

DISCOVERY STUDENT VOLUNTEERING SWANSEA PROJECT GUIDE 2022-2023



Discovery SVS



@DiscoverySVS



Discovery SVS



discovery-student-volunteering-swanseal



discovery@swansea.ac.uk



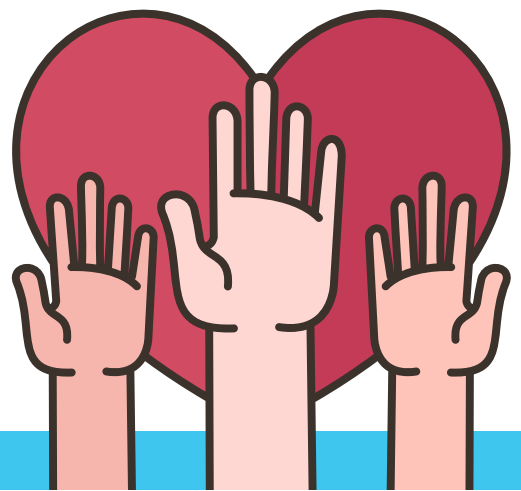
www.discoverysvs.org

VOLUNTEERING WITH DISCOVERY

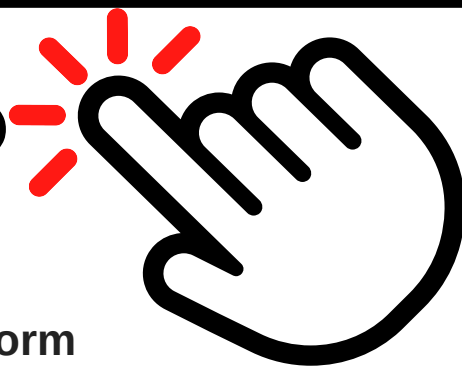
- Do you want to improve your CV and stand out from the crowd?
- Do you want to make a difference people's lives?
- Do you want to make friends for life whilst having fun & learning new skills?

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, individuals with additional needs, 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.

This guide will tell you all about what projects we are running and how to sign up to volunteer. Please note that things are subject to change so do check our social media accounts and sign up to our volunteering platform for the latest info.



HOW TO SIGN UP



Create an account on our Volunteering Platform

To create an account, go to <https://volunteering.discoverysvs.org/>. You will be sent a workbook to be completed before your induction training.

Attend our Induction training

This is our in-house training that will give you a two-hour crash course in everything Discovery and tell you all about safe volunteering. To book onto an induction training, log onto the volunteering platform. Induction sessions are run online via zoom and in-person.

Book a volunteer interview

Attend an informal 15 minute interview just to talk through the different projects available and what you would like to get out of volunteering. To book a volunteer interview email discovery@swansea.ac.uk with your availability once you have completed your induction training.

Sign up to a project

View our current projects on the volunteering platform, and click 'apply' to any you would like to join! You will then be contacted to confirm your place on the project by the project coordinator.

Complete a DBS check if required

Some Discovery projects require you to have a Disclosure and Barring Service (DBS) check. If you need to do this you will receive an email from your project coordinator.

 **START VOLUNTEERING** 

one-OFF VOLUNTEERING



Short on time?



Not sure which project suits you?

 **Thinking about volunteering but don't want to commit just yet?**

One-off volunteering events occur up to twice a month and 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 conservation work, arts and crafts with a community group, visiting a local animal rescue centre or local care home, or much more!

Keep an eye out for one-off volunteering on the Discovery social media and our volunteering platform:
<https://volunteering.discoverysvs.org/>

DISCOVERY'S TRAINING PROGRAMME FOR ALL DISCOVERY VOLUNTEERS

Did you know we have regular sessions to help you gain the skills and knowledge you need for your volunteering?

These include awareness talks as well as more practical opportunities.

Sessions include:

Safeguarding

Trans Etiquette for Your Volunteering

First Aid

Anti-Racism and Allyship

Learning Disability Awareness



**ALL TRAINING IS FREE
BUT SPACES ARE LIMITED**



All training opportunities are available on our volunteering platform:

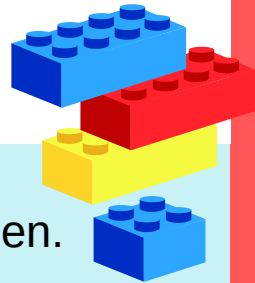
<https://volunteering.discoverysvs.org/>

PROJECTS WORKING WITH CHILDREN

Buddied Reading: Encourage children with their literacy skills.

The Buddied Reading Scheme pairs students and children together in weekly reading sessions at two local schools.

Time commitment: 1-2 hours a week



Building Blocks: Assist with creative building activities for children.

Building Blocks uses the LEGO Therapy Model to run a programme of weekly sessions for children who may be struggling with social skills or friendship making.

Time commitment: 1 hour a week

Inspire Project: Inspire children to be active and creative.

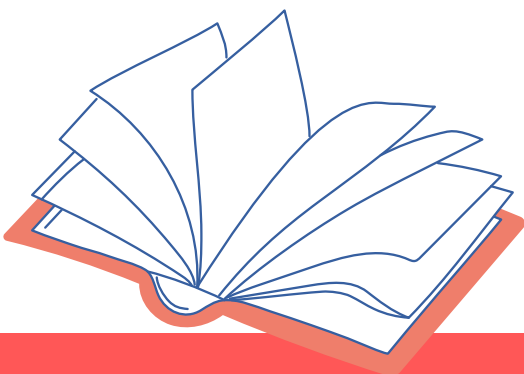
Inspire Project offers letterbox packs and in-person sessions for children, based around the 5 Ways to Wellbeing.

Time commitment: 1 session per month

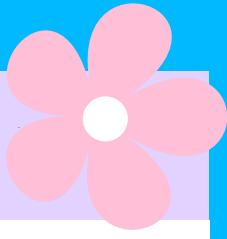
Youth Club: Plan and deliver a programme of activities each week.

Rainbow Youth Club runs weekly club sessions, at a local community centre, for children 8-16 years old.

Time commitment: 2 hours per week



PROJECTS WORKING WITH ADULTS



Active 18: Provide sessions to engage and support disabled adults.

Active 18 provides both virtual and in-person group activities for adults with additional needs, including day trips, in accordance with the NHS 5 ways to wellbeing.

Time commitment: 1 hour per week

Age Exchange: Care home visits to build inter-generational connections.

Age Exchange pairs students and residents together in weekly care home visits. This is across two care home sites, one with focus on general physical disabilities and another with focus on dementia.

Time commitment: 2 hours a week

Connect Groups: Weekly wellbeing sessions for students.

Connect Groups runs campaigns and events to raise awareness of mental health and looking after your wellbeing.

Time commitment: 1 hour per week

STAR project: Weekly support for Refugees and Asylum seekers

STAR project works directly with Unity in Diversity, providing volunteer support for a local drop in and English classes for refugee and asylum seekers in Swansea.

Time commitment: 1-2 hours per week



Inside Story: Provide health promotion sessions in Swansea Prison

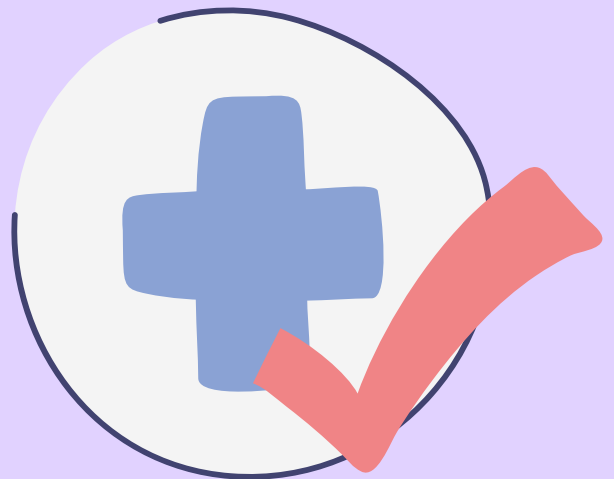
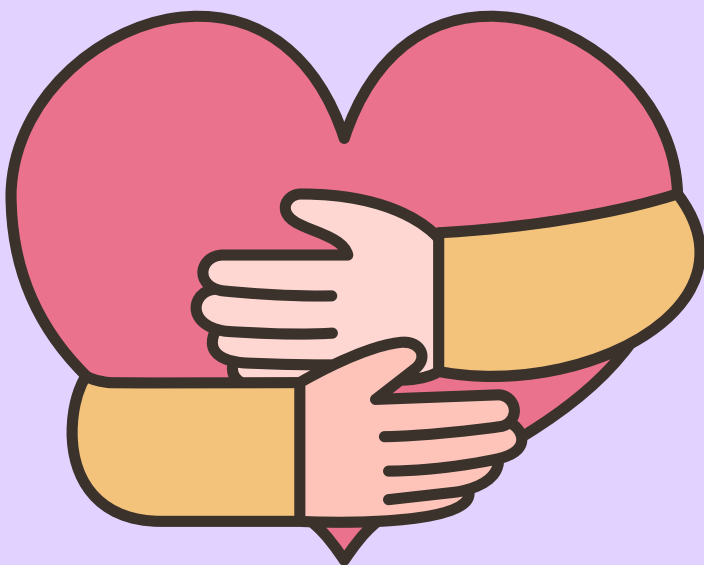
Inside story is a community peer education project run by the medical school students in association with Discovery and HMP Swansea. It involves going into prison and delivering education on various health and social issues.

Time commitment: TBC

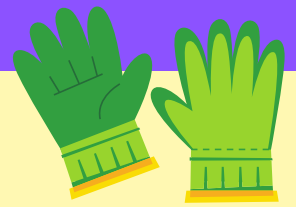
Supported Volunteering Scheme: Supporting disabled volunteers

The Supported Volunteering Scheme gives volunteers the opportunity to work one to one with a disabled adult to support them to volunteer.

Time commitment: 1 session per week



PRACTICAL PROJECTS



Hospital Helpers: Create activity packs for people in hospital.

The Hospital Helpers project produces regular activity packs for patients in hospitals across Swansea and Neath Port Talbot.

Time commitment: TBC

Penpal Project: Share positivity and connect with others through letter writing.

The Penpal Project pairs students with community members young and old to exchange letters and cards.

Time commitment: 1-2 hours a month

The Vetch: Gardening and maintaining the community garden.

The Vetch supports local community members in maintaining their allotment plots and community garden.

Time commitment: 2 hours per week



PARTNER PROJECTS



Along with our student-led projects, we also work together with local charities and projects, such as Age Cymru and Circus Eruption, to provide students more volunteering opportunities in Swansea.

This offers students the chance to gain new skills and experiences from other organisations within the community.

Already a volunteer with a local charity? Get in touch to see how these hours can be accredited through Discovery!




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	Monday 2-3pm	1
Age Exchange	Wednesday 10am-12pm	2
Buddied Reading	Wednesday 1-3pm Thursday 11-12pm	1
Building Blocks	Tuesday 3-4pm	1
Connect Groups	Wednesday 2-3pm	1
Hospital Helpers	TBC	TBC
Inspire Project	1st Saturday monthly	TBC
Penpal Project	Flexible	1-2
STAR Project	Thursday 10-11:15am Thursday 4-7pm	1.5-3
The Vetch	Wednesday 12:30-2pm	1.5
Youth Club	Monday 4-6pm	2
Inside Story	7 weeks starting 31/10/2022	TBC
Supported Volunteering	Weekly slot Wednesday-Friday	2





CONTACT US

Keep in touch



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www.DiscoverySVS.org



DiscoverySVS- Student Volunteering Swansea

Sign up here to become a regular Discovery Volunteer!

<https://volunteering.discoverysvs.org/>

Discovery is supported by:



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