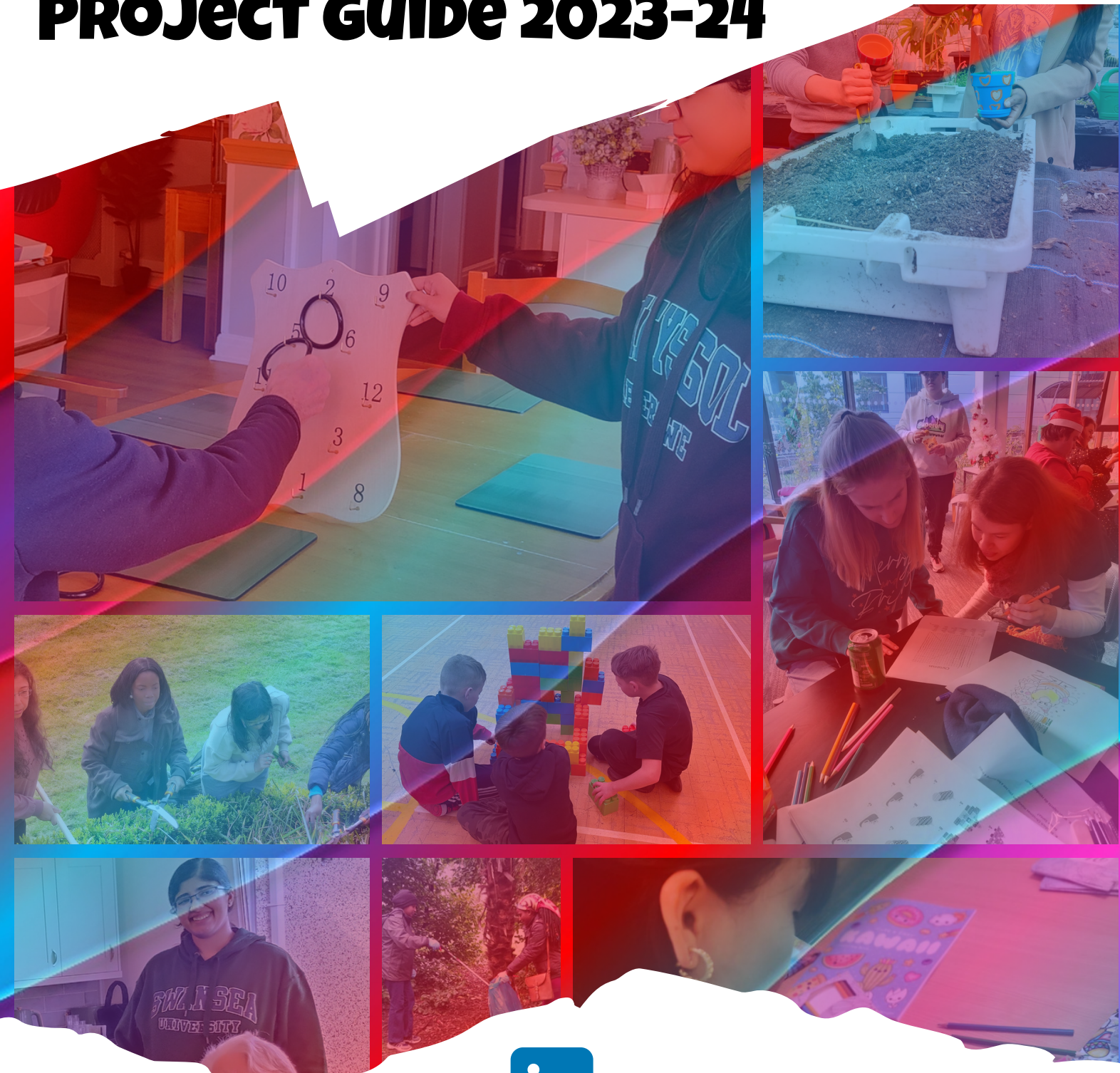


# DISCOVERY STUDENT VOLUNTEERING SWANSEA PROJECT GUIDE 2023-24



Discovery SVS



@DiscoverySVS



Discovery SVS



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



[discovery@swansea.ac.uk](mailto:discovery@swansea.ac.uk)



[www.discoverysvs.org](http://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 in 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 90 minute 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. You will be booked into your volunteer induction interview in the volunteer 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 be told in your volunteer induction interview.

## **Attend any relevant training if needed**

## **Pick up your volunteering ID badge**

All volunteers will now have a volunteer ID badge. You can pick these up from the Discovery volunteering hub on Singleton Campus or in the Discovery drop in on Bay Campus.

 **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 is participating in a single volunteer event or activity without any long-term commitment. You do not have to have attended the volunteer induction programme to book onto one-offs.

One-off volunteering allows you to engage in meaningful community service on a temporary basis, making a positive impact within a short timeframe.

One-off volunteering provides you an opportunity to meet new people, learn about different issues and aspects of Swansea issues, even if your schedule or availability doesn't permit regular continuous volunteering.

One off volunteering 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 our socials,  
weekly email 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:

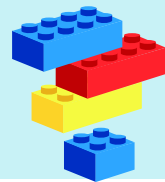
<https://volunteering.discoverysvs.org/>

# 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:** 2 hours a week

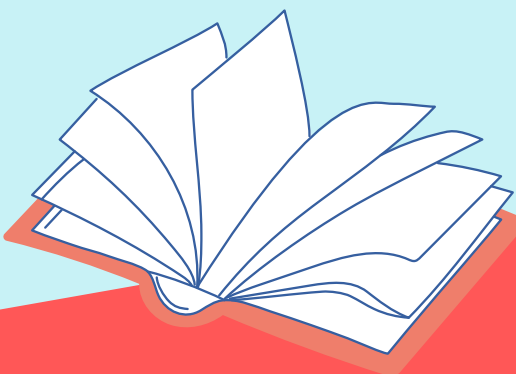
**Building Blocks:** Uses the LEGO Therapy Model to run a programme of weekly sessions for children who may be struggling with social skills or making friends.



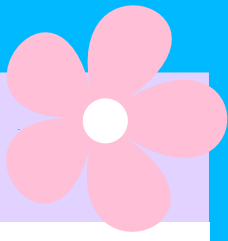
**Time commitment:** 2 hours a week

**School Daze:** Provides support within a classroom setting for children and teachers.

**Time commitment:** 2 hours a 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- 2 hours per week

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

Age Exchange brings students and residents together in weekly care home activities. 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 weekly wellbeing events for students to unwind and look after their 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



## **SWES- Swansea Women's Empowerment**

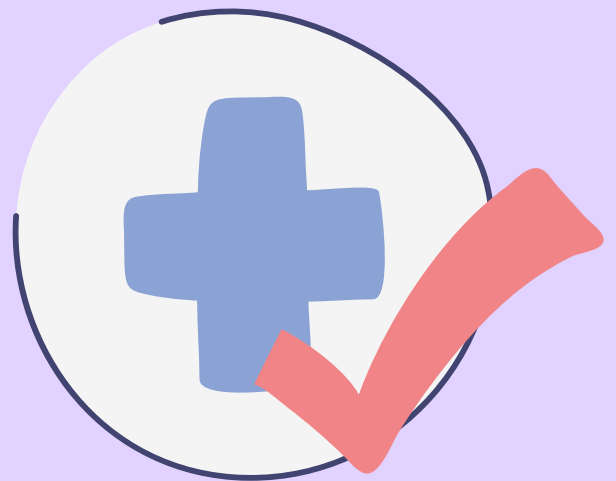
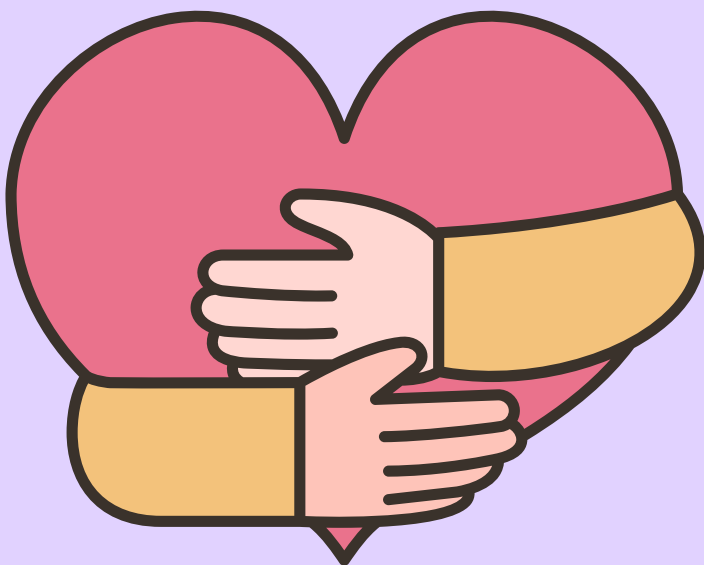
Volunteers help plan and deliver a range of confidence building activities for women.

**Time commitment:** 1 hour per week

## **Supported Volunteering Scheme:** Supporting disabled volunteers

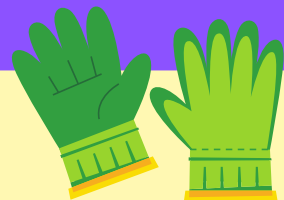
The Supported Volunteering Scheme gives volunteers the opportunity to work one to one with a disabled adult to support them to volunteer.

**Time commitment:** 1 session per week





# PRACTICAL PROJECTS



**Gwirfoddoli:** Volunteers can do a variety of things whether attending or helping organise one-offs and socials or being supported to use the Welsh language on other projects

**Time commitment:** Flexible

**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 International @ Campus Life, 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                          | 1-2               |
| Age Exchange           | Wednesday 10am-12pm                   | 2-3               |
| Buddied Reading        | Wednesday 1-3pm & Thursday 11-12pm    | 1- 2              |
| Building Blocks        | Tuesday 3-4pm                         | 1-2               |
| Connect Groups         | Wednesday 2-3pm                       | 1                 |
| Gwirfoddli             | TBC                                   | TBC               |
| Penpal Project         | Flexible                              | Various           |
| School Daze            | TBC                                   | 1-2               |
| STAR Project           | Thursday 10-11:15am<br>Thursday 4-7pm | 1-3               |
| SWES                   | TBC                                   | 1-2               |
| The Vetch              | Wednesday 1-3pm                       | 2                 |
| Supported Volunteering | Weekly slot Wednesday-Friday          | 2                 |





## CONTACT US

*Keep in touch*



DiscoverySVS



@DiscoverySVS



DiscoverySVS



discovery-student-volunteering-swanseal



discovery@swansea.ac.uk



www.DiscoverySVS.org



DiscoverySVS- Student Volunteering Swansea

Sign up here to become a regular Discovery Volunteer!

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

### Discovery is supported by:



**Partneriaeth**  
Ranbarthol  
Gorllewin  
Morgannwg | West  
Glamorgan  
Regional  
**Partnership**



**Swansea  
University**  
Prifysgol  
Abertawe



**Toyota  
Community  
Fund**