

# One Support

## VOLUNTEERING WITH ONE SUPPORT

### Volunteering

As a volunteer, with One Support you will find your time with us will be interesting, challenging, rewarding, and motivating. Volunteering with us will give you a chance to develop and enhance skills which will be transferable should you wish to find future employment. Whilst supporting our customers to live life to its fullest potential and access the wider community with confidence

### Why Volunteer with One Support

We are an Organisation who values and appreciates our Volunteers and therefore strive to make their volunteering experience fulfilling. We have a variety of roles, opportunities and locations in need of volunteers where your time and skills will be appreciated. You will have an opportunity on our networking days and our Volunteer Appreciation Event, to meet fellow volunteers and share experiences, meet our staff and customers and, realise how much we value your time.

In the past year volunteers have delivered over 3000 hours volunteering in our older people, mental health, former rough sleepers, young persons' services. Their roles have been varied; admin support, befriending, delivering group activities, counselling, healthy eating groups.

Although we cannot guarantee you employment, 25% of our volunteers have found employment with One Support. Example being a volunteer from Afghanistan volunteered with our mental health team as admin support. He applied for the role of support assistance, through the experience gained as a volunteer and is now working for One Support in Hackney.

We will also ensure you will receive training which will enable you volunteer with confidence during your time with us. We offer three full days of training; safeguarding vulnerable adults, communication, diversity – stereotyping, confidentiality, setting boundaries. There will also be ad hoc training relevant to your roles allowing you to up skill and enhance your role as a volunteer and/or future employment opportunities that may arise.

### Benefits of Volunteering

We value our volunteers and hope they will find their time with rewarding and interesting here are some of the reasons why people volunteer with us:

- Feel part of your community, exposed to new situations, people and experiences.
- Develop the confidence to experience different things.
- Give their life more structure
- Volunteering enables people to do to use their spare time constructively

- Enhance and develop new skills for their CV offering a pathway to employment
- Offers amazing experiences whilst giving back to society
- Obtain a reference or experience for employment
- A vast majority of employers value their candidate's volunteering experience
- Support people to access and make your community a better place to live
- Improve your physical and mental health

## Support and Supervision

We will ensure in your placements you will be supported into your roles developing self-confidence in supporting our customers, so they can access the wider community. In your placements you will be given regular supervision and an opportunity to contribute to services in which you are placed, making a meaningful contribution.

Linda Kelly

Personalisation Coordinator