

CAN WELLBEING COLLABORATIVE WELLBEING VOLUNTEER

WHAT IS A WELLBEING VOLUNTEER?

As a Wellbeing Volunteer, you would be giving a short amount of your time towards helping people in the local community that need a little bit of support. Whether you love a good chat over a cuppa, providing practical support, helping people find information about local services or being at the end of the phone offering some companionship, we have something that will work for you.

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 only (9-5 Monday to Friday)
- Be comfortable in the use of technology, with support on offer

BECOME A WELLBEING VOLUNTEER

1. Complete the application form on our website and send it via email.
2. Attend an informal interview with the volunteer coordinator.
3. Undergo a DBS check (free to you).
4. Complete training (in person or online).

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
- 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.

By becoming a Wellbeing Volunteer you can:

- Experience a rewarding opportunity where you can personally empower people to live well
- Develop your skills in empathy, active listening and supporting others
- Get reimbursement for expenses and access to schemes such as free Beryl Bike minutes

CONTACT US



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