

Next steps

If you want to know more about the kinds of roles available, you can do one of two things:

- 1) Register on Volunteer Connect, our online database for volunteering in Warwickshire. You can then see the wide range of activities available and apply for roles you are interested in.
- 2) Book an appointment with your local Warwickshire CAVA Volunteering Coordinator, who will:
 - Answer any questions you have on volunteering
 - Support you to find activities and roles you are interested in
 - Show you how to look for roles yourself on Volunteer Connect
 - Contact organisations you are interested in to arrange an informal chat
 - Help you to understand the ins and outs of volunteering including the kinds of support you can expect whilst volunteering.

We hope this leaflet has helped you to understand how volunteering can help your recovery and wellbeing. If you've got further questions, do get in touch with us – either now or in the future.

Warwickshire CAVA Volunteering Coordinators:

North Warwickshire

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@VolunteerWCAVA

WARWICKSHIRE
CAVA
COMMUNITY & VOLUNTARY ACTION



VOLUNTEERING

Supporting your recovery and wellbeing



Strengthening Warwickshire
www.wcava.org.uk/volunteering-individuals

How can volunteering help me?

There's a lot of evidence that volunteering can help to improve your mental health and wellbeing. When your confidence is low, sometimes activities that used to be easy and enjoyable become overwhelming. It can be tempting to avoid them – but this can lead to feeling bored and purposeless.

If this sounds familiar, don't despair – this is where volunteering can help.

Volunteering has helped thousands of people in the same situation to get 'unstuck' and take steps forward. If you feel nervous at the thought of trying something new, perhaps it would help you to know that:

- You would be met with a friendly smile
- You would not be judged
- Your situation would be understood
- Your information would be treated confidentially
- You could have a go without committing to anything
- You could go at a pace that is right for you.

Good volunteer managers know that starting something new can create nerves, particularly during or after a period of ill health. Some of the ways they might try to make your experience positive include:

- Listening to any concerns you have
- Making sure that you know who to go to, and for what
- Supporting you to do activities you enjoy
- Allowing you to bring a companion while you find your feet
- Leaving a shift early if you feel unwell.

These kinds of support are designed to put you at ease and help you to make the most of your volunteering experience.

Benefits of volunteering

Helping you to expand your life and move forward

Having a supportive and understanding environment will make taking those first steps much easier. It's also possible to volunteer on short term projects, rather than make a regular commitment.

Meeting new people

Volunteering puts you in regular contact with other people, which can ease the loneliness that a period of ill health can bring. Doing activities together and feeling part of a team can reduce this.

Quality of life

There are many ways that volunteering helps to lift your mood and improve your feelings about yourself. Having a regular shift can give you something to get out of bed for, and something to look forward to.

Finding work

Volunteering can open doors into paid work. It is not uncommon for people to discover a new job or career path through the links and opportunities created by volunteering.

What kinds of activities do volunteers do?

Here's just a few examples:

- Helping out on community allotments
- Preparing food in a café
- Being a marshal on a local running event
- Helping with office tasks
- Being a volunteer driver
- Helping to maintain local woodlands
- Helping to run community events
- Helping to staff a local art gallery.

