



Education & Skills
Funding Agency



HEALTH &
WELLBEING

VOLUNTEERING FOR WELLBEING (10HR COURSE)

COURSE SUMMARY:

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing. Volunteering improves your confidence and supports you in identifying your next steps in life.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

- ✓ Explain the **benefits** of volunteering on your wellbeing
- ✓ Identify **personal** barriers to volunteering
- ✓ List the **different** types of volunteering opportunities
- ✓ Explore the **type of** volunteering role which might best suit you
- ✓ Explain the **personal** benefits you could gain from volunteering
- ✓ Identify a **next** step to take towards volunteering for wellbeing

PROGRESSION FROM THIS COURSE:

- Level 2 Award in Volunteering
- A volunteering role
- Level 1 Award in Personal Wellbeing



 **Suffolk**
County Council

REALISE
FUTURE-S

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY