# Volunteer & Advocacy NEVVSLETTER

**Issue 2 2024** 



Our Gloucester Hub welcomed everyone to their open day recently to show people around their space and to talk about the range of activities that people can take part in. Volunteers had also been busy making cakes to raise some money for their hub, as one of their initiatives for contributing to keeping the hub sustainable.

Our Hub Volunteers (left to right): Caroline, Melvin, Lorraine and Pauline have all volunteered with Inclusion since 2018, Nadine since 2020 and staff member and volunteer Tammie since 2018 which is testament to the friendly environment that they have created.

Everyone shared their thoughts on what they enjoy about volunteering which included: 'Cake Making - Friendship - Raising Money - Being Kind and It's Friendly.'



## Starting As A Volunteer



At a recent managers meeting we talked about what our first jobs were, and what our current jobs are.

Quite a few of our management team started their careers in voluntary roles, including Paul Tyrrell, who currently manages our LeDeR project and coordinates our other health and wellbeing projects. Paul had his first job at Carers Gloucestershire, where he supported their work with unpaid carers as a volunteer.

Vicci Livingstone -Thompson, who is our CEO, had her first job aged 15 volunteering with Guideposts as a befriender of adults with learning disabilities. Together they went on lots of adventures, to the cinema, Lido, shopping, and out for coffee.

Years later, the commissioners that she met in another volunteering role, proved to be really valuable contacts as they went on to provide the initial funding with which she set up PING, one of the charities that merged to form Inclusion Gloucestershire.

Photo: Vicci age 15, by Vicci Livingstone-Thompson



## I Love Volunteering With Inclusion Gloucestershire!

#### **By Deborah Livingstone**

Volunteering with Inclusion Gloucestershire is amazing. Whether it is helping clean the office, shopping for supplies, doing presentations, fundraising, or supporting people in the hub, it is always great fun.



I have met so many friendly people and I enjoy putting the skills, knowledge and experience I have gained over the years, to good use. As I live close by, I can be called on at short notice to help and, if there is a shortage of staff due to illness or holidays, that can make the difference between the hub having to close or being able to remain open.

Working at the hub is extremely satisfying. I enjoy all the different activities that take place and chatting to people about their lives. I have met so many lovely people. We always have a laugh and there are lots of special moments such as when the choir sings or Father Christmas visits in December.

The paid members of staff are welcoming; they always make me feel valued and part of the team. When in town I often bump into people I know from the hub. After chatting with them I cannot help smiling. Everyone is so kind and grateful.

I strongly recommend volunteering at Inclusion Gloucestershire if you want to gain valuable work experience, improve your confidence and wellbeing or simply want to have a good time. I love volunteering with Inclusion Gloucestershire and value every moment working with the members.



## Volunteer Opportunities!

### 1:1 Mentoring



Utilise your skills as a Peer Mentor to:

- Provide support on a 1:1 basis using the benefit of your life experience or knowledge.
- · Help individuals identify and achieve their goals.
- Support individuals to understand and complete paperwork.
- Identify and support individuals to understand and access relevant external support.

#### **Befriending**



We are looking for Peer Mentors who can use and develop their skills to:

- Identify and support individuals to understand and access relevant external support.
- Support with access to transport and route planning.
- Escort people to attend the Hubs Cheltenham,
   Gloucester and the Forest of Dean.

#### To apply:

https://www.inclusiongloucestershire.co.uk/volunteerwith-us/ or contact Faye: <a href="mailto:fayel@inclusion-glos.org">fayel@inclusion-glos.org</a> / m) 07525 848514 for more details.

## Volunteer Opportunities!

### **Advocacy Admin**



We are looking for a Peer Mentor who can use and develop their skills to:

- Support people to complete the advocacy referral form.
- Support people to complete PIP or other important forms.
- · Keep a regular log of activities with individuals.

To find out more contact Faye: <a href="mailto:fayel@inclusion-glos.org">fayel@inclusion-glos.org</a> / m) 07525 848514 or apply:

https://www.inclusiongloucestershire.co.uk/volunteerwith-us/

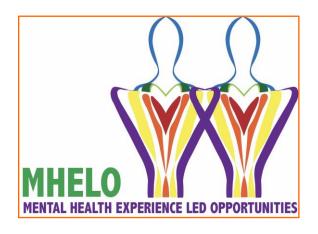
We always welcome content for our newsletter. If you have something you would like to share about your volunteering or advocacy experiences, please get in touch!

Contact Amanda:

amandae@inclusion-glos.org / m) 07525 848116

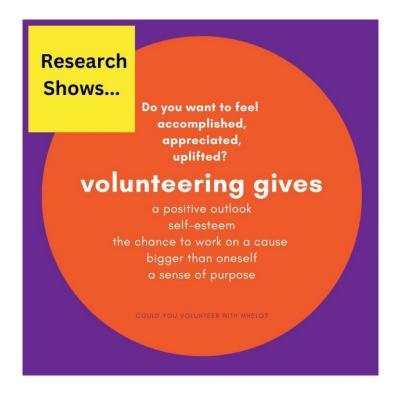


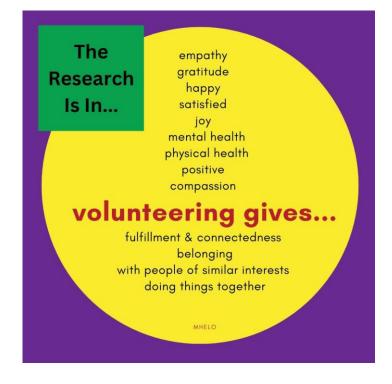




If you are a mental health expert by experience, why not share your experiences with us? By giving back in this way, you can improve services for others and yourself. We are looking for volunteers, and we need you!

Apply here: <a href="https://www.inclusiongloucestershire.co.uk/volunteer-with-us/">https://www.inclusiongloucestershire.co.uk/volunteer-with-us/</a> or contact Lisa: <a href="lisah@inclusion-glos.org">lisah@inclusion-glos.org</a> / m: 078889213462, for more information on the benefits of volunteering and details of how to become part of our friendly, empowering team.







## Ethan's Places To Go





## **Gardening for Wellbeing at Gloucester Cathedral**

This group runs from 10.30am until 12.00pm every Wednesday. This is a free group run by Lizzy Hathaway-White, Community Engagement & Participation Officer.

People get free gardening, tea, and a piece of cake.

There are nice people at gardening. I enjoy seeing my friends and I have been planting sun flowers.

Details can be found here:

https://gloucestercathedra l.org.uk/whatson/gardening-for-wellbeing

I also recommend bowling at Stroud Bowl on top of Merrywalks car park. It is open Mon – Sun, 12.00pm – 10.00pm. It is £4 on a Tuesday, it's a cheap day and has got a café.

I like to win sometimes..!





# Speak UP!



Join us as a Speak Up Volunteer to help us with our advocacy and mentoring work.

#### We're looking for:

- Support with the admin and organisation of the Speak Up Groups. To give individuals an open forum to share their opinions about current topics.
- Co-facilitation of Speak Up Groups.
- Help with planning and working with other Volunteer Mentors to develop a 'team approach' and new ideas.
- Help to encourage new members to join Speak Up Groups.

To find out more contact Faye: <a href="mailto:fayel@inclusion-glos.org">fayel@inclusion-glos.org</a>
m) 07525 848514 or apply:

https://www.inclusiongloucestershire.co.uk/volunteer-with-us/



For more information, contact

advocacy@inclusion-glos.org 01452 234003

## Speak Up Group: Neurodiversity & Sexuality

- Do you have lived experience of Neurodivergence?
- Are you part of the LGBTQIA+ community?
- Do you have an interest in sharing your story to help our new content creators course?

Our next Speak up Group offers a supportive space for neurodivergent individuals in the LGBTQIA+ community to explore various subjects, share their experiences and hear what others have to say on the topic. This aims to support the drama group's Content Creators course which follows it. The course that follows aims to improve confidence to discuss important topics and develop research and video production skills.



Where: Railway House, Bruton Way,

Gloucester, GL1 1DG

When: Tuesday 10th September 2024

Time: 10.00am - 12.00pm

Contact: advocacy@inclusion-glos.org or call 01452 234003 and ask to speak to Faye Longley for more information or to book your space.

Space will be limited so please make sure you let us know you are coming.







## We Are Looking For A DRAMA Assistant Volunteer!

Do you have an interest in drama and film making?

Are you passionate about supporting others to self-advocate?

We are looking for a committed, caring and proactive Drama Assistant to help to facilitate the running of our Gloucester Drama Group.

For a minimum period up to 10<sup>th</sup> December - 3 hrs each week.

#### Please click the link for a full role description:

https://www.inclusiongloucestershire.co.uk/volunt eer-with-us/ or contact Rosanna to find out more: rosannag@inclusion-glos.org m) 07936955994









Citizens Advice at the Municipal Buildings Cheltenham



Accessible access from Royal Well

Free
Confidential
Advice
Service in
Cheltenham

Citizens Advice Bureau are a voluntary company that give advice on most subjects. Our opening times are 10am – 4pm, four days a week.

We moved to the Municipal Office about 7 months ago from an office opposite what was Wilkinsons.

The Municipal Office has a back ramped entrance from Royal Well for wheelchairs to enter and a lift to get up to the main reception, where the receptionist will give you a number and tell you where to sit, whilst you wait for a volunteer to come and try to help.



By Nick Howorth

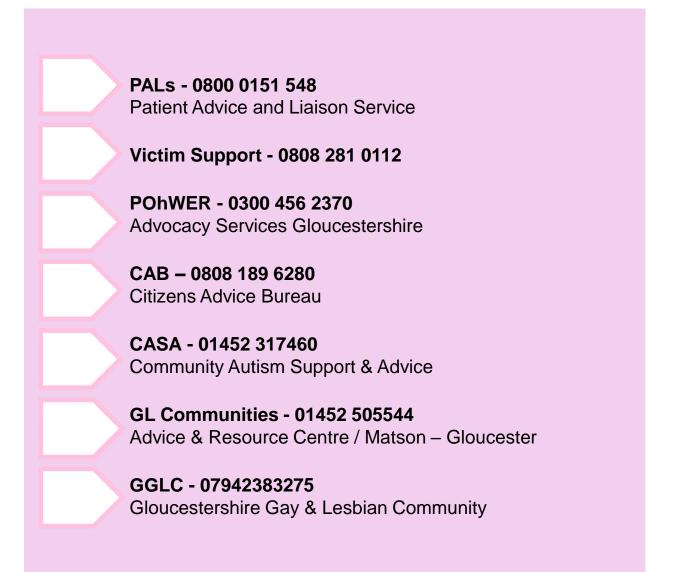
Most people come in and wait to be seen as there is a drop in. Unfortunately, we don't have any facilities to provide a drink, most people bring their own drink / snacks if needed.

All the advisers are trained in everything that the general public could come in about.

I don't actually give advice as I'm office based scanning peoples' initial information in boxes that were brought from the old office. I scan each document, then wait for it to come up in my laptop, then I rename the document and put it in the individual's section.



#### **Useful Contacts**



If you would like to use our advocacy service and share an important issue that we might be able to help you with, please contact our Advocacy team:

advocacy@inclusion-glos.org / t) 01452 234003.







## With acknowledgement and thanks to our Advocacy teams Partners:

Access Social Care, Building Circles, Cheltenham Borough Homes, Gloucestershire Constabulary, Gloucestershire University, Leonard Cheshire, National Star College, Novalis Trust and Severn Wye Warm and Well.

Thanks also to our new Newsletter Volunteer Elisabeth for all of her help on this issue.

