

An abstract background featuring a horizontal splash of ink. The left side of the splash is a vibrant blue, which transitions into a bright pink on the right. The ink has a fluid, organic texture with various swirls and eddies. The text 'Placement Opportunities' is centered over the blue portion of the splash.

Placement Opportunities

Dementia Hwb

**Swansea Dementia and
Carers Project**

**Mental Health and Well
Being Volunteer**

**Mental Health Peer
Mentoring**

Faith in Families

Adferiad

PACT

Circles UK

Swansea Mind

**Peer-Assisted Learning
(PAL)**

Age UK

Shout

Samaritans

Men Who Talk

Ar Trac



Open 7 days a week, 11am – 3pm

Tasks and responsibilities include signposting individuals, family members, carers to relevant information for those affected by dementia.

Located in Swansea Quadrant (bus station entrance) – visit for further information.



Could you volunteer for...

The Swansea dementia and carers project?

Are you caring, compassionate, honest and reliable?

Could you help people living with dementia and their
carers to socialise and have fun in the community?

Volunteer induction and safeguarding training provided
as well as ongoing support and paid expenses.

To find out more contact: Polly Gordon
polly_gordon@scvs.org.uk or call 01792 457299
www.scvs.org.uk/sn-dem-carer-proj



Partneriaeth
Ranbarthol
Gorllewin
Morgannwg

West
Glamorgan
Regional
Partnership



SCVS is a registered charity, number 1063242



Swansea Dementia and Carers Project

[Information via SCVS website](http://www.scvs.org.uk)

Contact: Polly Gordon on
polly_gordon@scvs.org.uk
01792 457299

Are you interested in
mental health and wellbeing?



- Could you offer wellbeing and practical support to people experiencing acute mental ill health?
- Could you spend a couple of hours a week meeting with individuals either on a hospital ward or in the community?
- You don't need experience, just a positive attitude towards mental health and wellbeing.
- Our volunteers receive comprehensive training, ongoing support, and your out of pocket expenses are reimbursed. You'll also gain valuable experience in mental health care and recovery.

To find out more contact Polly Gordon

polly_gordon@scvs.org.uk

www.scvs.org.uk/mhwb-volproj

01792 457299



GIG
CYMRU
NHS
WALES
Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



Mental Health and Well Being Volunteer Project

Information via SCVS website

Contact: Polly Gordon on
polly_gordon@scvs.org.uk
01792 457299



TRANSCEND

mental health peer mentoring

- Are you **passionate** about helping others achieve their goals and potential?
- Can you use your own personal experience of mental ill health to **inspire** and **empower** others on their recovery journey?
- Do you want to **enhance** your own knowledge and **deepen** your own skills?
- Could you **support** others to find the right solutions for themselves?

If the answer to any (or all) of these is **YES**
then come and volunteer with the
Transcend project www.scvs.org.uk/transcend

Contact:
Emma at involve@scvs.org.uk
01792 457299



Swansea Council for Voluntary Service -
registered charity number : 1063242



Mental Health Peer Mentoring

Information via SCVS website

Contact: Emma on
involve@scvs.org.uk
01792 457299



Faith in Families information via website

Volunteering opportunities available:

Bonymaen Community Cwtch
St Johns Wellbeing Centre

Teilo's Community Cwtch
Clase Community Cwtch

Contact Ruth Groff for more information, particularly re: Bonymaen location
– ruth.groff@uwtsd.ac.uk



Can accommodate students who wish to pursue a short- or a longer-term* volunteering opportunity in a variety of different areas including:

- Mental health difficulties
 - Substance abuse
 - Alcohol abuse
 - Complex needs

**training and vetting required regardless of volunteering length.*

[Adferiad Website](#)



Role: [Prison Family Service Volunteer](#)

Full job description provided
Minimum requirement of 6 months
volunteering

Contact: Lydia.Harley@prisonadvice.org.uk



NOTE: This is a long-term volunteering opportunity for approx. 12-18 months.

‘Challenging stereotypes - securing support - preventing victims of sexual abuse’

Do you have the passion and commitment to do something amazing to prevent victims of sexual abuse?

Please view the Circles Website for further information

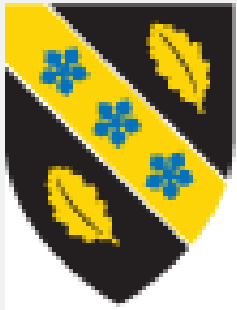


Wide range of volunteering opportunities from fundraising to admin, face to face listening and phone support for our service users, as well as running Zoom groups.

[Swansea Mind Website](#)

Contact:

Saara@swanseamind.org.uk



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

PAL (Peer-Assisted Learning)

Peer-Assisted Learning (PAL) is a peer-learning scheme designed to help you settle into university life. Starting university can be a difficult time for anybody, and speaking to students who have been through a similar experience may help.

[PAL information via website](#)



Volunteering positions:

[Age UK Shop Team Member](#)

[Telephone Friendship Service](#)
(currently closed! September
2023)

shout



here for you 24/7

[Shout Volunteer Brochure](#)

[Volunteering positions and
application information available
via the website](#)

SAMARITANS

Note that the Samaritans website states that the expectation is to view this as a long-term volunteering role, so consider what you can commit to up front if this is the type of volunteering you want to take part in.

Information on how to become a Samaritans Listening Volunteer

MEN WHO TALK

Men Who Talk is an exciting, fast-growing charity, creating new spaces for men to talk openly about what's on their mind.

Volunteering opportunities:

Volunteer Group Facilitator (Psychology degree preferable)

Volunteer Content Creator

[Information on both positions available via the website](#)

Contact for more information: info@menwhotalk.org

Can you make a difference in a child or young person's life?

BECOME A MENTOR

Ar Trac in Neath Port Talbot and Bridgend are looking for Mentors to join their project for young people

The Mentoring programme is designed for children and young people between the ages of 5-11 years old, who have witnessed or experienced domestic abuse.

A mentor is not a support worker, therapist, or councillor; they are a person of consistency for the child, who can be relied upon as a source of support for other aspects of their life, such as encouragement, praise, and positivity. They are a role model and someone who wants to encourage and get the best from them during the time they are with them, resulting in hopefully a more well-adjusted, happy, confident, and positive young person.

Training is provided



 **Ar trac**
Brighter futures together
Dyfodol disglair gyda'n gilydd

➔ If you would like to become a mentor or want more information, please contact:

Calan DVS

Tel 01639 633580

Email artrac@calandvs.org.uk

Ar Trac is a Beacons Consortium project, funded by Welsh Government and delivered by Calan DVS, Cardiff Women's Aid, Cyfannol Women's Aid, Gorwel and West Wales DAS

Ar trac

Mentoring children between 5 and 11 years old who have witnessed or experienced domestic abuse

For further information:

Tel: 01639 633580

Email: artrac@calandvs.org.uk

Mentor information sheet, job description and person specification available on request – contact Stacey Coleman – stacey.coleman@uwtsd.ac.uk – if interested