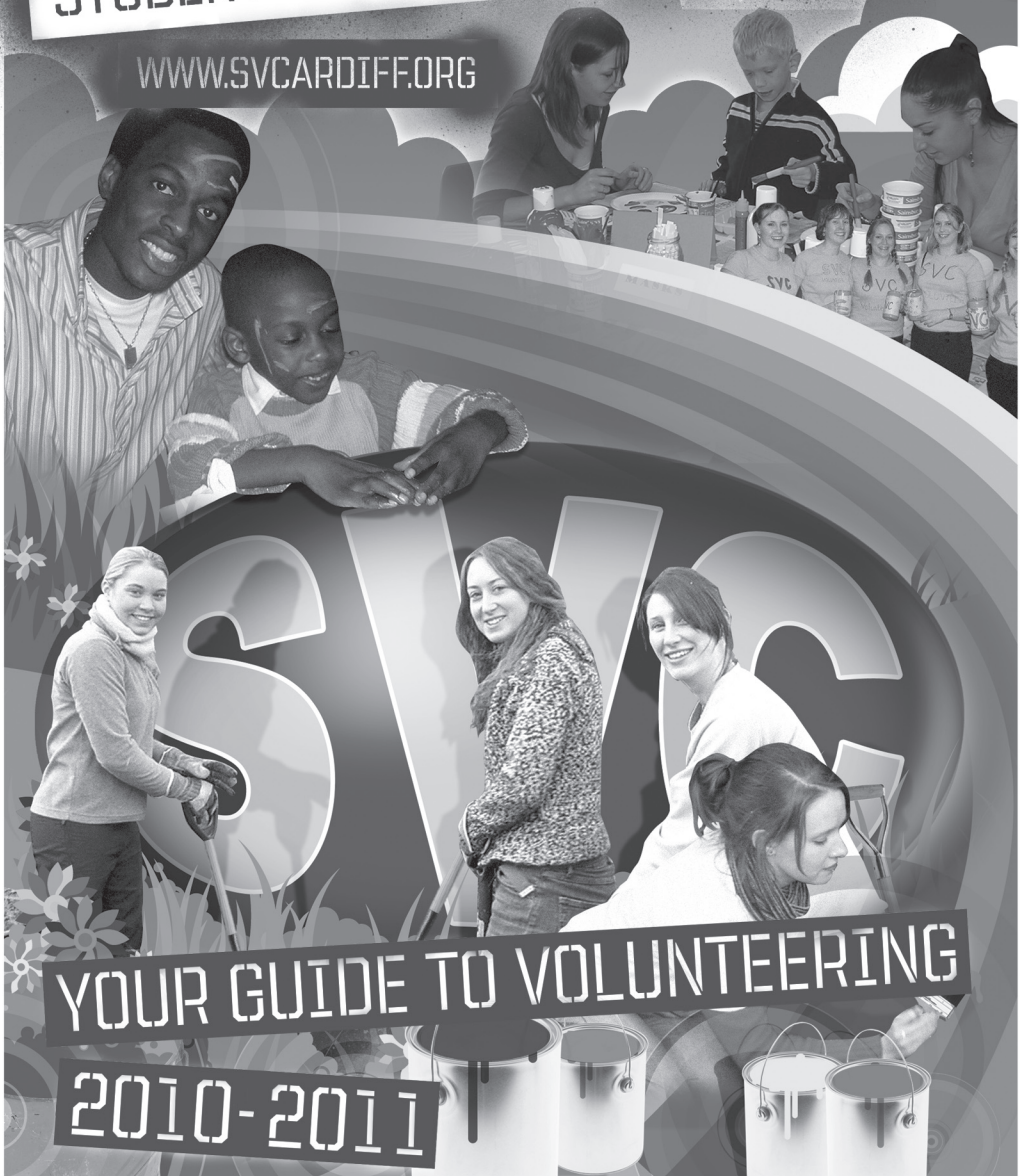


STUDENT VOLUNTEERING CARDIFF

WWW.SVCARDIFF.ORG



YOUR GUIDE TO VOLUNTEERING

2010-2011



CARDIFF UNIVERSITY STUDENTS' UNION
UNDEB MYFYRWYR PRIFYSGOL CAERDYDD



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Contents

Introduction	1	Homelessness	
Time Commitment	2	Introduction	18
Children & Young People		Cardiff Action for Single	
Introduction	4	Homeless	19
St. Monica's	4	Watch	20
SVC Dance	5	Mental Health	
Wednesday Club	5	Introduction	21
Weekenders	6	Whitchurch.....	21
Confident Kids	6	Park Road	22
Sws Cymru	7	Iorweth Jones	22
		Headway	23
		Rockwood	23
Children & Young People with a Learning Disability		Older People	
Introduction	8	Age Concern Projects	24
Home & Away	8	Environmental	
Thrive	9	Amelia Trust Farm	25
Youth club	10	Sport	
Discovery	11	Introduction	26
PHAB	12	Inclusive Sports	26
		Venture Out	27
Education		Holiday Volunteering	26
Introduction	13	Accreditation & Certification	29
Primary School Tutoring	13		
Cathays High School	14		
Corpus Christi	14		
Llanedryn High			
Phonics Programme	15		
Ty Gwyn	15		
Soundbeam	16		
Whitchurch High Toe-by-Toe.....	16		
St Tello's Numeracy	17		
Greenhill School	17		
Ilanrumney High School	18		

Student Volunteering Cardiff

The aim of Student Volunteering Cardiff is to enhance the lives of disadvantaged and vulnerable members of the community in Cardiff.

We do this by running our own projects in co-operation with other organisations. We believe that students should have the opportunity to work directly with clients and also have a say in how the projects and the organisation is run.

Each project has a Project Co-ordinator responsible for organising activities and managing finances. We have an Executive Committee which is made up of full-time students who decide all our policies and develop new initiatives.

Whether you have two hours a week or two hours a month to spare, we will find the volunteering placement for you.

We can offer university certification for all of our voluntary positions and also accreditation towards the nationally recognised Millennium Volunteer Award.

Before you start...

- 1. Think about why you want to be a volunteer:**
 - What type of work do you want to do?
 - Who do you want to work with?
 - Would you prefer a project which had a regular weekly commitment or something more flexible?
 - Do you want to work with a group or on a one-to-one basis?
- 2. Do you have enough information about the project that you are interested in?**
- 3. Are you clear about what you are committing to volunteer on - the time and energy you will need and also what is expected of you?**

Any questions?

Contact us at the SVC Office,
3rd floor of the Students' Union
Tel: (029) 2078 1510/1494
Email: svc@cardiff.ac.uk
Web: www.svcardiff.org

Please think:

Commitment

Commitment

Commitment

Remember you are working with vulnerable clients who will learn to trust and rely on you.

If you let them down by not turning up or giving up your voluntary work after a few weeks or months you will have done more harm than good.

Time Commitment

Project	Day	Hours Per Week	Page
Age Concern Projects	Flexible	2 – 3 hours	
Amelia Trust Farm	Wednesday	2 – 3 hours	
C.A.S.H.	Flexible	Morning/afternoon	
Cathays High School	Wednesday	12.00pm – 2.00pm	
Confident Kids	Flexible	1 – 3 hours	
Corpus Christi	Mon, Tues, Weds, Thurs or Fri	2.00pm – 4.00pm	
Discovery	1 -2 evenings per month	7.00pm – 9.00pm	
Greenhill School	Flexible	2-3 hours	
Headway	1 morning/afternoon per week	3-4 hours	
Home & Away	Flexible	3-4 hours	
Inclusive Sports - Adults	Thursday	1.30pm – 3.00pm	
Inclusive Sports - Kids	Saturday	11.00am – 12.30pm	
Iorweth Jones	1 Evening per week	2-3 hours	

Time Commitment

Project	Day	Hours Per Week	Page
Llanederyn High	Mon, Tues, Weds, Thurs or Fri	11.00am – 1.00pm	
Llanrumney High	Mon, Tues, Weds, Thurs or Fri	1.00pm – 3.00pm	
Park Road	Monday/Thursday	5.15pm – 7.30pm	
PHAB Club	Monday	7.00pm – 8.30pm	
Primary School Tutoring	Flexible	2-3 hours	
Rookwood Rehabilitation	Weekly	2-3 hours	
Soundbeam	Flexible	Morning / afternoon	
St Monica's Club	Wednesday	3.00pm – 5.00pm	
St Teilo's Maths	Flexible	2-3 hours	
SVC Dance	Wednesday	3.30pm-4.30pm	
SWS Cymru	1 Sunday a month	Evening	
Thrive	Saturday /Sunday	2 – 3 hours	
Ty Celyn Youth Club	Sunday	5.30pm - 8.00pm	
Ty Gwyn	Flexible	morning / afternoon	
Venture Out	Flexible	2 – 3 hours	
Watch	1 Sunday a month	2 – 3 hours	
Wednesday Club	Wednesday	2.00pm – 4.00pm	
Weekenders	2 Saturdays/Sundays a month	9.00am – 6.00pm	
Whitchurch Hospital	Wednesday	6.00pm – 9.00pm	
Whitchurch High School	Tues, Wed or Thurs	8.00am-11.00am	

Children & Young People

Ever thought of working with young people? There is a wide range of volunteering work available; after-school clubs, weekend trips and dance projects. By volunteering you could help to provide a stimulating atmosphere for the children, encouraging them to play and work together. All you need to bring along is your energy and enthusiasm.

St Monica's After-School Club

A weekly club for children aged 7 – 11 in an area with few evening play facilities. The club runs every Wednesday and we enjoy a variety of activities including indoor sports and arts and crafts. At the end of the year we have a trip out of Cardiff for the day. We need volunteers with energy, enthusiasm and commitment to play.

We are looking for volunteers who offer commitment, energy and those willing to have a good time while providing play in a safe and secure environment. We aim to provide an opportunity for energetic and creative play. Therefore, volunteers need to offer regular commitment, have patience and loads of energy! No previous experience necessary as all training is provided.

Wednesday Afternoon

Co-ordinators: Jackie Kopleman, Katie Oldfield and Sophie Meeson

Training Sessions

Introductory Session, Dynamics Training & Child Protection Training

See www.svcardiff.org for date and time of each session

Children & Young People

SVC Dance

The project works in a local school with pupils aged between 8 – 10 years old. The project aims to explore contemporary dance with the pupils in an after-school club. Pupils will participate in activities that will both provide exercise and also promote creativity.

Thursday Afternoon

Co-ordinator: Emily Sams & Hannah Rolph

Training Sessions

Introductory Session & Child Protection Training

See www.svcardiff.org for date and time of each session

Wednesday Club

A fun and challenging after-school club for 7 - 11 year olds at Glan-yr-Afon Primary School. It takes place in an area with few play facilities. Our usual activities include outdoor sports, arts and crafts and indoor games - plus there's our end of year trip!

We are looking for volunteers offering commitment, energy and those willing to have a good time while providing play in a safe and secure environment. We aim to provide an opportunity for energetic and creative play. Therefore, volunteers need to offer regular commitment, have patience and loads of energy! No previous experience necessary as all training is provided.

Wednesday Afternoon

Co-ordinators: Jade Callaway & Belinda Bellis

Training

Introductory Session, Dynamics Training & Child Protection Training

See www.svcardiff.org for date and time of each session

Children & Young People

Weekenders

The volunteers on Weekenders organise day trips for Cardiff children who are 'Young Carers' or the siblings of children with learning difficulties. The aim of the project is to provide a variety of trips and activities for children who may not otherwise get the opportunity to go to places that may be available to their peers. Trips are run twice a month during term time. Each trip involves 10 children aged 5-18, 8 volunteers, a minibus, a car and an adventure! The adventures include activities such as swimming, ice skating, lazer quest, bowling, trips to Bristol Zoo and more! You need enthusiasm, a caring and responsible attitude towards children and the ability to work as part of a team.

One Saturday a month

Co-ordinators (Siblings): Melissa Parry & Lucy Whittington

Co-ordinators (Young Carers): Sarah Stevens & Sian Williams

Training

Introductory Session & Child Protection

See www.svcardiff.org for date and time of each session

Confident Kids

This project matches volunteers to children or young people with a hearing impairment. The volunteer's role will be to visit the child or young person in the school environment and offer in-school support activities. There will be a variety of activities to run at the school which will be provided in training, but it will be your responsibility to plan each weekly session. This is essentially a befriending project in which you will be building a relationship with the child you support offering them help and guidance in a range of areas related to emotional well being. You will need to be exceptionally committed to this project, enjoy working independently and planning your own work.

Flexible days and times

Co-ordinators: Laura Cope & Hannah Parker

Training

Introductory Session, Child Protection Training & Project Specific Training

See www.svcardiff.org for date and time of each session

Children & Young People

SWS Cymru

Support With Scoliosis Cymru (SWS Cymru) is based at the Heath Hospital and provides support for people with scoliosis, as well as helping to raise awareness of the condition. Working with SWS Cymru, volunteers will help run a support group and youth club for young people with scoliosis. The club is starting for the first time this year so there will be plenty of scope for input and suggestions from volunteers.

Flexible days and times

Co-ordinators: SVC Staff

Training

Introductory Session, Child Protection Training & Project Specific Training

See www.svcardiff.org for date and time of each session

Children & Young People with a Learning Disability

Do you have the enthusiasm, patience, commitment and empathy to open doors and let in the fun for a child or young person with a learning difficulty? If you do, these projects are for you.

Imagine having important needs and ideas to communicate but being unable to express them fully. Perhaps feeling bombarded by sights and sounds, unable to focus your attention. Or trying to read or add but not being able to make sense of the letters or numbers.

It is important to remember a person with a learning disability can learn. The disability usually only affects certain limited areas of a child's development. Help a child or young person to develop their skills and confidence and realise their potential by volunteering on the following projects.

Home & Away

Home & Away is a befriending project for children with a learning disability aged between 4 and 18 years old. The aim of this project is to enable the children to have fun and become involved in stimulating activities in their home or local community. This project helps children to develop personal and educational skills and social relationships whilst they have fun. Volunteers go in pairs to visit a child or young person for 2 – 3 hours each week. We have loads of ideas for things to do and places to visit. Enjoy the cinema, swimming, shopping football, McDonalds - the only limitations are your imagination!

Make a big difference to someone while you enjoy yourself as well. All that is needed is commitment and a great sense of humour.

Flexible days and times

Co-ordinators: Gemma Marshall & Luke Symns

Training

Introductory Session, Child Protection & Learning Disabilities Training

See www.svcardiff.org for date and time of each session

Children & Young People with a Learning Disability

Thrive

Thrive is a support group which was set up by parents for families of children with a wide variety of special needs. They offer families the chance to meet on a social basis, and to share information with other people who understand the challenges of having a child with special needs and to allow children to play in a non-judgmental environment.

Children of all ages are welcome; brothers and sisters are a very important part of our group and are included in all activities and outings. The group meets at indoor soft play facilities and all facilities are booked solely for our group. SVC's volunteers are there to entertain and engage with the children, giving parents an opportunity for a break and to talk.

Thrive currently have 60 families on our database and on average anything between 20 and 40 children attend our sessions. The children's disabilities range from downs syndrome, fragile X, autism, cerebral palsy, learning difficulties, learning disabilities and global delay.

Fridays and Saturdays

Co-ordinators: Martha Partridge & Josh Eldridge

Training

Introductory Session, Child Protection & ASD Awareness

See www.svccardiff.org for date and time of each session

Children & Young People with a Learning Disability

Ty Celyn Youth Club

Ty Celyn Youth Club runs every Sunday night for teenagers and young adults with learning and physical difficulties who struggle to interact socially. Volunteers go along to assist paid employees in helping the young people at the club to enjoy themselves, have fun, mess around and generally play. It is relaxed, a great laugh and thoroughly worthwhile.

The group regularly runs activities such as arts & crafts, pool, music & drama, sports and cookery. They also run evening and day trips around Cardiff.

Sunday: 5.30pm to 8.00pm

Co-ordinator: Jennie Barrett & Rachel Kent

Training

Introductory Session, Learning Difficulties Training & Child Protection Training

See www.svcardiff.org for date and time of each session

Children & Young People with a Learning Disability

Discovery

Discovery aims to help those affected by asperger syndrome, which is on the higher functioning end of the autistic spectrum. The main obstacle they face is communicating and interacting in the world; they have difficulties grasping social rules and norms which create problems when carrying out simple activities. Those affected by asperger syndrome find it difficult to read body language, especially facial expressions. They often appear to be insensitive, not understanding that their actions could be hurtful through their inability to empathise with others creating feelings of rejection and isolation.

The Discovery Project has been introduced to lower the feelings of isolation among people with asperger syndrome between 18-40 year olds. We meet once to twice a month to socialise, putting the asperger members at ease through an understanding of their condition. We meet up once a month for a pub meeting and once every other month for an activities trip. Past trips include bowling, Winter Wonderland and painting pottery

This project really will make the difference to many young adults with asperger syndrome and they really do appreciate the time and effort volunteers contribute. They know they are different and are desperately trying to fit in and enjoy life. With only two meetings a month this is not a demanding project, however volunteers commitment is essential as our asperger members are vulnerable people.

Two evenings a month
Co-ordinators: Donna Harris

Training

Introductory Session & ASD Awareness Training

See www.svcardiff.org for date and time of each session

Children & Young People with a Learning Disability

PHAB Club

PHAB (Physically Handicapped & Able Bodied) Young Peoples Club is based in a community centre in Penarth. The club runs from 7.00pm – 8.30pm every Monday night during term time.

The young people range from age 11 – 20 and there is an equal mix of both physically handicapped and able bodied young people with a total of about 30. In addition there are a team of about 5 adults who supervise the club.

As an SVC volunteer at the club you will partake in playing games, chatting with, and generally socialising with the young people. There is often a theme at each club, for example a Chinese night, on which there'll be a Chinese fancy dress, Chinese food available and a quiz on all things Chinese! As a volunteer, it's your responsibility to make the young people feel empowered, improve their self-esteem and to above all enjoy themselves!

Monday: 7.00pm – 8.30pm

Co-ordinator: Sophie Leitch & Anna Horne

Training

Introductory Session, Learning Difficulties Training & Child Protection Training

See www.svcardiff.org for date and time of each session

Education Projects

The education projects provide valuable classroom experience for students who want to enter the education profession via PGCE courses or Fast Track course. The special needs schools provide hands-on experience for students considering entering special needs teaching, speech therapy or occupational therapy after graduating.

Primary School Tutoring

Primary school tutoring is an ideal project for anyone who wishes to gain experience in a primary school classroom. There are flexible times throughout the week, making it easy to fit into your timetable. Volunteering for Primary school tutoring can give you a valuable insight into Key Stage 1 & 2 and also into the classroom environment.

On this project you will be placed in a classroom working with a small group of children assisting them with literacy in their classroom activities or you may be asked to work independently with a child, assisting them with their reading. As a volunteer you are there as additional support to the class teacher and are not expected to take on responsibility for the class at any time.

Flexible days and times

**Co-ordinators: Kirsty Miles, Georgina Spriggs, Bethan Clarke,
Sophie Tillman & Abigail Johns**

Training

Introductory Session & Project Specific Training

See www.svcardiff.org for date and time of each session

Education Projects

Cathays High School

Volunteers visit the school on a weekly basis to run an activity club that helps improve the speaking and listening skills of the year 7, 8, and 9 pupils. You will do this by playing various games with the pupils in small groups, with a number of volunteers assigned to each group- so don't worry you won't be on your own. The games will vary each week and all ideas are welcome if you have any thoughts of any games you think would be beneficial for the pupils. The idea is to make learning fun for the pupils, so a commitment and a positive attitude are needed to show the pupils that learning can be enjoyable.

Wednesday, 12.30pm – 1.30pm

Co-ordinator: Amy Wilkins & Emma Jackson

Training

Introductory Session & Child Protection Training

See www.svcardiff.org for date and time of each session

Corpus Christi

The project involves visiting a Cardiff secondary school and assisting some Year 7 pupils that need extra help with reading. As a volunteer the aim is to improve their reading skills. The children need to be encouraged and helped to be enthusiastic about reading. By the end of the reading scheme, the beneficial effects of the project are evident as some children have managed to improve their reading age by as much as 2 years. Volunteers should like reading and working with children on a one to one basis.

Monday, Tuesday, Wednesday, Thursday or Friday 2.00pm – 4.00pm

Co-ordinators: Natasha Barrett & Francesca Lewis

Training

Introductory Session & Project Specific Training

See www.svcardiff.org for date and time of each session

Llanederyn High Phonics Programme

This project involves working with Yr 7 pupils in a secondary school in Cardiff supporting them on a phonic awareness programme. This programme has been designed to help pupils to read, spell and write phonetically regular words. The aim of the programme is to help children to read and spell words through a process of over learning. The programme is delivered over a 5 day week, Monday – Wednesday volunteers support in word building exercises, on Thursday volunteers listen well children read back the words they have been creating and conduct a short spelling test. On Friday volunteers read sentences for the child to write down. The volunteers are there to offer support and guidance while carrying out these tasks; they should enjoying working with children on a one-to-one basis and are able to commit to the project on a regular basis as its vital the project takes places each week day.

Monday, Tuesday, Wednesday, Thursday or Friday, 11.00am – 1.00pm

Co-ordinator: Carla Barnes & Cathy Corry

Training

Introductory Session & Project Specific Training

See www.svcardiff.org for date and time of each session

Ty Gwyn

You will volunteer for a morning or afternoon during the university term. Assisting the teacher in the classroom, you will provide additional support for children with moderate to severe learning difficulties. Enjoy the sensory room, take part in the art class, go swimming, the activities you can enjoy are endless. After visiting the school, you choose which class you would like to volunteer in. Your time will allow the children to experience more stimulation and learn more about their environment. No previous experience of education or teaching is necessary, just bring yourself and make a big difference to the children in the schools.

Flexible times to be arranged with the school

Co-ordinators: Hannah Ovenden & Amy Martin

Training

Introductory Session, School Visit & Learning Disabilities Visit

See www.svcardiff.org for date and time of each session

Education Projects

Soundbeam

Make music without playing an instrument. With a partner, work with the soundbeam in Ty Gwyn special school. Using this wonderful piece of equipment, you will enable children with high support needs to create musical sounds by using their body's movement, however limited this is. The children will be able experience the excitement we take for granted, when we manage a new skill. You need have no musical skills as full training on using the equipment is given. The times you volunteer are arranged to suit your timetable. No previous experience of education or teaching is necessary. You will need commitment and to be able to enjoy yourself and have fun.

Flexible days and times

Co-ordinators: Rachel Morris & Louise Cooper

Training

Introductory Session, Using The Soundbeam & Learning Difficulties Training

See www.svcardiff.org for date and time of each session

Whitchurch High School

This project involves assisting year 7 and 8 pupils, aged 11 – 13 years, who need extra help and support in their reading. Volunteers will be working in an assigned room for a minimum of one and a half hours. They will work with pupils on a one to one basis. The scheme volunteers will follow is called Toe-by-Toe and will be introduced to you by the school.

Tuesday, Wednesday or Thursday, 8.30am – 11.00am

Co-ordinators: Annie Bryson & Megan Ladkin

Training

Introductory Session & School Visit

See www.svcardiff.org for date and time of each session

St Teilo's Maths

This project aims to help improve pupils ability and self confidence in numeracy by offering volunteer support in maths lessons. Volunteers will work on a one to one or group basis with pupils from the middle bands in year 7, 8 and 9. They will work in the classroom and with guidance from the teacher will support an assigned group or person.

The project will appeal to those who like maths, have an enthusiasm for numbers and enjoy working with young people.

Flexible days and times

Co-ordinator: Sarah Lewis & Caroline Harding

Training

Introductory Session & School Visit

See www.svcardiff.org for date and time of each session

Greenhill School

Greenhill School is specifically designed for special needs pupils who have social, emotional and behavioural difficulties. Currently there are 56 pupils aged from 11-16 years old.

Volunteers will support pupils while they take part in classroom activities. Your role will be to keep pupils on task but also to talk to them in general and to develop their communication skills.

Flexible days and times

Co-ordinator: Becky Bellerby & Jodie Wickers

Training

Introductory Session, School Visit & Project Specific Training

See www.svcardiff.org for date and time of each session

Education Projects

Llanrumney High School

The project involves visiting a Cardiff secondary school and assisting some Year 7 pupils that need extra help with reading. The project aims to improve the pupil's reading skills through one to one reading on a regular basis. The children need to be encouraged and helped to be enthusiastic about reading, so volunteers should like reading and working with children and bring plenty of enthusiasm with them! The project is new for 2010 and so there will be scope for volunteers to influence how the project will develop and grow over the course of the year.

Monday, Tuesday, Wednesday, Thursday or Friday

Co-ordinators: SVC Staff

Training

Introductory Session & Project Specific Training

See www.svcardiff.org for date and time of each session

Homelessness

Ever thought of working with homeless people? Are you willing to have your preconceptions challenged? Homeless people come from many walks of life and are homeless for many reasons. Some may have left home after a relationship breakdown or they may have had their home repossessed. They may have found themselves homeless after leaving hospital or after escaping violence or abuse. All you need is an open mind and some enthusiasm. Can you face the challenge of volunteering at the cutting edge?

Cardiff Action for Single Homeless (C.A.S.H)

This open door drop-in centre and hostel operates in an area with few other opportunities or facilities. Volunteering involves befriending, building up the self-esteem and confidence of clients. This is achieved through advice, life skills and leisure activities.

The work is very much client led; they decide on the support and assistance required. It will be your job to listen and offer support where you can. Therefore, volunteers need to offer regular commitment and have an open mind. No previous experience necessary.

Flexible days and times

Co-ordinator: Chris Humphrey & Cat Mollett

Training

Project Introduction & Project Visit

See www.svcardiff.org for date and time of each session

Homelessness

Watch

This open door drop-in centre and hostel operates in an area with few other opportunities or facilities. Volunteering involves cooking and serving meals to homeless people. You will be responsible for buying, preparing and cooking food for 40 homeless people. This project appeals to people that want to work as part of a team but not so directly with clients. Although no cooking experience is required good planning skills are needed.

One or Two Sundays a month

Co-ordinators: Paul Barnes & Sophie Thomas

Training

Introductory Session & Project Visit

See www.svcardiff.org for date and time of each session

Mental health

Would you have the patience and time needed to work with people who are suffering from mental distress or who are mentally ill? You can get involved in befriending or you could help to encourage and motivate a person who is suffering from mental illness. It is important to remember that working in this area requires a regular and sustained commitment.

Whitchurch Hospital

This project involves visiting Whitchurch Hospital once a week to offer companionship and general conversation to adults with mental health problems. It is ideal for those interested in the area of mental health. The majority of the patients who volunteers come into contact with are older adults suffering conditions such as dementia and depression. Volunteers need to be good listeners and have a genuine interest in people. It is a volunteer's role to engage in conversation and try to get to know the patient as a person. It requires volunteers who are very patient as the patients are often very reluctant to develop relationships. Volunteers often take games and puzzles with them in to help conversation.

Wednesday: 6.00pm – 8.00pm

Co-ordinators: Lucy Brassington & Kelly Main

Training

Introductory Session & Project Visit

See www.svcardiff.org for date and time of each session

Mental health

Park Road

Park Road is a community rehabilitation unit where patients who are well enough to leave the hospital unit live independently, with the emphasis on getting used to living back in the community. Volunteers visit weekly, and as well as offering friendship also offer patients a chance to get involved in activities – cooking is always popular!

Working with people with mental health problems is challenging; therefore these projects are suited best to volunteers who can commit themselves for the academic year. The volunteer's role can be challenging and very hard work, but it can also be very rewarding and is a fantastic opportunity to get experience in this field.

Mondays or Thursdays, 5.15pm – 8.00pm

Co-ordinators: Andy Swan & Roz Cooper

Training

Introductory Session & Project Visit

See www.svcardiff.org for date and time of each session

Iorweth Jones

The Iorweth Jones Centre is home to 45 residents with various types of mental health issues. The centre is split into 3 wings, two for older people with mental health problems and one rehabilitation ward for older people with functional mental health problems. Volunteers would get to know the residents through conversation and activities, and would have plenty of opportunity to get to build up a relationship with them. This role is ideal for those interested in the area of mental health, providing lots of experience and the opportunity to interact with professionals in the field.

One evening per week

Co-ordinator: Grace Johnstone & Ria Jenkins

Training

Introductory Session & Project Visit

See www.svcardiff.org for date and time of each session

Headway

Headway Cardiff operates a Day Centre for people who have suffered an acquired brain injury, and SVC volunteers visit the centre to assist clients who participate in the Day Centre activities, such as quizzes, art and swimming. This is an ideal placement particularly for those looking to pursue a career in psychology or medicine. Patience, reliability, listening skills, good communication and a sense of humour are all vital!

One morning or afternoon per week

Co-ordinator: SVC Staff

Training

Introductory Session & Project Specific Training

See www.svcardiff.org for date and time of each session

Rookwood Community Rehabilitation

The Community Rehabilitation Team based at Rookwood Hospital offer support and activities for people with brain injuries. They are looking for enthusiastic volunteers to pair up with clients and visit them on a regular basis. Whether it's going for a walk or out to a café for a cup of tea, your regular contact will offer friendship and new opportunities to people who have become isolated from society. Volunteers will gain great insight into the field and be able to work with professionals in this area.

Flexible days and times to suit the needs of the clients

Co-ordinator: SVC Staff

Training

Introductory Session & Project Specific Training

See www.svcardiff.org for date and time of each session

Older People

Age Concern Projects

SVC's partnership with Age Concern offers a variety of opportunities for you to volunteer with older people in the community.

By becoming involved in our 'Good Neighbours' scheme you will be paired up to visit an older person regularly. The project aims to offer friendship and social contact for an older person who may be isolated from the community. You will provide a listening ear and may become involved in practical tasks such as shopping. This project provides the student volunteer with the chance to interact closely with the local older community in / around the university

Age Concern also offers volunteers the opportunity to visit older people in care homes, offering friendship and a listening ear, as well as helping to run activities for them to enjoy.

Flexible days and times

Co-ordinators: SVC Staff

Training

Introductory Session & Project Specific Sessions

See www.svcardiff.org for date and time of each session

Environmental

Amelia Trust Farm

Amelia Trust Farm is an environmental project that works with adults that have learning disabilities. Our partnership organisation Innovate Trust trains and supports these adults at the farm, so that they can develop skills which can open up new opportunities to them. Activities that volunteers will be involved with include willow weaving, planting fruit and vegetables, as well as developing new areas of the farm. The project runs every Wednesday afternoon during term time and transport is provided to and from the farm.

Wednesday afternoons

Co-ordinators: Andrew Powell & Frances Berry

Training

Introductory Session & Project Visit

See www.svcardiff.org for date and time of each session

Sport

Do you enjoy sport? Would you have the energy and time to help people with disabilities? If you do you could get involved with this sports and leisure project.

You could help other people learn a new skill and encourage disabled people to develop and achieve their full potential. At the same time you could gain your Sports Leadership Qualification, progressing toward national coaching qualifications.

Inclusive Sports

Inclusive sports is a partnership between Sport.Cardiff and SVC. The project aims to provide the opportunity for people with learning and physical difficulties to participate in a multitude of enjoyable and appropriate sports. This is an integrated opportunity, which aims to make sports such as basketball, badminton and table tennis more accessible. You are not expected to teach or coach the participants but to help them in their sporting activity.

The project has 2 sessions:

The first is for adults on a Thursday afternoon at Talybont leisure centre. The session runs every week between 1.30pm and 3pm. The participants are from day centres and care services around Cardiff and are accompanied by their carers. All of the equipment is set up at the same time to allow the participants to move around the activities as they please.

The second session is for children on a Saturday morning at Talybont leisure centre. The session is run by Sport.Cardiff and runs on a fortnightly basis between 11 and 12.30pm. The children are between the ages of 7 and 16 and a lot of the parents stay to watch. Activities are played one at a time and vary every week.

Thursday: 1.30pm - 3.00pm (Adults)

Co-ordinators (Adults): Chloe Denoual & Alice Navein

Saturday: 11.00am – 12.30pm fortnightly (Children)

Co-ordinators (Kids): Sam Tylor & Rosalie Davies

Training

Introductory Session & Learning Difficulties Training

See www.svcardiff.org for date and time of each session

Venture Out

Venture out aims to help disabled people in Cardiff participate in outdoor adventure activities including cycling, sailing, canoeing, hiking, gardening and horse riding. All of the activities are based within Cardiff making use of the Taff Trail, Bute Park, Pontcanna fields and Cardiff Bay.

This is an ideal opportunity for anyone wanting to volunteer in the outdoors and support disabled people in the local area. At the same time you will get to experience and develop skills in a wide range of outdoor adventure activities.

The project runs throughout the year and most activities run on a weekly basis. As a volunteer you can choose to commit to regular sessions or only at certain times of the year. Disability awareness and activity specific training will be provided.

Flexible days and times

Co-ordinator: Priyal Shah & Shreena Shah

Training

Introductory session & Project Specific Training

See www.svcardiff.org for date and time of each session

HOLIDAY VOLUNTEERING

Vacation volunteering with UNA Exchange

Wondering how you can put all the energy, enthusiasm and people skills you've gained from volunteering with SVC to good use over the summer months?

Next summer you could be working on a turtle conservation project in Mexico or helping organise activities for children with learning difficulties in Latvia. What you do and where you go is up to you! You don't need particular qualifications and experience to volunteer, but you do need enthusiasm, a flexible attitude and a willingness to get involved with the group. You can expect to get to know the local community and learn much more about local culture than is normally possible while on holiday or travelling. A volunteer project is also a great opportunity to make friends with people from different social, cultural and religious backgrounds from all over the world.

UNA Exchange is based in the Temple of Peace, Cathays Park so if you are studying in Cardiff you can easily come in and chat to us about the various programmes we run. We are a small team of five full time staff and are always on the lookout for distractions from our busy workload! If you want to get involved or find out more, please contact us on the details below.

UNA Exchange
Temple of Peace
Cathays Park
Cardiff CF10 3AP

Telephone: 029 2022 3088
Email: info@unaexchange.org
Website: www.unaexchange.org

Accreditation & Certification

Millennium Volunteers

Millennium Volunteers is a UK wide programme for young people who have sustained a committed voluntary activity which makes a clear impact on the community.

Being a delivery partner we will help you to complete a record of your hours volunteered and liaise with voluntary community service so that a certification or an Award of Excellence can be completed for presentation to you.

In other words it's an official record of the amount and type of volunteering you have achieved!

University Certification

The university also certifies our voluntary achievements. There are several levels of certification:

Level 1 Certification of Professional Development: Project Volunteer

Level 2 Certification of Professional Development: Project Co-ordinator

Level 3 Certification of Professional Development: Executive Management

Certification and accreditation will not get you into work after you leave University but when you get your degree, if they are backed up with solid interpersonal skills, good training and voluntary experience, then you stand the best possible chance. SVC offers that opportunity.



Student Volunteering Cardiff
www.SVCardiff.org

Any questions?

Contact us at the SVC Office,
3rd floor of the Students' Union
Tel: (029) 2078 1510 / 1494
Email: svc@cardiff.ac.uk
Web: www.svcardiff.org