

Appendice 2: Case Studies - Volunteer Futures

Case Study 1:

A gentleman with learning disabilities was referred from the Youtrust Intowork service and was the first completer of the 6 week intro, who helped co-produce the '6 week intro' and 'conversational mandatory training' which is still being used including with ESOL classes and D of E students.

Prior to attending the individual was struggling with their mental health and did not have activity to leave the house.

They have since gone onto an apprenticeship with Lily and Lime and are always in high spirits when seen by myself!

"I wasn't doing much at home, I was trying to find ways to keep active and maintain my wellbeing. I felt lonely, bored and a bit fed up, with nothing to do in my spare time so I asked for help from Youtrust (disability employment service) with employment skills and boosting confidence.

I was introduced to Volunteer Futures by the Youtrust IntoWork service and felt it would be good to try somewhere different. My favourite tasks have been all of it! Some people might pick favourites but I've enjoyed all of it. It makes me feel really good, confident, and proud. I love it, it's been nice to meet and work with a new team. I feel my wellbeing has improved 100%.

Now I'm seeking paid employment as a part of a training group that teaches people more about what it's like to have or work with people with learning disabilities, I've been joining in with a new craft group and I love it, we've got a lovely little group.

If I wasn't volunteering I'd be doing nothing, walking around and going home".

Case Study 2:

Having attended the DWP on a regular basis to promote volunteering in Culture, I met an individual who had an interest in various topics although was also seeking to find out more about the Carers Centre (who I have supported with Celebratory parties for volunteers).

The individual was recommended and encouraged to engage with the VF project and came to the library to find out more about volunteering independently. I suggested they could engage with the 6 week volunteering programme. They were unsure and quite suspicious, very tired by their own admission.

During our time together, the volunteer disclosed they have had a lifelong passion for filmmaking and have previously won an award in childhood.

We explored their options with regards to creating a follow up film from their original award winning film, they toured the university building with a lecturer who supported the emPOWER Paulsgrove project, were supported to attend a Portsmouth Creates networking conference, and engaged with the Filming team and other locations to plan their film.

The volunteer returned to the 6 week intro programme and has now self-referred to the Salvation Army job-club alongside DWP attendance and is fully engaged with the Carers Centre as they have assumed full caring responsibilities, the below is their feedback:

"I've learnt self-awareness of my capabilities, I have improved self confidence and self esteem.

I've enjoyed the experience, meeting new people, it's given me clearer perspective on future work and activities, for me it's been escapism.

My least favourite thing has been putting myself in challenging situations of of my comfort zone, that's not natural to me, speaking to strangers has been a major thing! I'd absolutely recommend volunteering for many reasons. If nothing else, to find self-awareness, and put yourself in a position to be challenged.

It's a great experience, and to be involved with the library projects and be more aware of what's going on including artistic happenings.

It's given me an opportunity to take control and make my dreams happen, to put myself in a position of control, with belief and opportunity to chase my interests. I've found direction, before this I had none, only ideas before I started volunteering, it's been EMPOWERING.

I've found more ways to find opportunities to be involved with arts and the community, it's been challenging and crossing boundaries. I've had a go and been surprised at how much I can achieve.

Volunteering has made me more aware of my transferable skills and given me opportunity to put them to good purpose.

It's allowed me to make better decisions in my own best interests, it's made me more thoughtful and resilient, I've learnt how to evaluate my priorities.

I will approach things in life with less fear now, and think to give it a go. I've started the journey of fulfilling my potential"

The 1st completer of the 6 week intro- has since gone onto an apprenticeship with Lily and Lime:



Wilder Paulsgrove:

Abilities for Life Launch at Cosham Community Centre:



The first volunteer tea party for libraries:



Participants watching their contribution of the Volunteer Celebration video:



Craft in support of libraries by the 2023 craft group:

