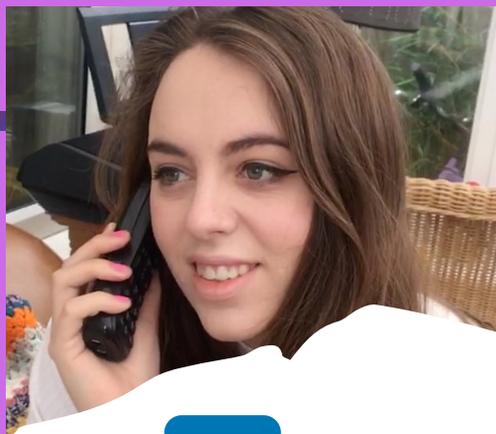


# Discovery Student Volunteering Swansea PROJECT GUIDE



Swansea  
University  
Prifysgol  
Abertawe

## 2021-22



Discovery SVS



@DiscoverySVS



Discovery SVS



discovery-student-volunteering-swanssea/



discovery@swansea.ac.uk



www.discoverysvs.org

# **VOLUNTEERING WITH DISCOVERY**

Discovery SVS is a Swansea University student led charity that manages a wide range of volunteering projects. Our projects aim to enrich the lives of disadvantaged people across Swansea and work with different community members, whether it's children and young people, disabled adults, refugee and asylum seeker families or older people. We have a wide range of projects you can volunteer on and some that you can participate in no matter where you are in the world.

**Please note that all of our projects are subject to COVID regulations and might change as the regulations change.**

This guide will tell you all about what projects we are running and how to sign up to volunteer.

## **DISCOVERY DROP INS**

Do you have questions about volunteering? Do you want to find out how to log your hours? Or do you just want to chat to a member of the Discovery team?

Once a week in term time on campus Discovery (COVID 19 allowing) will be holding our Discovery drop ins. This is when you can just come along and chat to one of the Discovery team about all things volunteering in person! Keep an eye on the weekly email and our digital media platforms to find out when and where the next Discovery drop in is. Alternatively email [discovery@swansea.ac.uk](mailto:discovery@swansea.ac.uk) to ask when the next in person Discovery drop in is.

## **DIGITAL FRONT DESK**

Do you have questions about volunteering or do you just want to chat to a member of the Discovery team but can't make a Discovery drop in?

Do not worry as we will also be doing our digital front desk every week on a Tuesday 1-2pm virtually. This is when you can come and speak to one of the Discovery team virtually and ask any question about volunteering such as how to log your hours, what projects are available etc. To gain the link for the Digital front desk email [discovery@swansea.ac.uk](mailto:discovery@swansea.ac.uk)

## **VIRTUAL SOFA**

Do you want to find out the latest Discovery news or just speak to a member of the Discovery team? Join Discovery in term time on Wednesdays at 1pm live on Facebook for our Virtual Sofa. This is our live weekly update about all things Discovery. You will find out the latest news. So tune in to see what we're up to and how you can get involved.

**The Virtual Sofa: Live on Facebook 1pm Wednesdays**

# HOW TO SIGN UP

Volunteering with Discovery has been one of the most rewarding experiences I have been a part of.  
Alana- Criminology

## 1 Create an account on our database

To create an account go to [bit.ly/discoveryswansea](http://bit.ly/discoveryswansea)

## 2 Complete the Start Here workbook

This is our in-house induction training to Discovery that will give you a crash course in everything Discovery and tell you all about safe volunteering. You can complete the workbook in your own time. You can find the Start Here workbook when you log onto the database. It is in the File Section on the bottom, right-hand side of the homepage. If you cannot see the file please email [Discovery@swansea.ac.uk](mailto:Discovery@swansea.ac.uk) to let us know as we will need to send you the workbook before your Start Here zoom session. The workbook will take about an hour to complete.

## 3 Attend our Start Here training

Attend a Start Here training session. This mandatory session will take around 90 minutes and will be a check in to see if you have any questions from the workbook etc. These sessions are happening virtually at the moment. To book onto a Start Here virtual session, log onto the volunteering database [myvolunteerpage.com](http://myvolunteerpage.com)

## 4 Attend an informal 15 minute Start Here interview

The interview is your chance to talk through the different projects available and what you would like to get out of volunteering. This interview will be booked in your Start Here virtual session. The interview will also be where you will be able to sign up to the relevant volunteering projects which will enable Project Coordinators to get in touch with you. Some of the Discovery projects require you to have a Disclosure and Barring Service (DBS) check. If you need to do this you will also start the DBS process in your Start Here interview.

If you need any support to access any aspect of the induction process then please do get in touch with us by emailing [discovery@swansea.ac.uk](mailto:discovery@swansea.ac.uk). You will gain a certificate at the end of this process to show that you have completed the Start Here induction.

**START VOLUNTEERING**

# One-off volunteering

**Short on time? Not sure which project suits you?**

**One-off volunteering might be for you.**

One-off volunteering opportunities will give you an opportunity to get a taste of volunteering without committing to a particular project. These are usually sessions that last between an hour and a whole day. It could involve things such as conservation work, arts and crafts with a community group, visiting a local animal rescue centre or helping run a community cinema. These sessions are a great way to test the waters, meet other volunteers, and who knows, you might end up becoming a regular with us. Check out our social media to find out the latest one off volunteering opportunities or go to:

<https://www.fatsoma.com/discoverysvs>

# Training & Workshops

**Want to build your confidence as a volunteer?**

**Interested in developing your skills and knowledge?**

We offer a wide range of training & workshops to our registered volunteers that help build your knowledge on particular topics and practice important skills in volunteering. Each session comes with a certificate of attendance & looks great on your CV.

Our sessions normally last a couple of hours & are delivered by a range of experts in their areas with topics such as including autism or dementia awareness, youth work or team work skills and public speaking. Find out what training we have going on by signing up here:

<https://www.fatsoma.com/discoverysvs>

# Regular Volunteering

## **INVOLVE - PROJECTS WORKING WITH ADULTS**

**Active 18:** Provide activities that develop the skills of our Active 18 disabled adults' group as well as providing a space where they can participate in social activities

Time commitment: 1 hour a week

**Age Cymru Befriender Scheme:** Provide weekly support to older people in Wales through phone calls

Time commitment: 1 hour every week

**Bwdi Cymraeg/ Welsh Buddy:** Promote the Welsh language & culture & help improve the experience of Welsh language learners through one on one support & activities.

Time commitment: 1 hour every week

**CONNECT:** Provide peer support around mental health to students as well as help support wellbeing information, events and activities for students.

Time commitment: 2 hours a week

**COP Project:** Work alongside local police to run crime reduction campaigns & support the community.

Time commitment: Weekly/ ad hoc/ when needed/ late night volunteering Wednesday & Saturday night

**ELTS (English Language Training Services):** Lead and support English language classes at Swansea University

Time commitment: Classes are 1 hour a week at various times

**Gadget Explorers:** Help improve lives by helping with access to technology

Time commitment: 2 hours a fortnight

**GO! Team:** Provide social activities and trips to help international students settle in at Swansea

Time commitment: Flexible

**Musical Memories Choir:** Support people living with dementia and carers, to come together and experience the many benefits of singing and friendship.

Time commitment: 1-2 hours a week

**Supported Volunteering Scheme:** Provide weekly one-to-one support to disabled adults, giving company and opportunities to do volunteering activities.

Time commitment: 1-2 hours a week

## **INSPIRE - PROJECTS WORKING WITH CHILDREN**

**Buddied Reading:** Encourage children with their literacy skills

Time commitment: 1-2 hours a week

**Building Blocks:** Assist with creative building activities for children

Time commitment: 2 hrs a week for a 4 week block

**The Egypt Centre:** Support school trips & community visits to Egypt Centre

Time commitment: Various

**EYST:** Provide homework support

Time commitment: 1-2 hours a week

**Freedom Leisure:** Develop your coaching skills & help children discover a passion for sport.

Time commitment: 1-2 hours a month

**Inspire:** Inspire children to be active and creative at home or by organising events, in line with the NHS 5 Ways to Wellbeing

Time commitment: 1 hour a week

**Penpal Project:** Share positivity & connect with others through writing a one-off message or be part of an ongoing letter exchange with either an older adult, disabled adult or young person

Time commitment: 1-2 hours a month

**Rainbow Youth Club:** Support a local youth club for 8-16 year olds that offers crafts, games & sports activities

Time commitment: 2 hours a week

**Surfability:** Support surf sessions for young disabled people to help build self confidence

Time commitment: 1-4 hours a week

Through volunteering I have had the opportunity to work with a wide range of people with different experiences and backgrounds.  
Ilze- Psychology



## INTERACT - PRACTICAL PROJECTS

**Coronadiaries:** Be part of a team archiving written accounts of peoples experiences of the pandemic

Time commitment: Flexible

**Digital Media:** Help create a community newsletter & digital media content

Time commitment: Flexible

**Fundraising:** Be part of fundraising activities for Discovery & community organisations.

Time commitment: Flexible

**NHS Packs:** Create wellbeing activity packs for isolated adults in hospital

Time commitment: 1-2 hours a month

**The Vetch:** Support a local allotment and community garden with maintenance, planting and building

Time commitment: 2 hours a week

**Virtual Volunteering:** Get involved in a range of online volunteering opportunities

Time commitment: Flexible



## OUR INTERNATIONAL PROJECT

Swansea - Siavonga Partnership Summer Programme

Takes a team of student volunteers to Siavonga in Zambia to provide workshops and activities for women's groups and schools in partnership with local volunteers

When: TBC



Through volunteering at Discovery I have a whole range of new skills and experience that I have been able to add to my CV which has made me a lot more employable.  
Natalie- Msc Strategic Marketing

# Time commitment

Whether you want to commit several hours a week, or only a couple each month, there is something for everyone.

Many of our projects have varying hours or are flexible so if you are worried about your commitment speak to Discovery.

Don't forget to check out our one-off volunteering if you are looking for something more ad-hoc! Or try out our virtual volunteering opportunities.



PROJECT	DAY	HOURS PER SESSION
Active18	Weekly - Various days	1-2 hours
Age Cymru Befrienders	Weekly- various days	1 hour
Building Blocks	Monthly - Various days	1-2 hours
Buddied Reading	Weekly -Various days	2 hours
Buddi Cymraeg	Weekly - Various days	1-2 hours
CONNECT	Weekly- Various times	Flexible
COP Project	Weekly- Various times	1- 4 hours
Digital Media	Monthly - Various times	1-4 hours
The Egypt Centre	Monthly - Various times	1-2 hours
ELTS	Weekly- various times	1-2 hours
EYST	Weekly - Various times	1-2 hours
Freedom Leisure	Monthly - Various times	Flexible
Fundraising	Monthly	Flexible
Gadget Explorers	Monthly- various times	2 hours
Go!Team	Monthly - Various times	2 hours
Inspire Project	Weekly	1-2 hours
Musical Memories Choir	Weekly	1-2 hours
NHS Packs	Monthly	2 hours
Penpal Project	Monthly	Flexible
Rainbow Youth Club	Weekly	2 hours
Supported Volunteering	Weekly- Various times	1-2 hours
Surfability	Weekly- Various times	1-3 hours
The Vetch	Weekly- Wednesday PM	1-3 hours
Virtual Volunteering	Flexible	Flexible



Keep in touch



DiscoverySVS



@DiscoverySVS



DiscoverySVS



discovery-student-volunteering-swanseal



discovery@swansea.ac.uk



www.DiscoverySVS.org



DiscoverySVS- Student Volunteering Swansea

The best part has been meeting new people I wouldn't have met otherwise, and I'm so happy to have joined in, because it has had a positive impact on my life.

Kristyna- MSc Clinical Psychology & Mental Health

Discovery has really made a massive difference to my well being. I have felt that I have made so many more meaningful friendships and have felt more connected to the local community, making me feel more at home.

Arjun- Medical Pharmacology

## Discovery is supported by:



Swansea University  
Prifysgol Abertawe



BBC Children in Need

WcVA  
CgGC



The Austin Bailey Foundation



Partneriaeth  
Ranbarthol  
Gorllewin  
Morgannwg

West  
Glamorgan  
Regional  
Partnership