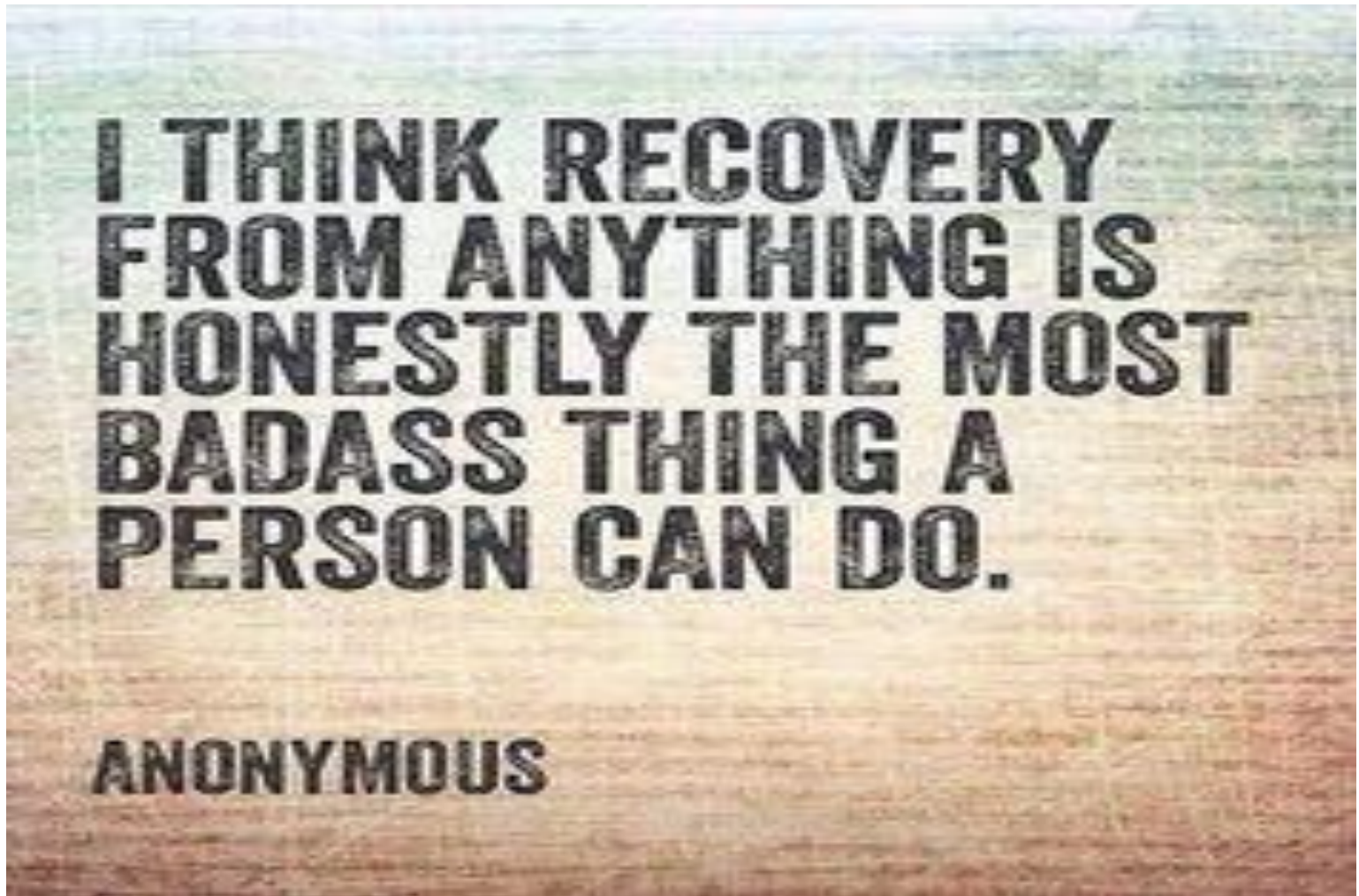


# **hello** my name is...

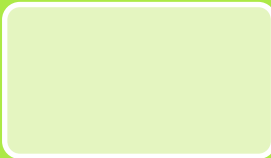




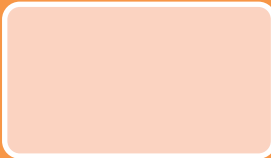
**Gain confidence.** Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.



**Make a difference.** Volunteering can have a real and valuable positive affect on people, communities and society in general.



**Meet people.** Volunteering can help you meet different kinds of people and make new friends.



**Be part of a community.** Volunteering can help you feel part of something outside your friends and family.



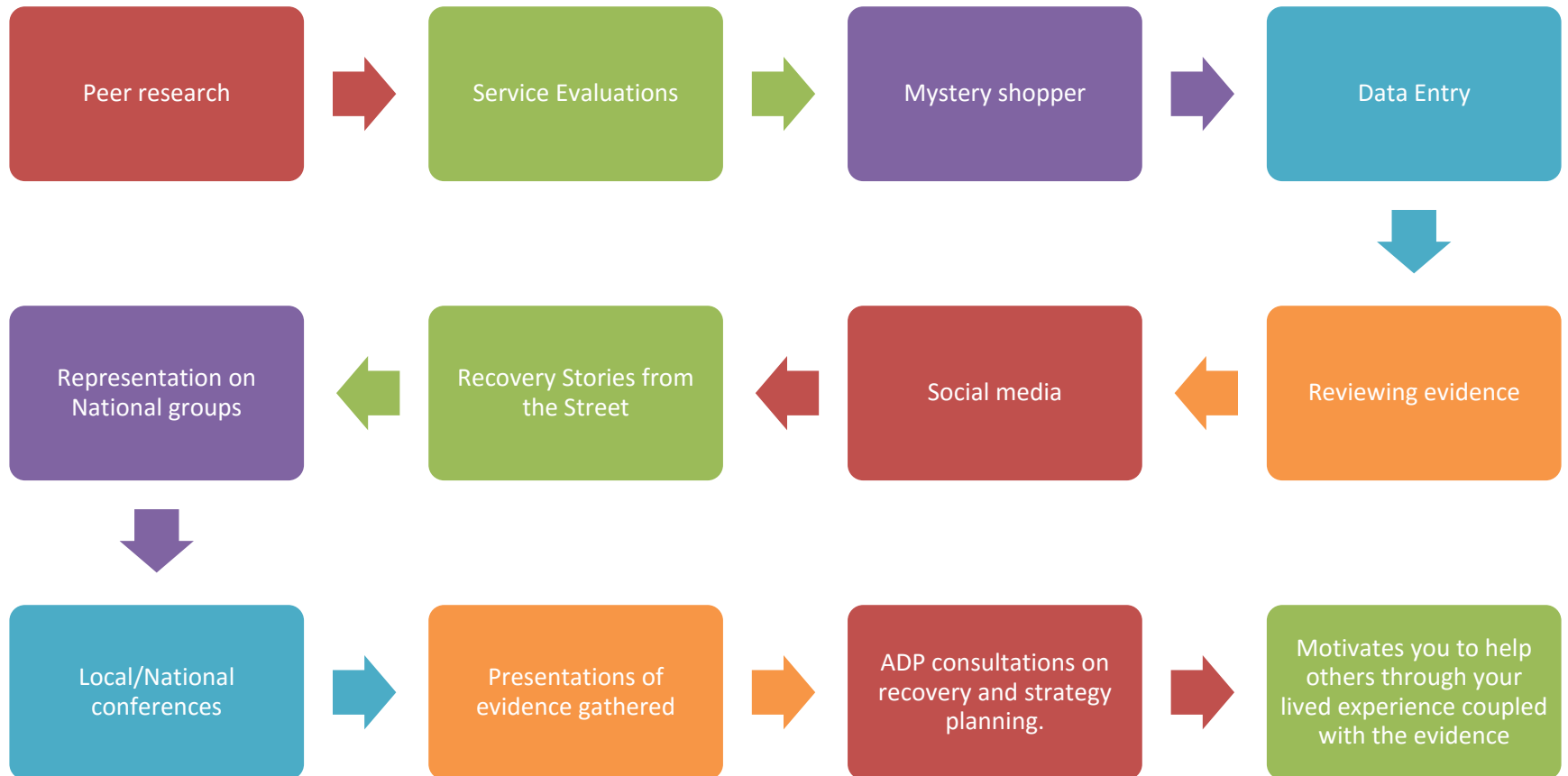
**Learn new skills.** Volunteering can help you learn new skills, gain experience and sometimes even qualifications.

**Take on a challenge.** Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.

**Have fun!** Most volunteers have a great time, regardless of why they do it.

**Develop** and build a range of skills and self confidence, which assists members in their **Recovery** to move onto education, training or employment and benefits other aspects of their personal lives.

# Activity





Confidentiality/ Data protection



Handling difficult conversations



Opening communication skills



De-escalation techniques



Managing/maintaining boundaries



Mixed method research

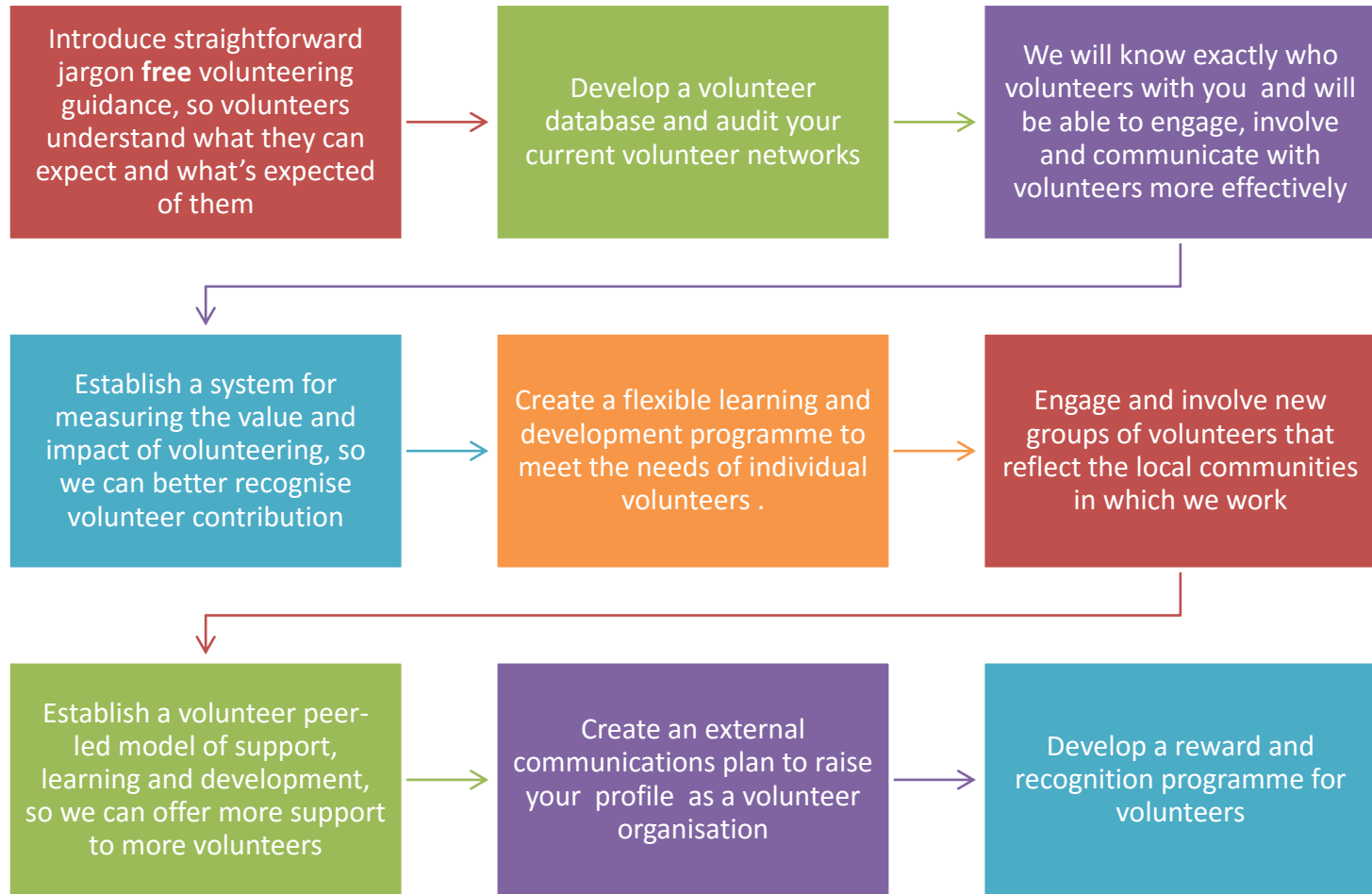


Listening Skills

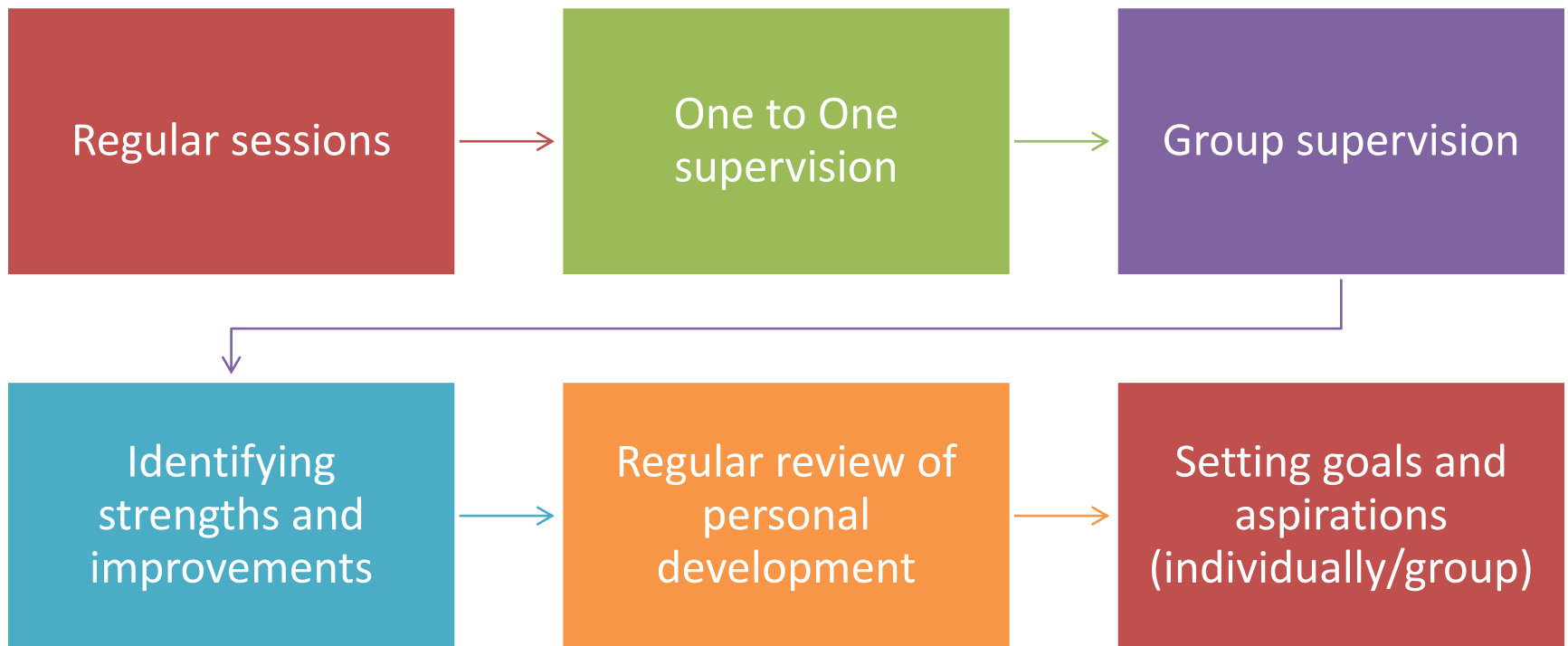


Risk assessment training

# Volunteer Plan



# SUPERVISION





**Don't  
underestimate me.**  
I know more than I  
say, think more  
than I speak, &  
notice more than  
you realize.