

CAN WELLBEING COLLABORATIVE WELLBEING VOLUNTEER

WHAT IS A WELLBEING VOLUNTEER?

You **CAN** volunteer in any of these roles:

Wellbeing Responder

Volunteers complete one-off practical tasks for people who need a little support. You might be collecting shopping, food bank parcels or prescriptions, or helping out with small tasks.

Wellbeing Connector

Volunteers help run our public information stations, which offer tailored support for people to help them to live well at home. You might be greeting people with a friendly face and signposting them to local community support.

Wellbeing Buddy

Volunteers are matched with people for 12 weeks and either meet them or call them each week as a befriender. These matches help to combat isolation and build confidence in people.

THE NECESSARY INFO

You can give as much or as little time as you like as a volunteer. You will be given training and support throughout and be able to claim for any expenses.

We require you to:

- Be over 18
- If volunteering in person, be able to travel within your local area, whether by public transport, Beryl bike or driving
- Undergo a DBS check (enables us to check criminal records and is free to you)
- Be able to volunteer during the working week (9-5 Monday to Friday)
- Be comfortable in the use of technology, with support on offer

WHO ARE WE?

Our Wellbeing Collaborative team offers a helping hand to explore and connect people to the right community support. We might help people who are:

- Unwell and needing a little help to get out and about again;
- Wanting to make new friends, or just have a chat and a cuppa;
- Needing some practical help and support around the house;
- Or wanting to get out and try a new social activity.

WHAT'S IN IT FOR YOU?

Whether you are looking for something that is flexible with your schedule or you want to give more time, we have something for you.

Become a Wellbeing Volunteer to:

- Experience a rewarding opportunity where you can personally empower people to live well
- Develop your skills in empathy, active listening and supporting and advocating for others
- Meet other volunteers and likeminded people
- Access opportunities to attend personalised and tailored training and workshops

BECOME A WELLBEING VOLUNTEER

1. Complete the application form on our website and send it to our email.
2. Attend an informal interview with the volunteer coordinator.
3. Undergo a DBS check (free of charge to you).
4. Complete training.
5. Begin your role!

