

If you would like to receive more information about Positive Choices please fill in your details and send this part of the form to us.

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Return to:

Volunteer Centre Newcastle
3rd Floor, CSV Office
MEA House, Ellison Place
Newcastle upon Tyne
NE1 8SX



The Volunteer Centre Officers are:

Adam Stewart
Gemma Finch
Karen Watson

Our contact details are:

Telephone: 0191 232 6616

Email: info@volunteercentrenewcastle.org.uk

Our website address is:

www.volunteercentrenewcastle.org.uk

We are based in MEA House:



(2 minutes walk from Northumberland St.)

Our opening hours are:

Monday to Friday 9.00am - 4pm

If you wish to have a discussion about any volunteering issues you have please phone us to book a meeting with Adam, Gemma or Karen.



Positive Choices



A volunteer is a person who gives their time and skills free of charge

Volunteers help to build stronger, more active communities in which people have a better quality of life and an ability to shape their own future.

We believe that everyone has the potential to volunteer and has something to offer the community they live in.

Volunteer Centre Newcastle welcomes everyone and will support every potential volunteer as an individual.

Positive Choices aims to:

Support people with mental health issues to increase their health, wellbeing and independence by becoming volunteers.

Increase the diversity of volunteers and also the opportunities available across the city by supporting both the individuals and the organisations involved.

Positive Choices — If you want to become a volunteer...What can we do for you?

Gemma, who is the specialist Volunteer Centre Officer in supporting the positive choices programme, will meet with you and talk with you about what type of volunteering you would like to get involved in.

Gemma, Adam and Karen will then help you to plan how this can be achieved and what level of support you may need. This could include:

- Talking about barriers you might face
- Searching the 'do-it' website to find volunteering opportunities
(www.do-it.org.uk)
- Matching you up with a buddy
- One to one support
- Journey planning
- Helping you to find references
- Explaining the CRB system
- Discussing benefits and volunteering
- Pre volunteering training

Volunteering is a great opportunity to develop new skills and gain confidence, these can be gained through one off taster events, ongoing volunteering, or by supporting others through Positive Choices once you have gained that confidence.

Positive Choices —If you are an organisation... What can we do for you?

- Help you to develop new opportunities
- Advertise and promote opportunities
- Advice on the recruitment of volunteers
- Referral and signposting of volunteers to your organisation
- Provide good practise support around mental health and volunteering
- Help with supporting volunteers
- Networking opportunities for all organisations that involve volunteers
- Assist you in increasing the diversity of the volunteers within the organisation
- Advice and support on any issues around volunteering and good practice
- You will also receive regular bulletins informing you of issues affecting the third sector including details of any training courses that may be relevant to you and any funding sources that may be available for your organisation
- We can advertise your one off events aimed at individuals through Positive Choices
- The chance to participate in, and help organise, events under the National and Regional campaigns to raise volunteer awareness, eg Make a Difference Day and Volunteers Week.