

# INCLUSION GLOUCESTERSHIRE

| bigger dreams • better lives • brighter futures

## VOLUNTEER VOICES

### February 2022

The Volunteer Voices Newsletter from Inclusion Gloucestershire, sharing views, news & volunteer voices.

**Friendly February 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Send a message to let someone know you're thinking of them	 2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today						

**ACTION FOR HAPPINESS** Happier • Kinder • Together

Every month Action for Happiness have these fab calendars with a new theme each month, this month its Friendly February, there are some lovely ideas to try for yourself, with family, friends, or groups that you are in.

# Would you like to be a Volunteer Peer Mentor?



Would you like to be a Volunteer Peer Mentor with Inclusion Gloucestershire? We have exciting new opportunities to join us

Volunteer peer mentors use their own lived experiences, various skills, talents, life experience and knowledge to support people to make positive changes.

We are looking for people to volunteer with us in various roles.

- One to one Volunteer Peer Mentors
- Volunteer as a Group Peer Mentor in workshops
- Volunteer as a Group Peer Mentor in Speak up Groups
  
- One to one Volunteer mentors support individuals on a one-to-one basis. Together they will work towards achieving realistic goals while developing new skills to build confidence and independence along the way.
- Group Peer Mentors will support the facilitation of workshops and sessions on various issues & themes that are of importance to people.
- Speak Up Group Peer Mentors will support the facilitation of monthly 'Speak Up Groups' on various issues & themes that are of importance to people.

### **We offer The Volunteer Mentors**

- ✓ Ongoing Specific Peer Mentor Training
- ✓ Flexibility to suit your availability
- ✓ Shadowing an experienced Peer Mentor
- ✓ One to one Supervision and Peer Group Supervision
- ✓ To be involved in supportive wider Mentoring Opportunities and Networks

Whether you have a small amount of time or are after a longer involved role, we are flexible to find something that suits you. We can support you to volunteer remotely from your own home or volunteer face to face.

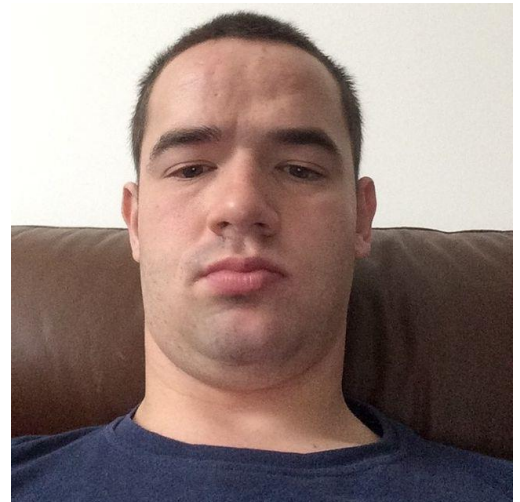
Closing date for these Volunteer opportunities- Friday February 26th

For more information contact [julesa@inclusion-glos.org](mailto:julesa@inclusion-glos.org)

### **Why are you a mentor?**

“I think it can be intimidating at times to talk to professionals I want to support people to find their voice and support them with the right words. I feel like I have lots of experience. I think it's important when you are working with people to have good boundaries and be professional”

**Rob Surrey Volunteer**



We are recruiting for our next group of **Volunteer Peer Mentors**

**Closing Date-** Friday 25<sup>th</sup> February

Training will begin in March

Contact Jules for more info – email [julesa@inclusion-glos.org](mailto:julesa@inclusion-glos.org)



A Big Thank you to David Taylor our Inclusion Gloucestershire Intern and volunteer Tom Robinson, they spent a couple of days working very hard on taking lots of photographs for us to use in our projects.

And a Big Thank You to everyone who got involved with our photo shoot last week, whether in front of or behind the camera. We got some amazing shots that we look forward to sharing (like this)!



## We have an Exciting new project coming up Take a Break Wellbeing Sessions



The sessions will include Gentle Chair Yoga, Meditation, Breathwork, Relaxation And Exercises from our MHELO Self Care Tool Kit

Our new Peer Mentors Jackie, Aidan and project Worker Jules will be leading regular wellbeing workshops online for volunteers and staff to join.

**Keep Tuned for more info coming soon....**

## Introducing you to Bella and Jackie

Jackie is one of our fab volunteers she is involved in lots of volunteering projects with us, Bella is Jackie's dog, and they make a great team!



Jackie is a peer volunteer mentor, facilitator, newsletter writer & on the MHELO steering group, in only a year Jackie has built up a fantastic range of skills, experience and opportunities. Jackie shares with us why she got involved in volunteering at Inclusion Gloucestershire.

"During the first Lockdown I was struggling like many people. However, through word of mouth from a support worker from the independence trust I learnt about MHELO and soon started volunteering for them by joining the steering group and have helped with producing the Self-help tool kit which I hope will help many others. In addition, I also volunteer for other areas of inclusion Gloucestershire which includes writing for the volunteer newsletter, and I am also the learning disability England representative for Inclusion Gloucestershire, I attend these meetings on zoom every few weeks and feed back to Inclusion Gloucestershire.

Before becoming a volunteer, I didn't really do a lot as I struggled with my mental health, at times drifting aimlessly day to day with no purpose. Becoming a volunteer has helped me in many ways, it has given me a sense of purpose improved my self-esteem, self-worth and most importantly I feel I am giving something back to others who may be less fortunate than myself."

Thank you, Jackie and Bella

## Volunteer Opportunities at our Inclusion Gloucestershire Drama & Dance Groups



We have some fab new drama & dance volunteer opportunities starting in January 2022. Helping the facilitator to run our inclusive drama & dance sessions.

They are ideal volunteer roles for people interested in teaching/facilitating drama and dance workshops or people keen to help out and get involved in inclusive creative workshops.

Dramatic Change aims to create films and resources that promote disability awareness, equality and inclusion. Courses run for six months for those who face disabling barriers with the aim of developing confidence and skill and is an opportunity for people from a wide range of backgrounds to come together, socialise and make friends, with the wider goal of self-development.

Through the group, resources (films, plays, forum theatre) are made to educate and train people on disability awareness, equality and inclusion.

We are offering lots of new Volunteer opportunities for 2022. If you are interested in this volunteer role or our many other volunteering opportunities with Inclusion Gloucestershire, please

Email [julesa@inclusion-glos.org](mailto:julesa@inclusion-glos.org)

