, A, B or C.

- 1 From what we hear, we know that Abigail
- A was reluctant to go onto the radio show.
  - B was surprised to be interviewed for the radio show.
  - C asked to be a guest on the radio show.

- 2 At the moment, Abigail
- A is at university.
  - B is looking for work.
  - C is waiting to go to university.

- 3 While doing the gold award, Abigail didn't have to
- A live away from home at all.
  - B do a residential task alone.
  - C do any public speaking.

- 4 Compared to her university friends, Abigail
- A has got a better job.
  - B is finding it easier to get work.
  - C has applied for more jobs.

- 5 In her final point, Abigail advises people
- A not to have a social networking page.
  - B to do the award with a friend from school.
  - C not to listen to other people's comments.

#### Reading

3 Read the leaflet asking for volunteers for different schemes. Choose from sentences A–F the one which fits each gap (1–5). There is one extra sentence.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- A We need people to check that the food isn't out of date, pack it in boxes and, most importantly, chat with the people who come into the centres.
- B It can also help you cut costs.