

Volunteer & Advocacy NEWSLETTER

Autumn 2023

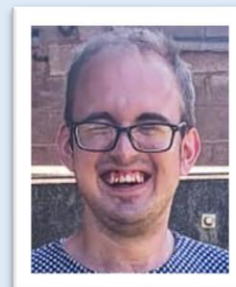
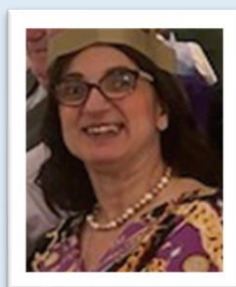
Welcome to our newsletter!

We hope that you enjoy the content which has been created by our volunteers and members of our advocacy team.

We are working in partnership with volunteers at Leonard Cheshire to create newsletters that are informative, and offer the opportunity to share stories that may inspire or be of help to one another.

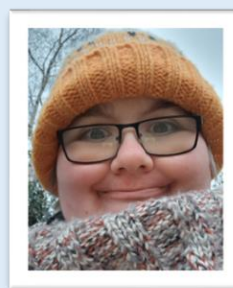
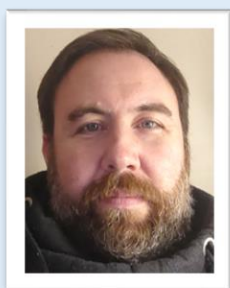
...and you may have seen some of us around!

A warm hello from some of our volunteers and advocacy team:



From left to right:

Amanda – Volunteer Co-ordinator, Faye – Advocacy Co-ordinator,
Andrea – Peer Mentor & Advocate, Ethan – Newsletter Volunteer



Wayne – Advocacy Mentor & Case Work Volunteer, Dave - Advocacy
Mentor & Trainer EBE, and Elisabeth - Office / Advocacy Volunteer

About Advocacy

Some words from Faye

What is Advocacy?

“We offer informal advocacy on a 1:1 basis where we can support you with a number of issues related to your disability or mental health.



We also offer peer to peer support in the form of ‘Speak Up’ groups where we encourage people to share their experiences about a certain topic.

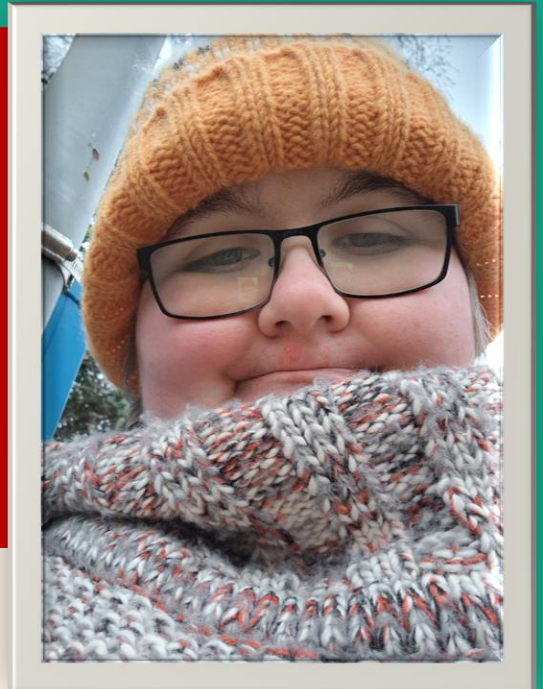
All of our work is 100% user led and we aim to promote self-advocacy where possible.”

“As a disabled person, I have had many times in my life where I have felt like I needed an advocate. I have support from the charity that supports my condition, but it is really difficult to find a charity locally who can support someone with a disability.

I feel that the advocacy that we provide at IG is very much needed within the local community. I also like to be able to help people. I find it very rewarding when I hear back from mentees to tell me that they have achieved what they want to achieve because of something I have done to help them.”

Elisabeth

Her experience as our Admin Volunteer



“I have learnt a lot in a very short space of time, both through advocacy and general administration of how Inclusion Gloucestershire operates. I have recently finished a Level 2 course in Awareness in Mental Health Problems, and Information, Advice and Guidance previously. By completing both courses, it gives me an insight into how a charity such as Inclusion is of benefit to the community.

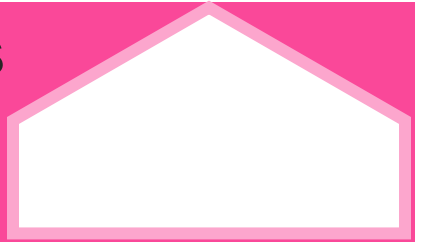
I have had the privilege in the last few months to sit in on meetings with the Advocacy department both in the office, externally and from home. This has given me further insight into what Inclusion Gloucestershire can provide for those that require the charity’s assistance.

Over the last few months, I have been able to see the results of a questionnaire that I helped set up through to compiling the results into a presentation for other members of staff to show. Interacting with others in the office watching them achieve their targets for the day has been enlightening and makes me happier than ever for joining Inclusion Gloucestershire when I did. Whilst learning the complicated systems that operate in the office, I have also enhanced my skills on the basics, such as printing, posting, and scanning documents to the relevant people.

The support that I have received has been beneficial to me from the outset, when I have needed to sit, I can do so, which is a lot these days due to medical issues. Staff have taken their time to help when I needed it, both in advocacy and in the office. No problem too big, there has always been someone available to ask if there has been an issue.

Volunteering has always been something that I have done in one form or another throughout my life, from retail to caring, to helping the disadvantaged, to now volunteering with Inclusion Gloucestershire. This means that I can see theory that I have learnt put into practice on a regular basis, and hopefully, propel me into paid employment in the future.”

Headliners and Key Dates COMING UP!



SPEAK UP GROUPS

HAVE YOUR SAY, LISTEN IN & FIND OUT MORE!

Speak Up's are a friendly, inclusive, collective forum for people to come together and share their thoughts and be heard on issues of importance to them.

Monday 9th October - 1.30pm – 3.00pm:

Energy Awareness / Cost of Living

An online and face to face Speak Up opportunity to talk with Warm & Well about their offer around energy saving in the home and the services they provide.



COMING UP!

Sept / Oct

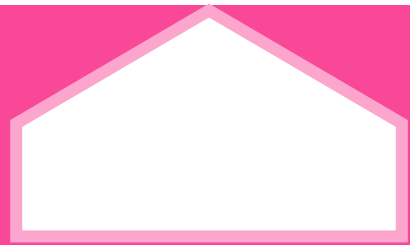
Accessing Mental Health & Wellbeing

Oct / Nov

Accessible Public Transport

If you would like to express your interest or be added to the distribution list for future Speak Up dates and times, please email: advocacy@inclusion-glos.org or phone us on: t) 01452 234003.

Peer Mentor Training OPPORTUNITY!



1:1 MENTORS & BEFRIENDERS:

We offer Peer Mentor Training. This covers everything you need to know about mentoring with us and is very interactive with various activities and case study scenarios. The training can be done in person or over Microsoft Teams and you will be in a small group with other Peer Mentors.

Peer Mentor Training is a programme which gives people the tools to support others with the difficulties they face. If you would like to find out more, please contact advocacy@inclusion-glos.org

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.

Useful contacts:

PALs - 0800 0151 548
Patient Advice and Liaison Service

Victim Support - 0808 281 0112

POhWER - 0300 456 2370
Advocacy Services Gloucestershire

CAB – 0808 189 6280
Citizens Advice Bureau

CASA - 01452 317460
Community Autism Support & Advice

GL Communities - 01452 505544
Advice & Resource Centre / Matson - Gloucester

Welcome to our Newsletter

Columnist Volunteer Ethan!

'My name is Ethan, and I am very much happy.

I will be writing about the things that I have been doing.

My aim is to bring interesting ideas on places to visit and things to do.

One of the best places to visit locally is the Wildfowl and Wetlands Trust in Slimbridge. It's open all year round and I recommend it highly.

Rather closer for people from Cheltenham or Gloucester, I recommend a visit to the Kingfisher's disco, it's in Tredworth, and the target audience is anyone who has difficulties.

Myself and my housemate James have been there often, on a Monday evening at 7pm.'



Ethan's Pop Quiz!

Answers on back page!

1. Who sang Cumberland Gap in 1957?
2. Who sang Diana in 1957?
3. What was the name of Cliff Richard's backing group?
4. Who sang Wooden Heart in 1961?
5. What was the title of Helen Shapiro's first number 1 hit record?
6. Who was the lead singer with the group Queen?
7. Who was the drummer in the group the Beatles?
8. Who sang Those Were The Days in 1968?
9. Who sang Bootie Call in 1998?
10. Who sang Sound of the Underground in 2002?





A big shout out
to all our volunteers
for your ongoing help
and support. We
simply could not make
a positive difference
without you!



**We are looking for volunteers
to join MHELO!**

If you have lived experience of using mental health services, and can share your experiences with other MHELO members, to help improve the support available, we would love to hear from you.

Please email: lisah@inclusion-glos.org for more details on getting involved.

INCLUSION GLOUCESTERSHIRE

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES



Our Advocacy team are pleased to be working in partnership with:

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.

In the last year we supported 106 people with advocacy needs and provided 343 hours of 1:1 advocacy support; 113 hours of which were delivered by our trained volunteer peer mentors, who are making a positive impact, not only to the lives of those they are mentoring, but for themselves too.

Ethan's Pop Quiz Answers!

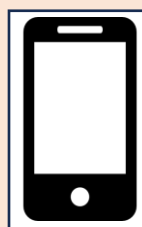
1) Lonnie Donegan 2) Paul Anka 3) The Shadows 4) Elvis Presley 5) Walking Back To Happiness 6) Freddie Mercury 7) Ringo Starr 8) Mary Hopkin 9) All Saints 10) Girls Aloud

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