

The 'involve' logo, featuring a green hand icon above the word 'involve'. The 'in' and 've' are green, while 'volve' is orange. A small green dot is above the 'i'.

WHO ARE WE?

Involve is a Volunteering Project run by **Swansea Council for Voluntary Service** in partnership with Swansea Social Services Department and SBUHB.

We recruit, vet, train and support volunteers to enable them to support children, young people, adults and families in need in the community.

INTERACT

WASSUP

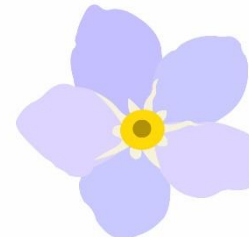
TRANSCEND
mental health peer mentoring



Swansea City of Sanctuary
Abertawe Dinas Noddfa



Mental Health & Well Being
Volunteer Project



Swansea
Dementia
and Carers
Project.



BEFRIENDING, MENTORING AND INDEPENDENT VISITING ?

- **Befriending** is a supportive one to one service giving social support in an informal way. To complement the work of paid staff, helping to reduce the risk of isolation and loneliness.
- **Mentoring**- using your own experiences to model (e.g.) social interaction, challenging self, etc
- **Independent Visiting** – Children and young people in care. Trusted and constant adult role.
- **Group work** can be in a variety of settings including day centres, local coffee venue, drop-in sessions in the community or social groups.
- **All projects have different levels of time expectation, different needs for what you will need to do or spend and different DBS needs (where DBS is needed it is FULL 5year address history within the UK)**



WHAT DO VOLUNTEERS DO?

Examples of activities:

- Going to the cinema
 - Going for a coffee/meal out
 - Supporting people to get to know Swansea
 - Going to the gym
 - Learning to make jewellery
 - Running a group activity
 - Just sitting and talking!
 - Taking children to the park/beach
 - Activities with patients on a hospital ward
 - Attend a support or social group together
-
- Training & Support: Skills training, Mental Health First Aid, Ongoing support



TELEPHONE BEFRIENDING

- ▶ Set up during the Covid-19 pandemic as a result of upsurge in people reporting feeling lonely and isolated
- ▶ Full support of Involve staff

What you'll do	Weekly telephone calls- agreed between all parties
Who with	Varying ages, genders, cultures, etc
Time per week	10 mins to 1 hour
Commitment time (overall)	As long as you can give (at least 6 months)
DBS?	This role DOES NOT require a DBS check



Swansea City of Sanctuary
Abertawe Dinas Noddfa

- Supports asylum seekers and refugees to build a life in Swansea, breaks down various stigmas and stereotypes aims to.

What you'll do	Support to integrate people into local community (show people where things are, how British culture works, etc), possible translation
Who with	Varying ages, genders, all of varying cultures, etc option to support in groups or individual
Time per week	1-2hours
Commitment time (overall)	SHORT TERM- 6 to 8 weeks
DBS?	This role DOES NOT require a DBS check

WASSUP

Independent Visitor Scheme

- A Statutory Service to support children and young people aged 3-18 who are in the care of the Local Authority. Offers children and young people a chance to build a one-to-one relationship with an Independent Visitor and helps with safeguarding.

What you'll do	social support for children and young people to encourage them to engage in different activities and develop social skills and confidence with support.
Who with	Children 3-18 living in care of the local authority (residential, foster, family member)
Time per week	As needed (often 2-4 hours plus)
Commitment time (overall)	LONG TERM
DBS?	Full DBS check

INTERACT



- Befriending and support for older people and adults with a physical or a learning disability on a one-to-one basis.

What you'll do	Provide companionship, accompany adults to appointments/events and give limited practical support (not personal care) Group support- day centres, CREST, groups for adults with learning disabilities
Who with	Older people
Time per week	2+ hours per week
Commitment time (overall)	LONG TERM (1 year+)
DBS?	Full DBS check

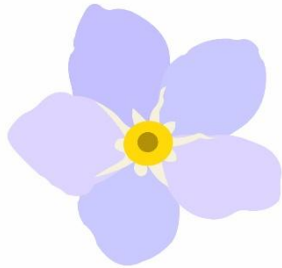
TRANSCEND

mental health peer mentoring



- ▶ Transcend is a mental health peer mentoring project-funded by SBUHB. We encourage people with experience of mental ill health to mentor those currently experiencing it.
- ▶ Project specific training provided

What you'll do	Using your own recovery journey to guide others. Setting goals, attending interest-based or community groups. Support people achieve higher levels of confidence, self-esteem and wellbeing
Who with	Adults 18+
Time per week	At least 1-2- hours per week
Commitment time (overall)	LONG TERM (1 year+)
DBS?	Full DBS check



Swansea Dementia and Carers Project

- ▶ Swansea Dementia and Carers project works with people living with dementia and their family and carers.
- ▶ Project specific training provided and access to other training as needed

What you'll do	Social support for individuals and often the wider family- help to attend groups, listening, wellbeing support
Who with	Often older people
Time per week	At least 2 hours per week
Commitment time (overall)	LONG TERM (1 year+)
DBS?	Full DBS check



Mental Health & Well Being Volunteer Project

- ▶ The Mental Health and Well Being Project works with volunteers to support anyone that has been affected by mental ill health.
- ▶ Project specific training provided

What you'll do	Support community-based individuals, patients on psychiatric wards or social groups; Encourage and support people to make their own choices, increasing their confidence, wellbeing and building self-esteem.
Who with	Adults 18+
Time per week	At least 2 hours per week
Commitment time (overall)	LONG TERM (1 year+)
DBS?	Full DBS check

SPECIAL GUARDIANSHIP ORDER (SGO)



Supporting families living under a special guardianship order who often need help to stabilise family life.

What you'll do	Be a consistent figure in the young person's life, building a positive relationship May support children or their carers, or provide support to the whole family (both carers and children together). offer a listening ear and emotional support Offer opportunities to access support or activities.
Who with	Children and young people
Time per week	At least 1-2-hours per week
Commitment time (overall)	LONG TERM (1 year+)
DBS?	Full DBS check

THE ASSESSMENT PROCESS

- ▶ Initial Interview
- ▶ References
- ▶ Induction Training
- ▶ Post Training Interview
- ▶ Enhanced DBS Check (not all projects)
- ▶ Social Services Check (not all projects)
- ▶ Match volunteer with Individual/Group
- ▶ Ongoing support



SUPPORT AVAILABLE

- ▶ One-to-one (as required/asked for)
- ▶ Group support and social events
- ▶ Newsletters/information
- ▶ On-going training
- ▶ Out-of-pocket expenses
- ▶ Public liability insurance
- ▶ Duty system always has a VDO available 9-12
- ▶ Social Services EDT out of hours



OTHER OPTIONS IF INVOLVE IS NOT FOR YOU:

- Volunteer Centre
- Volunteering Wales
- Swansea Youth Bank

FIND US ONLINE



www.scvs.org.uk/involve



[@SwanseaCVS](https://twitter.com/SwanseaCVS)

CONTACT US

Call us on **01792 457299**
to arrange a time to come
and see us! Or email
involve@scvs.org.uk

To make an appointment
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and for all other
volunteering
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