

Discovery



Swansea University
Prifysgol Abertawe



Give it A Go Week

25th Oct- 1st Nov

Make new friends

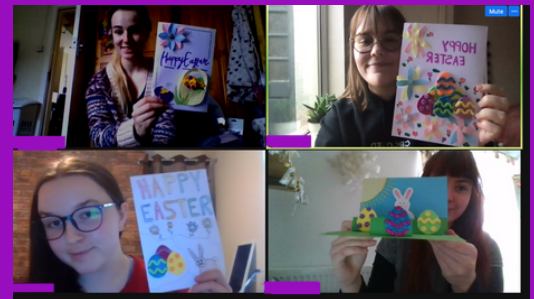
Learn new skills

Enhance employability

Nurture your wellbeing

Have fun & help others

Try volunteering



Discovery SVS



@DiscoverySVS



Discovery SVS



[discovery-student-volunteering-swansea/](https://www.linkedin.com/company/discovery-student-volunteering-swansea/)



discovery@swansea.ac.uk



www.discoverysvs.org

DISCOVERY'S GIVE IT A GO WEEK

25TH OCT- 1ST NOV

Try your hand at volunteering, no commitment, no expectations, just give it a go.

Discovery has a week of one-off volunteering, free training and webinars for all Swansea University Students. Come along and find out a bit more about Discovery's volunteering opportunities and find out how you can make a difference by volunteering while at the same time building up your skills and meeting new people.

HOW TO SIGN UP?

Check out this guide of all that is happening and then go to <https://www.fatsoma.com/discoverysvs> to book onto which activities you would like to participate in. You do not need to be a registered volunteer with Discovery to sign up to the activities and the activities are open to both students and staff at Swansea University.

All activities are here:

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

If you have any questions email
discovery@swansea.ac.uk

GIVE IT A GO WEEK CERTIFICATE

If you participate in seven hours or more of volunteering between Monday 25th October & Monday 1st November you can apply for a Discovery volunteering certificate. To do this just email discovery@swansea.ac.uk with your name and what volunteering sessions you attended.

DISCOVERY GIVE IT A GO BINGO

Would you like to win a Discovery prize? Then why not take part in the Discovery Give it a Go bingo. All you have to do is download the Give it a go week bingo card and cross off the six activities. If you cross off all six activities email discovery@swansea.ac.uk with your name to claim your prize!



The poster features the Discovery logo at the top, followed by the text 'DISCOVERY'S GIVE IT A GO WEEK BINGO' and the dates '25TH OCT- 1ST NOV'. Below this, it says 'CROSS OFF WHAT YOU HAVE DONE!' and lists six activities in circular icons: 'attend a webinar', 'write a letter/postcard', 'pick up 5 pieces of litter', 'do a virtual volunteering activity', 'attend a training session', and 'do 2 hours of volunteering'. At the bottom, it says 'If you cross off all six activities email discovery@swansea.ac.uk to receive your prize.' The bottom of the poster is decorated with a collage of images showing people participating in various activities like litter picking, attending a webinar, and doing a virtual volunteering activity.

What's on.....

MONDAY 25TH OCTOBER

How Volunteering Can Boost Your Employability – Simeon Smith 10am - 11am

This webinar from Simeon Smith at Swansea Employability Academy will run you through some of the benefits that volunteering can have on your employability, highlighting the skills you can gain that will be attractive to future employers, as well as how to talk about your volunteering in job applications and interviews.

Book here: <https://www.fatsoma.com/e/cd3c25od/giagw-how-volunteering-can-boost-your-employability>

Virtual Sofa Give it A Go Week Special – 11am

Join Megan for a mid morning cuppa to find out more about Give It A Go Week's and how you can get involved with our workshops and challenges, starting with a selection of Virtual Volunteering you can do right from your desktop!

Go here: www.facebook.com/discoverysvs

Welcome to Swansea Letters - EYST 11am - 12pm

Join us in our Give it a Go Week workshop where we write letters to refugee and asylum seekers welcoming them to the Swansea area! This is also a great opportunity to find out more about volunteering with the Ethnic Youth Support team.



“The EYST Homework Club provides free one to one tuition to young people aged 11-18 from the BME Community. The Homework Club is delivered by our wonderful team of volunteers who are matched with a client based on their chosen subject. Due to COVID-19 our HWC has moved online onto Zoom and all sessions are supervised by members of our Staff Team. There is no pressure on any volunteer to produce any grades through their support as we are a complement to full time education”

Book here: <https://www.fatsoma.com/e/85nr92rw/giagw-welcome-to-swanseal-letters>

Look After Your Mate Training 1pm - 4pm

The Look After Your Mate workshop empowers volunteers to support friends experiencing mental health difficulties whilst looking after their own wellbeing. The workshop is based on the Look After Your Mate guide for friends, the workshop covers an introduction to student mental health and the student experience, understanding when a friend may be struggling, communication techniques, signposting and boundaries, self-care and looking after yourself whilst supporting a friend.

Book Here: <https://www.fatsoma.com/e/ycypf4ba/look-after-your-mate-for-signed-up-discovery-volunteers-only>

TUESDAY 26TH OCTOBER

Understanding Young Carers Training 9am - 12:30pm

Hosted by the YMCA, the Understanding Young Carers, is a training course that has been designed in consultation with young carers, it is beneficial for all practitioners who are working with young people and/or families. For example, Health and Educational professionals and the youth work sector.

Upon attending this training participants will cover the following,

- The role of young carers,
- The impact of the caring role on the young carer,
- The challenges that a young carer may face,
- The rights of young carers and what support that is available to them.

Book here: <https://www.fatsoma.com/e/dufpukr1/giagw-understanding-young-carers-training>

Beach Clean - Bay Campus 2pm - 4pm

Join us for a beach cleaning session to help keep the public spaces around Bay Campus beach litter free. This opportunity helps us to keep local marine wildlife safe! Picks, gloves, collection bags etc. will be provided.

This is an outdoor event, as such please dress for Swansea weather. If the weather looks awful we will cancel the event.

The event will follow C19 guidelines (physical distancing, PPE and sanitisers provided if you do not have your own, limited numbers, contact tracing details, etc)

Once signed up you will receive details of where to meet, what to bring and any other important information.

Book here: <https://www.fatsoma.com/e/g6x83od3/giagw-beach-clean-at-bay-campus>

Digital Media Skills Session 4pm - 5pm

Come along to this session to find out some tips and ideas on how to create some great digital media content and ways that you can gain experience in digital media in Discovery and the University.

Book here: <https://www.fatsoma.com/e/lgaqtdag/giagw-digital-media-skills-session>

WEDNESDAY 27TH OCTOBER

Egypt Centre 11am - 12pm

Come and visit the Egypt Centre through a guided exploration of the house of life and the house of death, and learn the history of Ancient Egypt. If you're interested in volunteering on this project then this would be a perfect taster session for you!

Book Here: <https://www.fatsoma.com/e/w1fisglq/giagw-egypt-centre>

The Vetch 12:30pm - 2:30pm

Got a couple spare hours? Support a local allotment and community garden with maintenance, planting and building!

For this opportunity, you will need clothing that you don't mind getting a bit dirty and waterproof shoes.



Book here: <https://www.fatsoma.com/e/czv3bc2p/giagw-the-vetch>

Volunteering at University Webinar 3pm - 4pm

Are you interested in making friends, learning new skills & making a difference to the local community? Would you like to gain experiences that will help support your career & enhance your employability? Discovery has over 20 projects that you can volunteer on and you can volunteer with children, young people, older adults, refugees & asylum seekers, disabled adults & practical projects. In this webinar you will meet current volunteers, find out all about volunteering with Discovery and the impact volunteering can have on you and your career whilst you make a difference to the people of Swansea.

Book here: <https://www.fatsoma.com/e/hw685fl0/volunteering-at-university-webinar>



THURSDAY 28TH OCTOBER

Virtual Volunteering 10am - 11am

Join us in this opportunity to learn more about ways that you can volunteer virtually, from the comfort of your own home! We'll also try our hand at some volunteering together.

Book here: <https://www.fatsoma.com/e/1pbeo5xb/giagw-virtual-volunteering>

Positivity Postcards to Key Workers 12pm - 1pm

Join us in a creative online workshop to create a set of unique positive postcards to send to local NHS staff, key workers and people in need of a little positive pick-me-up. To get involved you will need to book a ticket where you will be prompted to provide an address (UK only at the moment due to postage costs) for us to send you a creative postcard pack.

Book here: <https://www.fatsoma.com/e/swiw76mf/giagw-positivity-postcards>

Richard Burton Archive Volunteering 1pm - 3pm

Explore the history of Swansea University through the voices of former students and staff.

The *Voices of Swansea University, 1920-2020 oral history project* is part of the University's archive collections. Created by Dr Sam Blaxland in 2016 as part of his research for the University's centenary publication, the project captures the memories and experiences of former staff and students of Swansea University.

Join the archivists to learn about oral history and archives, and have a go at transcribing some clips from *The Voices of Swansea University, 1920-2020* collection.

Listen to 1960s students John and Diana Lomax discussing food at Swansea University.

Image credit: Photograph of students in the canteen, Fulton House. c.1960s. © John Maltby



Book here: <https://www.fatsoma.com/e/ffefiy15/giagw-richard-burton-archives>

THURSDAY 28TH OCTOBER

Litter Pick - Singleton Campus 3pm - 5pm

Join us for a litter picking session to help keep the public spaces around Singleton Campus litter free. This opportunity helps us to keep local wildlife safe! Picks, gloves, collection bags etc will be provided.

This is an outdoor event, as such please dress for Swansea weather. If the weather looks awful we will cancel the event.

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The event will follow C19 guidelines (physical distancing, PPE and sanitisers provided if you do not have your own, limited numbers, contact tracing details, etc)

Once signed up you will receive details of where to meet, what to bring and any other important information.

Book here: <https://www.fatsoma.com/e/x012rdzq/giagw-litter-pick-at-singleton-campus>

FRIDAY 29TH OCTOBER

Safeguarding Training 10am - 12pm

This training offers an awareness of different types of harm that some children and adults may be facing and what to do if you hear or see anything.

By the end of the session you will know your role as a volunteer in relation to safeguarding adults and children from harm, abuse and neglect.

Book here: <https://www.fatsoma.com/e/60wgau7f/giagw-safeguarding-training>

Dysgu Cymraeg/ Learn Welsh 12pm - 1pm

A session for beginners, teaching some basic Welsh greetings and other phrases which can be useful during volunteering.

Book here: <https://www.fatsoma.com/e/rski09tl/giagw-dysgu-cymraeg-learn-welsh>

FRIDAY 29TH OCTOBER

Zine-Making Workshop 1pm - 2pm

Interested in alternative ways to share information and how to make things look fun and engaging on a budget? Come along to this practical session and have a go at making your own zines!

To participate fully in this session you will need a pen, a piece of A4 paper and a pair of scissors.

Book here: <https://www.fatsoma.com/e/esp5sr0r/giagw-zine-making-workshop>

Recipe Exchange Workshop 3pm - 4pm

Share your favourite family recipes to inspire others to get involved in cooking and learn a new skill! This creative workshop will help our projects by sharing recipes, writing out their ingredients and methods, in a fun Zoom session.

Book here: <https://www.fatsoma.com/e/159luz9n/giagw-recipe-exchange>

Dysgu Cymraeg/ Learn Welsh 12pm - 1pm

A session for beginners, teaching some basic Welsh greetings and other phrases which can be useful during volunteering.

Book here: <https://www.fatsoma.com/e/rski09tl/giagw-dysgu-cymraeg-learn-welsh>

MONDAY 1ST NOVEMBER

Supported Volunteers - Creative Session 2pm - 3pm

Get involved in our Supported Volunteering Scheme by having fun with Seasonal Crafts! For this session you will need paper, coloured paper and pens.

Book here: <https://www.fatsoma.com/e/p4wl0a79/giagw-supported-volunteers-creative-session>



Keep in touch



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discovery-student-volunteering-swanseal



discovery@swansea.ac.uk



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