

Coming up through the ranks

Volunteering at Healthy Minds

healthyminds

Community Learning



Healthy Minds

- Who are we?

Volunteering with Healthy Minds

- Volunteers are developed from within client groups. Supported by staff member. Feedback after each session where appropriate.
- Start small. Identify suitable learners which volunteers can work with – matching.
- External volunteers from other agencies.
- Training opportunities. SQA awards/food hygiene etc.
- Progression.
- Not all opportunities work out.



Fiona.

Development of Volunteering Skills

Award level 4

- Awards in volunteering skills
- Levels 3 (GD1N43)
- Level 4 (GD1P44)
- Level 5 (GD1R45)

3 elements

- Preparing to volunteer
- Volunteering experience
- Investigative project



Activity

Outcome 1

- Q1. Volunteering means giving up your free time to offer a service or a skill to an organisation, often one which has charitable status.
- Q2. Red Cross, National Trust for Scotland, Homestart, Instant Neighbour, RNLI etc
- Q3. You can give your time and labour for free to help out to either raise money or provide a service.

Outcome 2

Q1

People choose to volunteer because they want to help a particular cause through personal or family experience.

They have free time they wish to occupy in a positive way that helps people.

They are interested in making new friends. Some volunteers may be recovering from a long term illness or have been unemployed or facing redundancy and want to rebuild their confidence before returning to work.

Q2. Social confidence building and hours to suit, welcoming environment, improve or update CV, learn new skills.

Outcome 3 part 1

- Q1. I knew I made sure of the time and place of the volunteering placement. I had the name of the person I had to report to. Before I went I tried to learn a bit about the work of the organisation I was volunteering with.
- Q2. I help at a charity shop one day a week. I sometimes work on the till but also help with stock rotation and displays.
- Q3. I have visited charity shops before to buy books so I knew what it would be like. The work turned out more interesting than I expected as you have to take all the stock that had been on display for 14 days and sort them out. Some get sent to other shops.

Outcome 3 part 2

- Q1. I am expected to turn up on time ready to work. I need to be polite and helpful to the customers and the other staff at the shop. It is good to learn new skills so I have to be prepared to try different tasks.
- Q2. I have an interest in fashion and design which helps when I organise the clothes on the racks. I try to colour coordinate them so that the colours blend well together. It is also good to help to do the window displays because I can use my ideas and learn tips from other staff.
- Q3. Working in a charity shop that gets lots of quality donations which can raise lots of money for good causes would suit me well.

Outcome 3 part 2 continued

- I want to get experience working with a variety of people, learning new skills. It feels good to support a charity which helps others less fortunate in the community. It is good for my self confidence and it may help me get a job in the future

Why did Healthy Minds take up the opportunity?

- Acknowledge that volunteers are important to our service.
- A reward for volunteering with us.
- Improve employment prospects.
- Provides an improved service to our learners.
- Open to all ages.

Witness statement.

- Describe a volunteering placement in which the above named has participated.
- What was their role?
- What skills did they demonstrate?
- How well did they fulfil their tasks

Learning for me.

Unsure of :

- the learning required for the candidates to answer the questions.
- what constituted a strong response.
- the format of the response ie bullet points/story.
- Assessment support pack sits in the secure part of SQA website. Difficult to access.

Core skills ICT level 2 - 4

- Assessed in house.
- Improved employment prospects - case study
- Improved self esteem.



Questions & Evaluation