

Volunteer Centre Kensington & Chelsea

WELLBEING PROJECTS

VOLUNTEERING IS FOR EVERYONE!

STEPPING STONES

- Stepping Stones aims to make volunteering open to everyone in the borough of Kensington & Chelsea.
- We work with adults who have learning disabilities, physical disabilities and people who have mental health needs.
- We want to support people to reach their goals and dreams through helping them to access volunteering opportunities.

THE AIMS OF THE PROJECT

- To increase our clients confidence in order to be able to shape their own future including employment;
- To gain new employment related skills;
- To expand understanding of their options about training/education/employment;
- To increase friends and social skills;
- To increase sense of wellbeing;

WHAT WE DO?

- Give people individual and tailored support from the first day of registration
- Find out about local volunteering opportunities
- Match opportunities with people's interests and support needs
- Help with initial contact with organisation
- Help our clients write the CV, application forms, cover letters
- Accompany people to their first visit
- Give ongoing support to volunteers to make sure they settle in and feel comfortable at the project
- Match our clients with well prepared mentors to get support if is need it

VOLUNTEERING ON PRESCRIPTION

- Supports people experiencing mental health from K&C, Queen's Park, Paddington, to take lead on their recovery and design and implement self-care plans.
- Service users are supported to plan and co-facilitate activities to build their skills, knowledge and confidence.
- Sessions include at least 5 community team volunteering challenges, campaigning workshops, and other interventions co-designed and co-produced with service users.

THE AIMS OF THE PROJECT

- To improve the skills and attitudes of service users, leading to personal and professional development and less dependency on primary care services.
- To create opportunities for social action and relationships for service users, reducing social isolation and empowering them to take responsibility for their own wellbeing and to support that of the wider community.
- To develop, train and support service users to become community wellbeing ambassadors, delivering wellbeing projects and mental health awareness campaigns in the community.
- To provide group volunteering opportunities for service users with stable long-term mental health needs and psycho-social problems.

MENTORING PROGRAMME - MY WELLBEING JOURNEY

- Offers people in Kensington & Chelsea with mental health needs, physical disabilities and learning difficulties, the opportunity to access a personal mentor.
- Mentees will be matched with our trained Volunteer Mentors to embark on a journey of self-discovery, with a focus on their **individual wellbeing journey**
 - personal development,
 - goal setting,
 - developing skills,
 - access to training,
 - social activities,
 - volunteering or employment support.
- Mentees are supported and guided by their personal Volunteer Mentor, who will be able to offer their skills and knowledge to mentees throughout their journey over 10 weekly sessions.

SUPPORT FOR THE ORGANISATION

At the same time we are supporting the **Volunteer Organisations** to expend their work and make it more inclusive for all residents.

- Guidance to accommodate and include volunteer with particular needs
- Training
 - Mental Health Awareness Training
 - Mental Health & Volunteering
- Develop new opportunities, new partnerships, best practice exchange meetings
- Keep informed
- Create and advertising volunteering opportunities
- Evaluate and develop the policies or practice in involving volunteers
- Enhance the diversity of their team
- Promote your success in offering accessible and inclusive volunteering opportunities

WOULD YOU LIKE SUPPORT FROM

- Referrals can come from any support agency, social services teams or families. People can also self refer.
- The Wellbeing team will invite the client to come and meet with them to discuss ideas for volunteering. They will also complete a registration and wellbeing outcomes form with them.
- Together with the client we will develop an wellbeing volunteering plan.
- We will then be able to start actively looking for opportunities or clients can choose from the existing volunteering group activities, training, workshops or they can choose a mentoring one to one support.
- Please call Iuliana Dinu or Zsofia Szabo to make an appointment on 020 89603722 or email iuliana.dinu@vckc.org.uk or zsofia.Szabo@vckc.org.uk

QUESTION TIME





THANK YOU VERY MUCH!

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