



The Gurkha Welfare Trust
PO Box 2170, 22 Queen Street
Salisbury SP2 2EX
01722 323 955
info@gwt.org.uk
www.gwt.org.uk

समाचार SAMACHARA

Your Gurkha Welfare Trust Newsletter
Samachara means 'news' in Nepali

No 74 - Summer 2026

INSIDE YOUR SAMACHARA:

- Sun Maya - a remarkable journey
- Enhancing well-being at our Residential Homes
- Transforming lives through legacies
- Bringing clean water to Parbat
- Meet the team - Dr Sonam Lama
- The impact of our community projects
- Delivering vital care in Chitwan
- Fundraising news
- Upcoming events and challenges

HELPING GURKHA VETERANS AND WIDOWS STAND STRONG

MESSAGE FROM OUR CEO



Our medical provision has become our largest undertaking both in scale and investment. Nearly a decade ago, we built

our medical infrastructure from the ground up – a foundation that has since grown in capacity and sophistication.

Yet, as with all our endeavours, we strive to evolve to ensure that the increasingly complex needs of our beneficiaries are met with the highest standards of care.

From the introduction of preventative screening programmes, expanding treatment options and investing in advanced equipment such as bone density scanners, we ensure timely and effective care for every individual we serve.

Our water programme has provided sustainable access to clean water for five decades. Beyond its fundamental impact on health and dignity, this initiative promotes the empowerment of women and historically marginalised groups, strengthening the cohesion and resilience of communities across Nepal.

The trust, generosity and passion of our donors is the bedrock of our work, enabling us to innovate, adapt and sustain the programmes that change lives.

Together, we continue to honour the legacy of the Gurkhas by ensuring that those who have served are cared for with compassion, dignity and excellence.



Al Howard
CEO, The Gurkha Welfare Trust

A REMARKABLE JOURNEY TO RECOVERY



In her early eighties, Sun Maya Gurung lives a quiet life surrounded by her small but close family. A widow with no surviving children, she is looked after by her granddaughter-in-law, Binda Maya Gurung. Her grandson moved to Qatar for work around a year ago, leaving Binda as her primary carer.

Sun Maya's late husband, Gurkha veteran Juthay Gurung, passed away in 2005. It was not until two years later that Sun Maya began to receive a pension from the Trust, a lifeline enabling her to afford food, clothes and cover medical expenses.

"If my husband had not worked hard in the Army, I would never have received this," she says with deep gratitude.

Sun Maya recalls the hardship her husband faced during service. *"My husband used to talk about his Army days with us," she says. "His mother passed away when he was a child, and his father, who had difficulty hearing, was very worried about him as he was the only son. His father would send letters urging him to return home, saying, 'You are my only son, and if you die, what will I do alone?' Every time they went to battle, many soldiers would not come back."*

Even with the monthly pension, challenges remain as Sun Maya finds it difficult to travel. Reaching the nearest town to visit the bank requires an expensive trip by taxi, which they can only afford every few months. Each journey requires careful planning due to the cost and strain it places on Sun Maya.

A FRACTURE LEFT HER BEDBOUND

Sun Maya's health declined drastically after an injury happened

during a simple household task. While sweeping she twisted her back and due to weakened bones developed a vertebral fracture. The fracture left her completely bed-bound for more than a year, a long and difficult period during which she developed pressure sores and became virtually immobile.

The Trust stepped in at a critical moment, arranging for Sun Maya to stay at the Residential Home in Kaski where she received round-the-clock care and specialist rehabilitation support.

Rehabilitation Therapist Bina recalls that when she first arrived, *"She had no muscle power in her lower limbs. She couldn't even lift her legs while lying down."*





REGAINING MOBILITY AND INDEPENDENCE

With regular support and physiotherapy, Sun Maya gradually regained strength and was able to stand and walk with assistance. However, she suffered a further setback when she fell and fractured her hip, requiring surgery and a two-week hospital stay. Following surgery, her rehabilitation was restarted and after five months of dedicated care, she was well enough to return home.

Essential equipment provided by the Trust - including a walker, commode chair and air mattress - has restored dignity and comfort to her daily life. Regular medical visits, blood tests and monitoring have helped her manage high blood pressure and gastritis.

Sun Maya fondly remembers her time at the Residential Home: "I still remember my friends there. I liked it very much - I didn't have to do any

work, and we were looked after well with good meals. I wished I could stay longer, but I had to give others a chance too. I am happy I got the opportunity to recover and return home stronger."

"Before, everyone thought I would die. But my health has improved a lot. When I came back from the Residential Home, they said I returned like a heroine. I used to sit on my bed all day, but now I can come out into the sun on my own."

HOPE FOR THE FUTURE

Today, Sun Maya enjoys a level of independence she once feared she had lost forever. She enjoys watching films and listening to music, can walk short distances, and looks forward to the GWT team's regular visits.

She recently demonstrated to staff the physio exercises she had been taught. Simple movements like standing up and sitting down, and rolling a water bottle with her feet. These small routines have become part of her daily life and help her maintain her strength and balance.

She remains deeply grateful for the support she has received, saying, "I am stronger than before, and we are very thankful for your support."

Looking ahead, she dreams of improving her home - cementing the front porch to make it safer and getting a new toilet block built. Thanks to the installation of a water tap at her doorstep, daily life has already become easier. "Now, we can bathe and wash clothes at home whenever we want," she says.

Sun Maya's journey from being bedbound to walking again is a testament to resilience, strength and the dedicated care of our medical team.



TOGETHER, WE ARE HELPING GURKHAS STAND STRONG

Many of our elderly pensioners like Sun Maya are at risk of falls and fractures. As they age, they are increasingly vulnerable to osteoporosis, a condition that can go undiagnosed without access to screening. With your support, we are taking the following vital steps for those at risk:

- **Strengthen Bones** by providing vitamins and supplements to combat the onset of osteoporosis and reduce fracture risk.
- **Prevent Falls** by providing walking aids and commodes, and installing ramps, handrails, and better lighting.
- **Support Recovery** by providing rehabilitation and exercises to rebuild strength.

www.gwt.org.uk/standstrong

ENHANCING SPIRITUAL, MENTAL AND PHYSICAL WELL-BEING AT OUR RESIDENTIAL HOMES



"Sustainable Ambassador" Ari turns plastic waste into beautiful seat pads



Getting closer to nature



Dance is a popular way to stay active!



Residents enjoying the beautiful mountain scenery on a day out



A moment of peace and serenity



Games keep the mind sharp and help maintain mobility

Our veterans and widows at our two Residential Homes in Dharan and Kaski continue to thrive thanks to a wonderful mix of activities that nurture their spiritual, mental and physical well-being - all funded by your kindness.

With help from our staff, their days are brought to life with morning exercise sessions, music, games, creative craft sessions, and the fun of cooking together.

Throughout Nepal, spirituality is ingrained in daily life, and our residents benefit from days out to local beauty spots and temples, morning meditation, and religious ceremonies known as "pujas."

These moments of movement, creativity and reflection help keep our residents healthy and active, and bring smiles, connection and a sense of fulfilment to their daily lives.



Exercise is part of the daily routine

A LEGACY OF KINDNESS: HOW GIFTS IN WILLS TRANSFORM GURKHA LIVES

Every legacy begins with a simple act of kindness. For The Gurkha Welfare Trust, Gifts in Wills remains one of the strongest pillars funding our work. Today, around 40% of our fundraising income comes from people who choose to remember the Trust in their Will - making a quiet, thoughtful gesture that changes lives every single day.

RECOGNISING THE BRAVERY OF GURKHAS

One such act of compassion came from Valerie Fox, a long-standing supporter of the Trust during her lifetime. Valerie's connection to the Gurkhas began with her father, who served as a captain in the Army during the Second World War. He fought alongside Gurkha soldiers in North Africa, the Mediterranean, and Italy, and often spoke of their exceptional bravery. His stories stayed with Valerie throughout her life.

As an adult, she read about the long and difficult journeys many women and children in Nepal faced daily simply to fetch clean drinking water. Deeply moved, she believed that the families of those who had fought and sacrificed for our country should never have to live without the basics of comfort and well-being.

When Valerie passed away, she left a generous gift to GWT in her Will. Her legacy helped us to provide the financial, medical, and community aid that supports Gurkha veterans - the very men whose courage she heard about during her childhood. Through her kindness, those who once served with honour can live with dignity in their later years.

The impact of gifts like Valerie's is felt in every corner of our work:



SUPPORTING OUR PENSIONERS

Legacy income funds the vital pensions that give elderly Gurkha veterans independence and financial security. For men who served with exceptional courage, often in the toughest conditions, these pensions are a lasting promise that their service will never be forgotten.

PROVIDING CLEAN, SAFE WATER

In remote villages where steep terrain makes access difficult, Gifts in Wills help us build reliable water systems. These projects eliminate the need for arduous daily journeys to collect water, the very burden which motivated Valerie's gift. By reducing illness and improving hygiene, our water projects support the entire community.

DELIVERING VITAL MEDICAL CARE

Our regional medical clinics, nurses, and mobile health teams are all supported by legacy income. These gifts allow us to deliver essential medicines, specialist appointments and home visits, with staff often travelling long distances to remote regions so that no veteran or widow is left without help.

BUILDING EARTHQUAKE-RESILIENT HOMES AND SCHOOLS

In a country where earthquakes remain a constant threat, legacy funding enables us to build safe, resilient homes and classroom buildings. These structures protect families, support children's learning and offer communities a more secure future.



JOINING A TRADITION OF COMPASSION

When you choose to leave a Gift in your Will to the Trust, as part of our Gurkha family your kindness will endure far beyond your lifetime. Just as Valerie's generosity continues to support Gurkha families every day, your own legacy could offer future generations safety, dignity and the chance to thrive.

To find out more, please contact Carolyn or Helen by emailing legacies@gwt.org.uk or telephoning **01722 343110**.

We also offer free Will writing services through the **National Free Wills Network** and **Farewill**.

Learn more at: www.gwt.org.uk/support-us/leave-a-gift

CLEAN WATER FOR EVERY HOUSEHOLD



Bajung Phalhalne is a remote mountain village, only accessible via a rough 10-kilometre dirt road. With a population of 615, villagers rely on agriculture and horticulture for their livelihoods. As in many rural areas of Nepal, many young people have left to seek work abroad.

PERSISTENT WATER SHORTAGES

Over the years, several drinking water initiatives have been implemented, but the existing infrastructure is old and poorly maintained, with exposed and damaged pipes, and small storage tanks. Water is sourced from open springs that get contaminated by rainwater and runoff during the monsoon season.

Residents have been relying on temporary pipelines connected to nearby springs and plastic storage tanks.

Bhim Bahadur Gurung, veteran of the Indian Army and respected social worker, has played a leading role in advocating for safe water in the village and mobilising support for a new water project. *“This is my home. If my people do not have clean water, I cannot stay silent.”*

COMMUNITY ENGAGEMENT

The GWT water project will provide a safe and reliable water supply to the entire village, with access for all households and key community facilities including the school, community building and temple.

The villagers have shown great enthusiasm for the project, and during the construction phase have been actively involved in the work.

The remote location, challenging terrain, and lack of access for heavy equipment means that

much of the work has to be done by hand - clearing land, digging channels, and transporting building materials and pipes. It's back-breaking work and much of it done by female villagers.

Bhim expressed strong appreciation for the professionalism, commitment and efficiency of the project team. Excellent project management, technical skills and close co-ordination with local residents have all contributed to the smooth progress of the project.

“The GWT team works with honesty and speed. They listen to the community and deliver what they promise. I am very excited to see this project finished. When it is complete, our village will finally have reliable and safe drinking water. This will change our lives.”

“One day, every household here will have clean water without struggle.”



LEADING THE WAY FOR WOMEN IN THE COMMUNITY



Devi Thapa Magar is a Project Supervisor at GWT Nepal, one of only two females in a team of nine. Her role often takes her to remote villages for months at a time, where she oversees drinking water projects that bring lasting change to rural communities.

Devi joined GWT in March 2014, having gained valuable experience working with Nepal Water for Health (NEWAH) and at the Department of Roads.

Her decision to join the team was a deliberate one. *"I wanted to join GWT because of its reputation, strong working principles, and discipline similar to the British Army. I was also impressed by the transparency of the organisation."*

MANAGING MILES OF PIPELINES

As a Project Supervisor, Devi is responsible for overseeing the construction of clean water projects in the field. *"I have to implement the project according to the estimates and designs prepared by our technical teams. I also need to keep track of expenses and accounts."*

Over the years, she has supervised twenty-two projects: *"Some years*

I do two or three projects, and in busier years I have done five or six."

Despite the technical demands of her role, it is the human impact that stands out most for her.

"In the first one or two weeks, villagers are often hesitant," she says. "But once they understand the project, it becomes easy. When the water reaches their doorsteps, everyone is happy in the end."

MOBILISING IN TIMES OF CRISIS

Devi's work has not been without challenges. One of the most demanding periods followed the devastating 2015 earthquake in Gorkha district. *"I was overseeing three water projects at the same time," she recalls. "All the men in the villages were busy rebuilding their houses, so I had to mobilise women to help with construction."*

BRINGING WATER TO PARBAT DISTRICT

Devi is currently supervising the Bajung Phalhalne Water Project. *"There will be 106 tap stands and six reservoir tanks," she explains. "The project started in early November 2025 and will be completed by the end of January 2026."*

Community participation has been positive: *"The villagers understand the importance of safe drinking water, so they actively provide labour."*

LIFE ON THE ROAD

Working in remote areas requires long periods away from home with basic living conditions. Devi told us: *"The villagers provide accommodation for us in their*

houses. We bring our own rations, cook for ourselves, and buy vegetables locally."

She travels to our Head Office once a month by public transport to submit reports and accounts.

Some of Devi's strongest experiences come from projects that tested her leadership. In Jajarkot district, a disagreement arose within the community, where some young people wanted to take over the project finances.

Devi stood her ground, making it clear that the project should be managed by the local Water Users Committee. *"In the end, they realised the project was for everyone's benefit, and they backed down with an apology."*

In recognition of Devi's commitment, she was awarded the GWT Chairman's Award in 2024.

LEADING THE WAY FOR WOMEN IN ENGINEERING

Devi is honest about working in an environment where women are under-represented. *"In some communities, men doubted my technical abilities. But I did not pay attention to such statements. I remained focused on my duties and committed to completing the project on time. In the end, they appreciated my work."*

Devi Thapa's story reflects quiet determination and professional strength. Her work not only delivers safe drinking water to remote villages but also demonstrates the vital contribution women can make in technical and leadership roles within GWT and beyond.

MEET THE TEAM: DR SONAM RINCHEN LAMA



Dr Sonam Rinchen Lama is the Cluster Medical Lead based in Kaski and has been working for the Trust for five and a half years.

Sonam comes from Humla, one of Nepal's most remote districts and the last to join the national highway. Overcoming many challenges, he completed his schooling at Namgyal School in Kathmandu, and went on to earn a Bachelor of Medicine and Bachelor of Surgery from Kathmandu University School of Medical Sciences.

Sonam started his professional career as a Medical Officer in the Emergency Department at Dhulikhel Hospital, Kathmandu, gaining valuable clinical experience in acute and emergency care. He progressed in roles supporting the delivery of community-based healthcare,

preventative medicine and outreach programmes in remote parts of Nepal.

He was also selected as a member of the Rapid Response Medical Team and was deployed during national emergencies including the 2015 earthquake and the 2019 Koshi River floods.

Alongside his role at GWT, Sonam is pursuing an MBA in Hospital Administration and Healthcare Management to further strengthen his leadership, management, and health systems expertise.

A PHILOSOPHY OF CARE AND COMPASSION

"I am deeply inspired by the saying of Buddha: "Our sorrow and wounds are healed only when we touch them with love and compassion."

GWT embodies this philosophy, offering care and compassion to its beneficiaries every day.

GWT is a leading organisation in Nepal that delivers high-quality primary healthcare services. Its mission - to provide welfare, medical support, and community assistance to Gurkha veterans, their families, and the wider community - resonates strongly with both my personal values and professional commitment to serving people.

I am particularly motivated by GWT's focus on free, accessible, and compassionate primary care, including rehabilitation and palliative services, which reflect the principles of empathy and service that guide my career."

A HOLISTIC APPROACH

"My favourite part of the job is bringing comfort and reassurance to our beneficiaries, particularly during home visits in remote areas.

During these visits, we provide comprehensive medical support, including doctor consultations, vaccinations, home-based phlebotomy services, and physiotherapy.

Upon arrival, we begin by greeting the pensioner warmly and introducing ourselves, explaining the purpose of our visit. Building trust and rapport is essential.

We typically spend 45 minutes to one and a half hours collecting medical history, conducting a physical examination, reviewing medication, and discussing treatment plans and lifestyle modifications.

We follow a holistic approach, focusing on treating the whole patient rather than just managing symptoms."

In his spare time Sonam enjoys playing sports, cycling and trekking, allowing him to stay active and connect with nature. He described completing the Everest Base Camp Trek as a deeply memorable experience: "A once-in-a-lifetime opportunity to witness the natural beauty and serenity that make Nepal truly heaven on earth."

"Experiencing the rich culture, natural wonders, and vibrant communities across Nepal continues to be a source of inspiration and joy in my life."



THE CHALLENGE OF REACHING PENSIONERS

The journey to visit a beneficiary can take an entire day, travelling by 4x4 or motorbike, and when roads and tracks are impassable during the monsoon, continuing on foot. In remote areas, overnight stays are in tents or tea houses, or even a pensioner's house if there is no other safe option.

"Geographically, the road conditions are very challenging. 90% of the roads in rural regions are often rough terrain and uneven; dusty during the dry season, and muddy and slippery during the monsoon. In some areas, travel

involves navigating deep gorges and extremely narrow roads, where even a small mistake can be life-threatening.

I vividly recall a home visit in Tanahun, where I had the honour of meeting centenarian war veteran Phauda Sing Rana. Receiving his blessing was not only a gesture of kindness but also a profound reminder of the legacy and sacrifices that have shaped our present."

"Being able to assist people in living with dignity and seeing their smiles is deeply rewarding and motivates me every day."



BEYOND WELFARE: THE IMPACT OF OUR COMMUNITY PROJECTS

The Gurkha Welfare Trust was founded in 1969 with its primary mission to provide financial support to impoverished veterans in Nepal. When Gurkha veterans returned to Nepal in the 1960s and 70s, they returned to a country with very limited infrastructure and no national health system or social safety net.

The Trust soon recognised that simply providing a pension wasn't enough if the veterans lived in villages without clean water, accessible healthcare, or schools for their children. In response, GWT began work improving veterans' communities through new initiatives.

WATER PROJECTS

We supply clean, safe water directly to the homes of veterans and their families, reducing the incidence of water-borne diseases and easing the daily burden of collecting water.

REBUILDING AND REFURBISHING SCHOOLS:

By improving school infrastructure we ensure that the children and grandchildren of those who served for Britain have access to a safe and reliable education.

MEDICAL CAMPS

The healthcare we provide at our free Medical Camps is critical for people living in rural Nepal, with some travelling for days to access our first-class treatment. For many, this is the only medical assistance they receive.

EARTHQUAKE-RESILIENT HOMES

Nepal is highly prone to earthquakes, landslides, and floods. Since the devastating earthquake of 2015 the Trust has rebuilt thousands of homes, continuing a mission to ensure that every veteran and widow has a secure place to live.



2,463 Water Projects



9,412km of pipes laid



89,745 households



67,580 tapstands



3,188 School Projects



187 major schools built



2,734 refurbishments



267 schools extended



96,4683 students helped



142 Medical Camps



231,107 patients seen



1,737 EQ Homes



1,737 families kept safe

NO VILLAGE TOO REMOTE: DELIVERING VITAL CARE TO OUR PENSIONERS



Field visits are essential to reach our vulnerable Gurkha veterans and widows who live in remote locations and are unable to travel to their local Area Welfare Centre for medical care.

A FOUR-DAY MISSION ACROSS CHITWAN

We followed the team from our Area Welfare Centre in Chitwan on a four-day field visit across Makwanpur, Bara, and Parsa districts. During the visit the team covered over 300 miles and visited 21 of our pensioners.



THE TEAM

Area Welfare Officer Dilip Gurung

Responsible for planning the logistics of the trip, managing the multidisciplinary team, and ensuring they can reach all the pensioners within the timeframe.



Dr. Rajendra Rai

Carries out physical examinations, monitoring vital signs and checking for common age-related issues such as hypertension, diabetes and respiratory issues such as COPD. Rajendra reviews a pensioner's progress, adjusts dosages, and supplies medication.

Rehab Therapist Prakash Shrestha

Plays a vital role in ensuring our veterans and widows maintain their independence and mobility. Carries out assessments for mobility aids and provides physiotherapy exercises to improve strength, balance and motor skills.

Mobile Health Practitioner Pramila Rana Magar

The "hands-on" medical member of the field team, Pramila performs baseline health checks, including measuring blood pressure, blood glucose levels and oxygen saturation, as well as administering vaccinations.

Driver Shyam Thapa

Responsible for transporting the team safely across Nepal's rugged terrain. Shyam's role goes beyond simply steering a vehicle; it requires mechanical skill, endurance, and local knowledge. Our drivers often have to safely negotiate river crossings, steep gradients, mud and landslides.

COMPREHENSIVE CARE IN THE FIELD

On each visit the team takes a holistic approach, carrying out medical and welfare checks as well as delivering essential medication and equipment.

- Routine medical check-ups
- Vaccination services
- Phlebotomy (blood sample collection)
- Palliative care
- Rehabilitation services
- Welfare assessments



SETE GURUNG: INSPIRING US AT 104

During this field trip our team were proud to meet 104-year-old veteran Sete Gurung.

Despite his remarkable age, Sete remains physically active, alert, and highly motivated. His journey is a powerful reminder that with regular visits, dedicated medical care, regular movement and guided physiotherapy exercises, age truly is just a number!

His strength, discipline, and positive attitude continue to inspire our team to deliver quality, patient-centred, and compassionate care at every stage of life.

THE DOKO CHALLENGE RETURNS



Run in the footsteps of the 'Bravest of the Brave' at our annual Doko Race - a 5km cross-country course carrying a weighted Nepali Doko basket.

Doko North - Leeds
Sunday 31 May 2026

Doko South - London
Sunday 14 June 2026

www.gwt.org.uk/doko

INTRODUCING OUR FANTASTIC FUNDRAISERS

We are so lucky here at GWT to have such amazing team of fundraisers working tirelessly to help raise the funds we need to ensure that Gurkha veterans can live with the dignity they deserve.



COMMUNITY FUNDRAISERS
BILL FOSTER & ADAM GRAY

In 2025, Bill and Adam completed supermarket collections across County Durham, raising an impressive £7,702.93. Renowned for their dedication, they are brilliant fundraisers who consistently achieve remarkable collection totals.



REGIONAL COORDINATOR
DIANE MUNCEY

Diane is a RAF veteran who runs a successful breakfast club and supports veterans in her local area. She is our new Area Volunteer Coordinator for the Oxfordshire and Buckinghamshire area so be sure to say hi if you see her out and about!

If you would like to join our Brigade of Community Fundraisers please do get in touch with us at community@gwt.org.uk or call 01722 323955.

THE ADVENTURE OF A LIFETIME!

Join our mighty 100km trek across the stunning South Downs - as a team of four you have 30 hours to reach the finish.

NEW FOR 2026: TRAILWALKER RELAY

Not ready for the full 100km? Or looking for a challenge for your corporate team, running club or walking group?

The Trailwalker Relay divides the route into four legs of approx 25km, for teams of 6-12 people. A real test of teamwork with the same amazing Trailwalker experience!

www.trailwalker.gwt.org.uk



TEDDY BEAR AUCTION RETURNS!

Auction runs between 22-31 May 2026

Back by popular demand, this is your chance to get hold of one of our exclusive teddy bears. Each one is beautifully dressed in a hand-made Nepali or Gurkha themed outfit, thanks to our talented supporters.

Bidding starts at 10am on 22 May.

www.gwt.org.uk/teddy26



SHOP AND SUPPORT GWT

Browse our range of gifts and clothing with the classic crossed kukri logo.

shop.gwt.org.uk or call 01722 323955



HOST A GARDEN GALA THIS SUMMER

This summer we are asking our wonderful supporters to open their gardens and host a Gala for The Gurkha Welfare Trust. Garden Galas will be held across the country throughout the summer, giving us an opportunity to honour the Gurkhas' contribution to the British Armed Forces.

www.gwt.org.uk/gardengala



JOIN OUR BRIGADE OF VOLUNTEERS

We are looking to expand our presence across the UK and so are looking for dedicated volunteers to help represent The Gurkha Welfare Trust in their local communities.

Whether you attend an event, host a collection to raise funds for the Trust or cheer on participants at events, you will play your part in making a massive difference to the lives of Gurkha veterans and widows living in the remote villages of Nepal.

FIND OUT MORE

www.gwt.org.uk/volunteer-for-us